



Orthotic & Prosthetic

SPECIALTIES INC.

1800 S. Summit Avenue • Sioux Falls, SD 57105

(605) 334-2311 • Fax (605) 334-7748

After Hours Emergency Call (605) 357-4093

ASPEN VISTA TLSO

USE AND CARE INSTRUCTIONS

An Aspen Vista TLSO Spinal orthosis is prescribed to help relieve thoracic or thoracic and lumbar back pain or to provide support to the spine following spinal surgery or injury. It works by supporting the back and abdominal muscles and by limiting motion.

HOW TO USE YOUR ASPEN VISAT TLSO

- Wear a snug fitting undershirt under your orthosis, it will absorb perspiration, protect your skin and help keep the orthosis clean.
- To apply your Aspen Vista TLSO, refer to the instructions on the back or attached page.

HOW TO CARE FOR YOUR ASPEN VIST TLSO

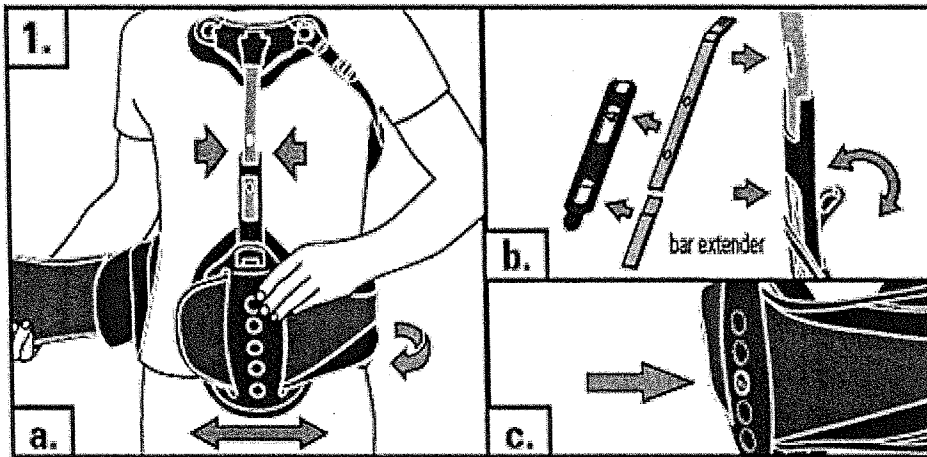
- Wash the orthosis by hand in cool or cold water with a mild soap. Rinse well and allow to AIR DRY. DO NOT PUT YOUR ASPEN VISTA TLSO ORTHOSIS IN THE DRYER.

IMPORTANT NOTES ABOUT YOUR ASPEN VISTA TLSO

An Aspen Vista TLSO is a specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any problems with your Aspen Vista TLSO occurs.

SEE REVERSE SIDE FOR APPLICATION INSTRUCTIONS

PLACEMENT & ADJUST



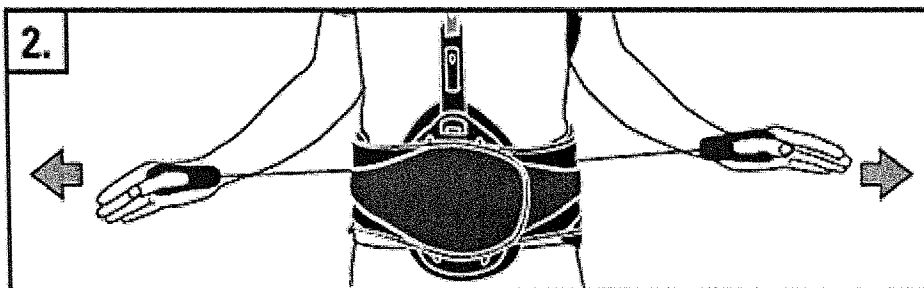
a. Center back panel as low as possible. Slide abdominal panel and sternal pad sideways as needed to ensure brace and panel are at patient's midline.

b. For shorter patients, remove bar extender from the abdominal panel sheath. Pry button back and slide aluminum strut so that the button locks into the appropriate hole.

c. To further adjust the sternal pad on the abdominal panel, press the button with leaf logo inward and raise or lower the sternal pad as needed.

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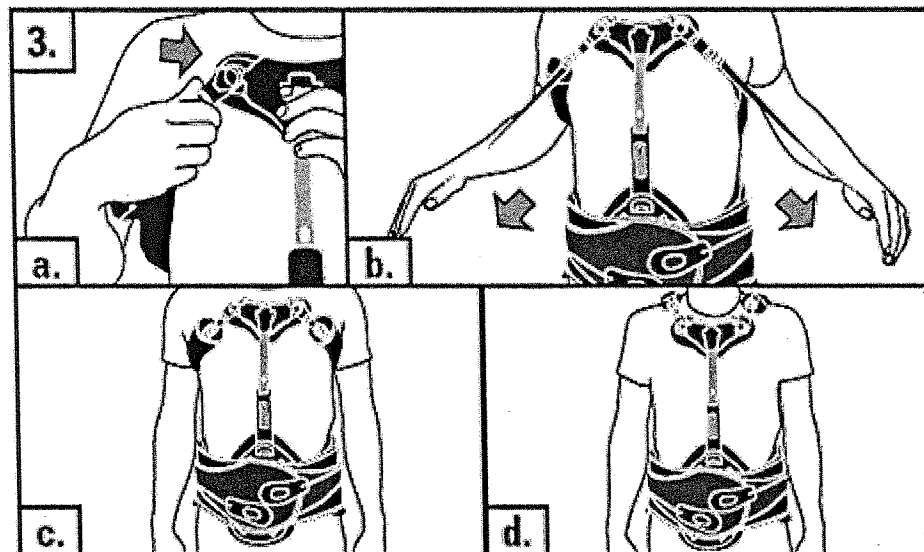
TIGHTEN



Pull strongly away from body. Tighten more than you need and then loosen to achieve a proper fit. Pull left tab to tighten lower, pull right to tighten upper as needed.

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STRAPS



a. Attach underarm control straps to sternal pad.

b. Pull underarm control straps to tighten as needed.

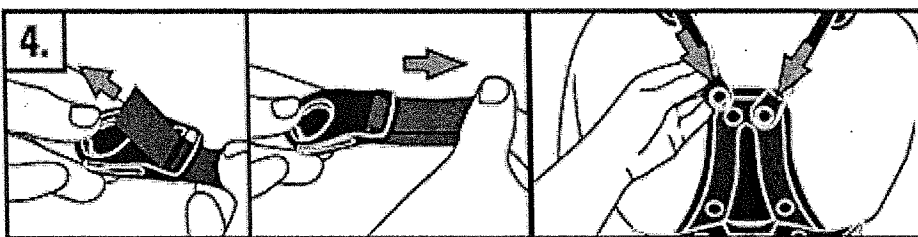
c. Underarm control straps and sternal pad should fit securely to patient's anatomy.

d. Under arm control straps can be positioned to fit over the shoulder.

Note: If needed, the support strut can be bent to ensure a proper fit.

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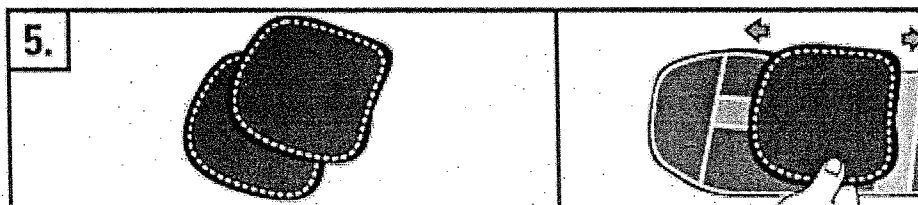
OVER SHOULDER OPTION



If buckles are needed, add a buckle to strap ends and secure buckle. Attach buckles to the top of the TLSO back panel.

ENGLISH

ANTERIOR PANEL EXTENSION



Position anterior panel extension pads on brace for desired coverage. Panels must overlap to encircle the trunk.