

# Recovering With The VertAlign® LSO Orthosis



**Note:**

This booklet is intended to offer general guidelines to help make the time you spend in your VertAlign Orthosis as comfortable as possible within the limits of your condition. Also, we offer helpful tips on caring for and wearing the product to help ensure you receive the spinal support desired by your physician.

**Note:**  
Each patient's injury, condition  
and activity limitations are different.  
As such, you should always follow  
the advice and instructions of  
your physician.

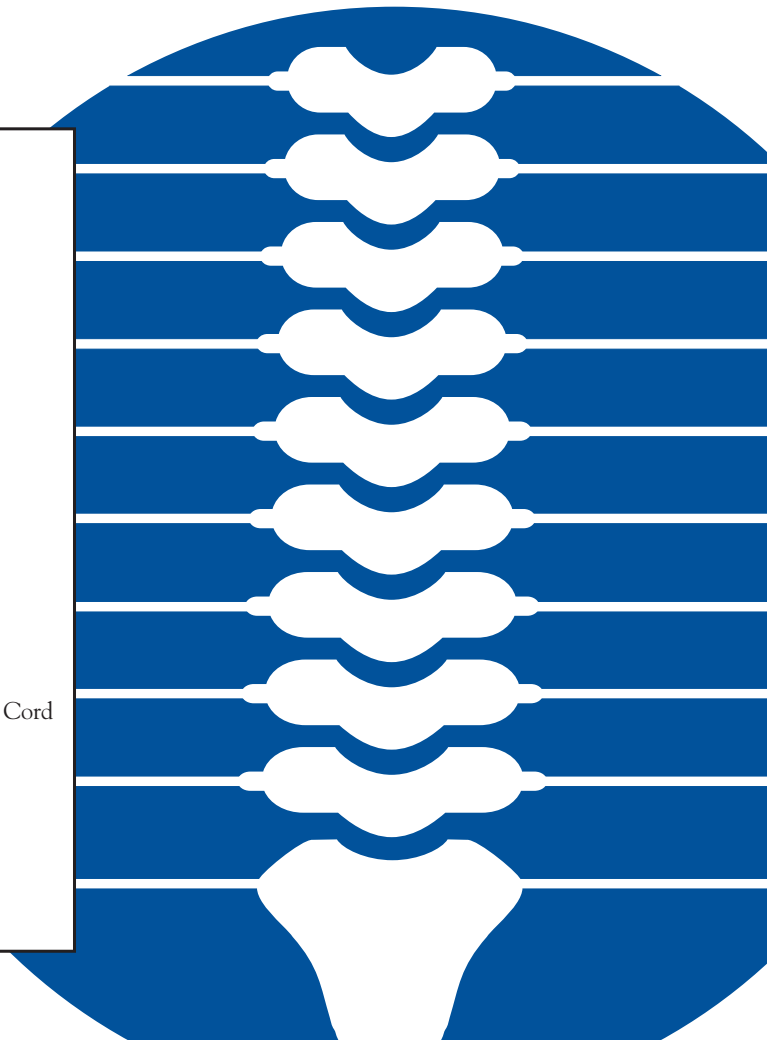
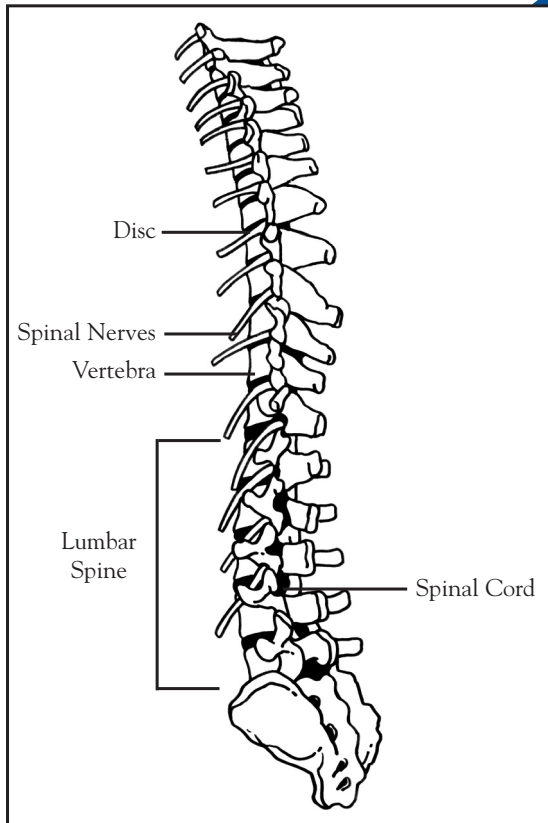
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# About Your Back

The human backbone (spine) is made up of bones called vertebrae. The vertebrae are stacked on top of each other to form the spinal column which is held together by ligaments and muscles attached to the vertebra by bands of tissue called tendons. Between each of the vertebral

bodies is a cushion known as a disc. Openings at the back of each vertebra line up to form a long, hollow canal. The spinal cord runs from the base of the brain through this canal and nerves branch out through the spaces between the vertebrae.

The lower part of the back (lumbar spine) holds most of the body's weight. Even a minor problem with the bones, muscles, ligaments or tendons in this area can cause pain when you stand, sit, bend, move or walk around.



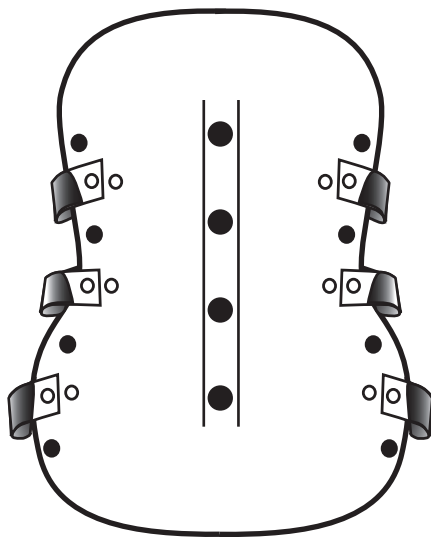
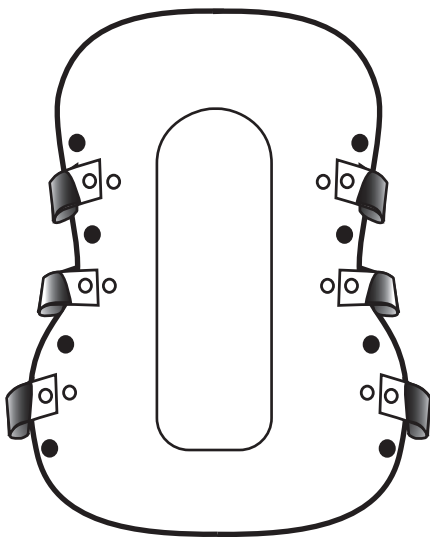
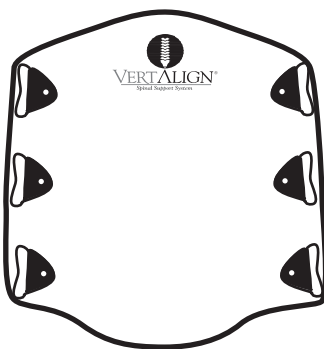
# The VertAlign® LSO Orthosis

Your VertAlign Orthosis is a lightweight, rigid plastic support sometimes called a lumbosacral orthosis (LSO). This means that it will support your back from an area below your shoulder blades (scapulae) to a point just above your buttocks. The VertAlign LSO is designed to satisfy the spinal support needs of a broad range of patients.

Your VertAlign LSO consists of a front and back shell connected by hook-and-loop closure straps threaded through buckles. The back shell will be in one of two styles:

- **EaseWay® Back Shell**  
(with a washable, flexible, hypoallergenic foam liner to provide surgical and therapeutic access, as well as accommodate for instrumentation and/or swelling)

- **BreezeWay® Back Shell**  
(with a raised panel to provide extra rigidity and permit circulation of air under the shell)



VertAlign LSO front shell, EaseWay and BreezeWay back shells

# Wearing Your VertAlign® LSO Orthosis

To help ensure the best combination of support and comfort possible, within the limits of your condition, your VertAlign LSO will fit as close to a “second skin” as modern plastic technology will allow. The purpose of your VertAlign LSO is to

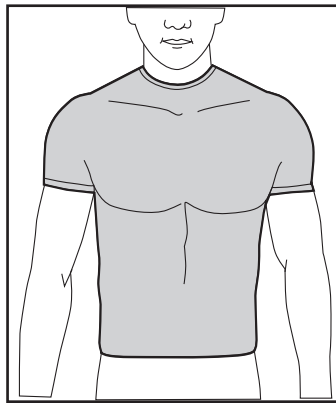
allow the best opportunity for your full recovery, while minimizing the chance of reinjury. The firmness and length is necessary for maximum support. Some of your normal movements such as bending forward, backward, side-to-side or rotating may

be restricted or difficult.

**Don't fight your VertAlign Orthosis.** It fits and feels the way it does because it is helping you.

## The Purpose Of An Orthosis Underliner

A T-shirt, undershirt, camisole or equivalent article of 100% cotton or 50/50% cotton/polyester blend must be worn under your VertAlign LSO at all times. Doing so provides a thin barrier between your skin and the plastic while absorbing moisture.



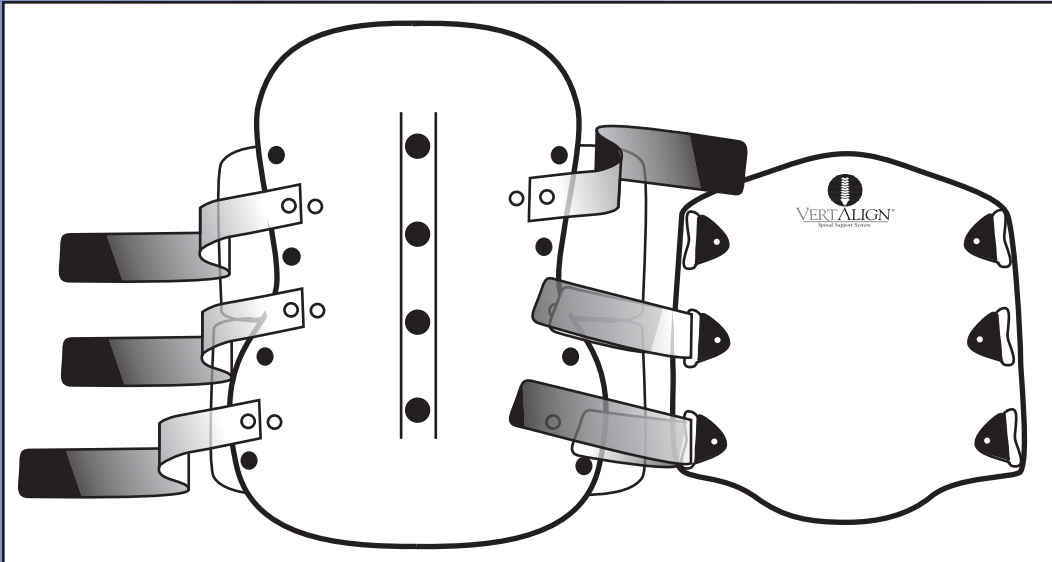
Orthosis Underliner

**Note:** Your underlinder should be free of buttons, snaps or other such accessories that may cause skin damage under the VertAlign Orthosis.

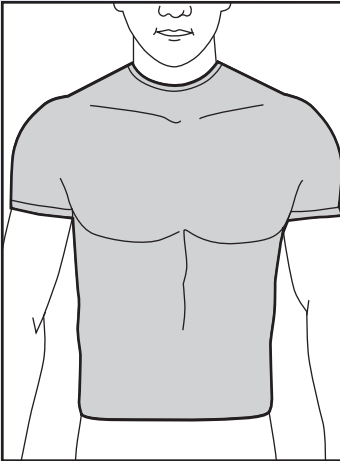
To prevent skin irritation and possible skin damage, it is best to change these underliners whenever they become moist. To help maximize your comfort, we also suggest that you use SEA BREEZE® Astringent on the body areas covered by your VertAlign LSO. SEA BREEZE should be reapplied with each underliner change.

# Applying Your VertAlign® Orthosis

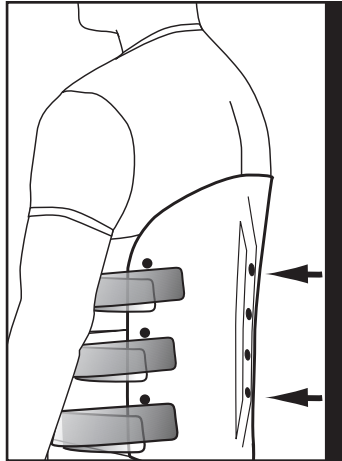
The VertAlign LSO must be applied while standing erect or lying down. Initially, it may be beneficial to have assistance applying your LSO the first few times. Should assistance not be available at home, alert your doctor.



Note: To simplify application at home, when removing the support, only release the straps on one side of the Orthosis.

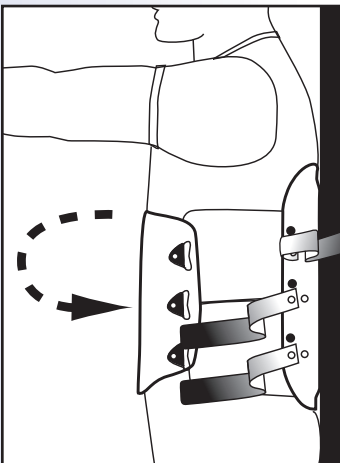


- 1** Apply SEA BREEZE®  
Astringent to the area  
typically covered by the  
support and slip on an  
underliner

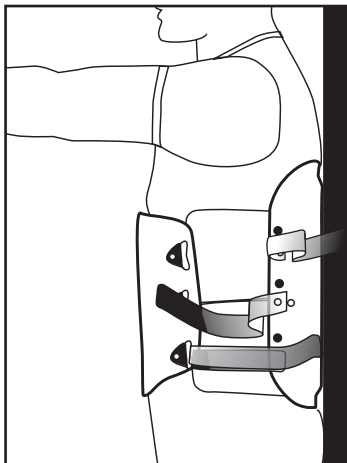


- 2** Place back shell on your  
back and lean against a  
wall or doorjamb to hold  
in position

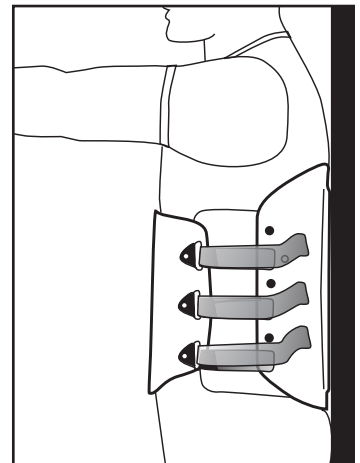
Note: If lying down, bend your right knee and roll your entire body 90° onto your left side; have someone place the shell on your back. Then roll back onto it, moving the front shell out to your right side. When doing this maneuver, be careful not to twist at the waist.



- 3** While holding the back  
shell in place, wrap the  
front shell around under  
your right arm and into  
place



- 4** Lift any excess belly tissue  
up toward the head and  
secure the lower strap.  
Check the position of the  
front and back shells to be  
certain they are in the  
proper position.



- 5** Once the VertAlign LSO  
is in the proper overlap-  
ping position, secure the  
middle and then top strap.

Caution: Care should be taken to avoid tightening the straps to the point where the VertAlign LSO restricts your breathing. You should be able to insert an index finger under the Orthosis along the edges of the front shell.

# Adapting To Your VertAlign® Orthosis

As with anything new, it may take a few days to get used to your VertAlign Orthosis and for it to get used to you. The VertAlign LSO is made of recyclable, low-density, linear hexane copolymer material with unique “cold-flow” properties. This means that over the first few days the VertAlign Orthosis will, from simple body heat, naturally conform to your torso. It is important that you carry on, as much as possible, with your normal daily activities. Though the VertAlign Orthosis will

prevent or restrict some of the range of motion you had in your lower back before your injury, wearing it should not limit your general mobility.

In the early stages of VertAlign Orthosis wear, slight discomfort to your skin is normal. Following the instructions regarding the use of underliners will help minimize much of this discomfort. To help speed your adaptation to the LSO, we suggest that you gradually increase your wearing time. For the first few days take frequent breaks to rest.

During the breaks remove the VertAlign Orthosis and underliner to check for localized redness. A deep pinkish color to the skin over a large area is normal. However, if you have localized redness, tenderness or pain, an enhancement to the Orthosis may be required; ask your physician.

## Cleaning Your VertAlign Orthosis

The VertAlign Orthosis is both moisture- and odor-resistant. However, we recommend that you clean the Orthosis weekly. Use a mild detergent or personal bath soap, warm water and a soft cloth. Be sure to rinse all soap residue from the Orthosis with a clean, damp, soft cloth and

then dry well with a towel. If the straps get wet, they may be dried with a hair dryer on a low-or no-heat setting.

The foam liner is machine washable. Use gentle cycle, mild soap, NO FABRIC SOFTENER. Rinse thoroughly and air tumble dry - NO HEAT.

**Caution:** Excessive heat, such as that from a hair dryer, fireplace, oven, stove, radiator, heater, etc., or leaving your VertAlign Orthosis in a closed vehicle on a hot, sunny day may alter the shape of it and hamper its ability to provide the support essential to your recovery.

## Cleaning The Underliner

Underliners should be washed with a mild detergent and double-rinsed to eliminate all soap residue from the fabric.

**Note:** Do not use fabric softener. Doing so may result in skin irritation under your VertAlign orthosis.



# Recovering With Your VertAlign® Orthosis

## Activity

Generally, physicians want you to wear your VertAlign Orthosis at all times other than when you are lying down. For the first few days some patients may feel awkward in the Orthosis. This will decrease as you become accustomed to your support.

Remember, in addition to protecting your back, the Orthosis also helps to keep you active for your mental, as well as physical well-being. You should, however, avoid activities that involve heavy lifting, jumping or running. Check with your doctor for

specific advice on your appropriate activity level including driving a motor vehicle, sexual activity and returning to work or school.

## Diet

Normal fluctuations in weight will not alter the fit or function of the VertAlign Orthosis. It is not advisable to gain or lose a significant amount of weight during your recovery. You may wish to

check with your doctor regarding any specific dietary instructions that might help with the healing process, as well as minimize unnecessary weight changes. Should you gain or lose a great deal of

weight between visits to your physician, contact his or her office to have the fit of your VertAlign Orthosis checked.

## Skin Care

Proper skin care can greatly enhance your comfort while wearing the VertAlign Orthosis. Check with your doctor for instructions on wearing the Orthosis in the shower or tub while bathing.

Remember, keep your skin clean and dry under the Orthosis. For specific care instructions for the Orthosis and underliners, refer to page 7.

**Note:** Soap, lotion (other than SEA BREEZE® Astringent) or powder left on the skin under the Orthosis may cause irritation. If the skin becomes irritated, check with your doctor for care instructions.

## Clothing

It is not necessary to wear a garment over the VertAlign Orthosis unless weather necessitates or because of personal preference. To prevent your body from generating excessive

heat, it is best to wear larger-sized tops over your Orthosis. For breathability, we suggest you wear garments made of cotton, especially in summer months or in warm/hot, humid climates. Other than

a single underliner, you should not wear clothing under the VertAlign Orthosis. See page 4 for specific underliner instructions.

# Conclusion

The information contained in this booklet is helpful in making the VertAlign® Orthosis and recovery period as pleasant as possible within the restrictions imposed by your condition. Each patient's adjustment to the Orthosis and healing process will vary depending upon the individual, the severity of injury and prescribed treatment. As always, be sure to speak with your physician regarding any questions or concerns you may have about the VertAlign Orthosis or your recovery.

Your physician will probably schedule a follow-up visit in a few weeks to check the fit and your recovery progress. Remember, this booklet is intended to provide general guidelines for recovery in a VertAlign Orthosis. Be certain to follow your doctor's specific instructions regarding your care and limitations during recovery.

If you would like additional copies of this brochure for a friend or family member with a similar back injury or problem, simply call your

physician's office and provide their name and address.

**Recycle Note:** Being made of low-density, linear polyethylene, the VertAlign Orthosis shells are recyclable, once the straps and buckles are removed. Call your local recycling center for specific instructions on how the VertAlign Orthosis can be recycled in your area.

Physician: \_\_\_\_\_

Phone: \_\_\_\_\_



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