

## Inland Patient Care Centers

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Inland Artificial Limb & Brace, Incorporated has five locations to best serve you. Our offices are located in Riverside, Temecula, Norco, Chino, and Anaheim. This allows us to service patients throughout Orange County, Riverside County, and San Bernardino County without the hassle of long distance travel.

[www.Inlandlimbandbrace.com](http://www.Inlandlimbandbrace.com)

This brochure is not intended to be used as a substitute for professional medical advice.



680 Parkridge Ave  
Norco, CA 92860

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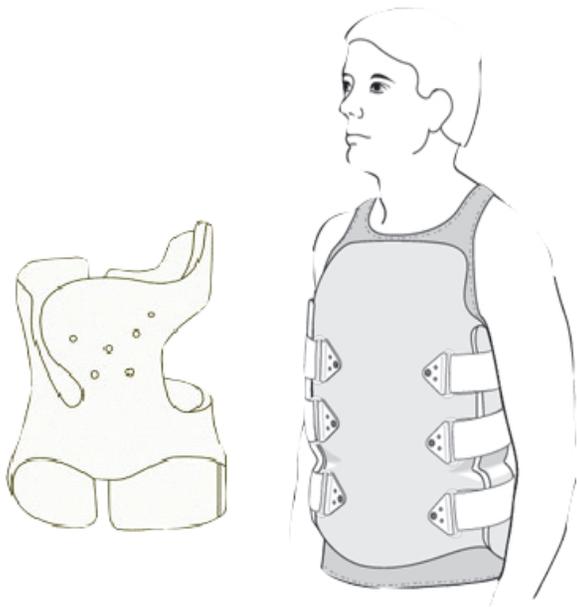
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**Inland Artificial Limb & Brace, Inc.**  
Your Premier Choice for Orthotic and Prosthetic Services

## General Information

A Thoracic Lumbar Sacral Orthosis is a spinal brace to provide correction to a scoliotic curve. The following schedule is designed to help your skin and muscles adjust to having the orthosis on. Allow 2 to 3 weeks to gradually build up your skin and muscles.



## How To Guidelines

### Use Your TLSO

For the first 5-7 days, wear the orthosis for a total of six (6) hours each day. The orthosis should be removed every two (2) hours and rubbing alcohol applied to skin. If there are any red/sore areas, leave the orthosis off for one (1) half hour and re-apply.

For the next 2-3 days, wear the orthosis for a total of ten (10) hours each day. The orthosis should be removed every 2-4 hours and rubbing alcohol applied to the skin. If there are any red/sore areas, leave the brace off for one (1) half hour and then re-apply

During the following 2-3 days, wear the orthosis for a total of twenty (20) hours a day. Apply the orthosis in the morning and remove it every four (4) hours to check your skin. Remove the orthosis in the evening for 4-5 hours and re-apply at bed time. Wear the orthosis during the night. Remember to use rubbing alcohol on your skin every time the orthosis is removed.

During the final stage, the orthosis is to be worn twenty-three (23) hours a day. The orthosis is usually removed only for cleaning of the brace, doing special exercises, and for skin care. Rubbing alcohol should be applied three (3) times per day.

## Caring Guidelines

### Follow-Ups

A follow-up appointment will be scheduled two weeks after you have been fit with your Scoliosis orthosis.

Every six (6) months your Orthotist should check the fit and condition of your orthosis. If there are problems schedule and appointment sooner.

### Remember...

A TLSO is a very Specialized device. It is VERY important to keep all the follow-up appointments made by your orthotist