



Orthotic & Prosthetic

SPECIALTIES INC.

CALIFORNIA COMPRESSION ORTHOSIS (LS SUPPORT) USE AND CARE INSTRUCTIONS

A California Compression Orthosis 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 CALIFORNIA COMPRESSION ORTHOSIS

Wear a snug fitting undershirt under your orthosis; it will absorb perspiration, protect your skin and help keep the orthosis clean.

- Position the posterior string/pulley system over the center of your low back and then securely fasten the large Velcro sections in the front. The edge of the California Compression Orthosis with the labels on it is the top edge of the brace. Then grasp the plastic handle attached to the strings and pull it forward and across the front of your body. When the orthosis is tight secure the handle to the Velcro on the brace.
- Wear the orthosis as snugly as possible to provide maximum support to your abdomen and back.
- California Compression Orthoses may have a tendency to 'ride up' on your body as the day progresses. As you sit, your hips become wider and push the orthosis up. You may need to readjust your orthosis during the day to ensure proper positioning.
- To remove your California Compression Orthosis, reverse the above procedures.

HOW TO CARE FOR YOUR CALIFORNIA COMPRESSION ORTHOSIS

- Your California Compression Orthosis should be washed weekly. Wash the orthosis in cool or cold water with a mild soap. Rinse well and allow to **AIR DRY**. **DO NOT PUT YOUR CALIFORNIA COMPRESSION ORTHOSIS IN THE DRYER.**

IMPORTANT NOTES ABOUT YOUR CALIFORNIA COMPRESSION ORTHOSIS

A California Compression Orthosis 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.