



Use your phone's camera to scan this QR code and follow along with the video

Wear and Care Instructions for a Bivalve TLSO - Spinal Precautions

HELPFUL TIP - If your doctor tells you to follow spinal precautions you need to put this brace on while lying down.

Putting on the Brace while Lying Down

► Follow along with the video for best results

1. Wear a cotton shirt under the brace. This brace should never be worn against your skin.
2. While lying on your back with your knees bent and feet flat on the bed, place a pillow between your knees. Raise your arm above your head on the side you'll roll toward and have a helper assist you in rolling to your side. Keep your head, shoulders, hips, and legs moving together as one while you roll.
3. When you're safely on your side, have a helper place the back panel of the brace behind you, tucking the thin plastic under you and making sure the waist grooves are between your hips and lower ribs.
4. The helper should assist you while rolling back. Now they can make any adjustments to ensure the back panel of the brace is even on both sides and in the correct location.
5. Now your helper can place the front panel over your chest and stomach, with the bottom edge resting on the bony points on the front of your hips, making sure that the top of the brace is below your collar bones.
6. Secure the middle straps first, pulling both sides evenly. Then secure the top and bottom straps. When all of the straps are secure, go back and retighten them.

Removing the Brace while Lying Down

1. Have a helper undo the straps and remove the front panel. Bend your knees until your feet are flat on the bed, and place a pillow between your knees.
2. Raise your arm above your head on the side you'll roll toward and have a helper assist you in rolling to your side.
3. They can now remove the back panel. Have your helper check your skin for red spots or breakdown.
4. With the back panel removed, have your helper slowly roll you to your back. Keeping your head, shoulders, hips, and legs moving together as one.

HELPFUL TIP - Check your skin every day. If your skin stays red for more than 15 minutes after you take off your brace it could mean the brace is applying too much pressure. If the redness doesn't go away within 15 minutes or if you feel soreness, take a picture of the redness and contact our office right away.

Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again. At least once a week use rubbing alcohol to wipe off the inside of the brace to prevent bacterial build up. Do not use bleach or other harsh chemicals to clean the brace.

Wearing Schedule

In general you should wear this brace 24 hours a day, including while in bed. Ask your practitioner or doctor what your wear time should be based on your diagnosis.

Wear and Care Instructions for a Bivalve TLSO - without Spinal Precautions



Use your phone's camera to scan this QR code
and follow along with the video

Putting on the Brace while Sitting or Standing

► Follow along with the video for best results

1. Wear a cotton shirt under the brace. This brace should never be worn against your skin.
2. Position the back of the brace behind you so it's even on both sides. You may need someone to help with this.
3. Now take the front panel and place it over your chest and stomach. The bottom edge should rest on the bony points on the front of your hips, and make sure the top of the brace is below your collar bones.
4. Secure the middle straps first, pulling both sides evenly. Then secure the top and bottom straps. When all of the straps are secure, go back and retighten them.

Removing the Brace

Unstick the velcro straps from one side. Slide the brace off then restick the velcro back to itself to prevent a velcro mess.

HELPFUL TIP - Check your skin every day. If your skin stays red for more than 15 minutes after you take off your brace it could mean the brace is applying too much pressure. If the redness doesn't go away within 15 minutes or if you feel soreness, take a picture of the redness and contact our office right away. You may need to stop wearing the brace.

Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again. At least once a week use rubbing alcohol to wipe off the inside of the brace to prevent bacterial build up. Do not use bleach or other harsh chemicals to clean the brace.

Wearing Schedule

Ask your practitioner or doctor what your wear time should be based on your diagnosis.