

# Aspen Horizon Lumbar Sacral Orthosis

## USE AND CARE INSTRUCTIONS

An Aspen Horizon Lumbar Sacral Orthosis or LSO is often prescribed to help relieve low level back pain or to provide support to the low back following spinal surgery. It works by supporting the back and abdominal muscles and it also limits motion in the low back.

### HOW TO USE YOUR ASPEN HORIZON LUMBAR SACRAL ORTHOSIS

- Wear a snug fitting undershirt under your Aspen Horizon LSO; it will absorb perspiration, protect your skin and help keep the Cybertech clean.
- Apply the Aspen Horizon LSO, fully extending the back, making sure the back panel is centered and low on your back. Apply the brace tightly around the abdomen, the right side overlapping the left side. Slip your thumbs through the holes in the pull-tabs, pull away from the body then around to the front, attaching the tabs to the velcro front panel of the brace.
- Wear the Aspen Horizon LSO as snugly as possible to provide maximum support to your abdomen and back.
- The Aspen Horizon LSO may have a tendency to ‘ride up’ on your front of your body as the day progresses. As you sit, your hips become wider and push the up. You may need to readjust your Aspen Horizon LSO during the day to ensure proper positioning.
- To remove your Cybertech, reverse the above procedures.

### HOW TO CARE FOR YOUR ASPEN HORIZON LUMBAR SACRAL ORTHOSIS

- Your Aspen Horizon LSO should be washed weekly. Wash the Aspen Horizon LSO in cool or cold water with a mild soap. Rinse well and allow to AIR DRY. DO NOT PUT YOUR ASPEN HORIZON LSO IN THE DRYER.

### IMPORTANT NOTES ABOUT YOUR ASPEN HORIZON LUMBAR SACRAL ORTHOSIS

An Aspen Horizon LSO is a specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment with our office if any unexpected problems occur.