# Using Your Hely and Weber Lumbar Sacral Orthosis (LSO) at Home

Your Hely and Weber lumbar-sacral orthosis (LSO) brace helps keep your spine straight, reduces pain, prevents injury, and helps you heal. It reminds you to sit and stand with your back straight. Doctors often use it for compression fractures, spinal fractures, or after spinal surgery.

**Putting on Your LSO**
Scan the QR code or use the link below to watch a video about putting on your LSO.

https://www.uwhealth.org/hely-weber

**Directions**

1. Loosen the small pulley straps in front, if they aren't already loose. Usually, you don't need to do this because they should be loose from when you last took the brace off.

2. Center the brace on your spine and make sure the bottom is over your tailbone. It may be best to put on while sitting on the side of the bed if you have any balance issues. If so you can rest the bottom of the brace on the bed and wrap the front around your torso. If you need to put the brace on while lying on your side, have someone help place the back piece correctly and tuck the right side panel under you.

3. Use the hand straps to pull the left panel to the center. Then use your right hand to pull the right panel over the left and secure it. The front should be low over your pubic bone. The brace should fit snugly. If you're lying down, after rolling onto your back, pull the right panel out from under you and secure it over the left.

4. Pull the small pulley straps forward to tighten the brace. When it feels tight enough, fasten the straps to the brace with the Velcro.

**Wearing Your LSO**
Wear your LSO exactly as your doctor tells you. Even if you feel better, do not stop wearing it unless your doctor says so. The LSO keeps your back from moving in ways that could hurt you. If you start to move in ways you shouldn't, the brace will feel uncomfortable. Most everyday tasks can still be done on your own or with a little help. Ask your doctor for instructions that fit your needs.

Wear a cotton t-shirt under the brace. You can wear the brace right on your skin, but you'll need to wash the brace more often. It's easier to wash a t-shirt daily and keep the brace clean.

**How to Remove Your LSO**

1. Loosen the pulley straps at the front and place them back on the side panels.
2. Unfasten the right strap panel. If needed, roll to your side to take the back panel out from under you.
3. Put the brace in a safe spot. Make sure the Velcro doesn't touch knit fabrics, which can get damaged.

**Bathing**
If your doctor says to wear the LSO while standing or sitting, have sponge baths while lying down**.** Dry your skin completely before putting the brace back on.

If your doctor says you can shower without the brace, remove it before showering and put it back on right after you dry off before you sit or stand.

**Avoid** twisting or bending your back when the brace is off.

**Sleeping**
Your doctor will tell you if you need to wear the LSO while sleeping or lying down. Follow your doctor's instructions, which may change over time.

**Care**
Handwash the brace with mild soap and cool water as needed. Let it air dry. Don't use strong cleaners like Lysol. Only use products you would feel safe using on your skin. To disinfect, you can spray it with 70% isopropyl rubbing alcohol.

**Transportation**
Have someone drive you until you get used to wearing the LSO. Choose firm seats so the brace doesn't get pushed up by soft cushions. When getting in and out of the car, bend at your hips and knees, not your back.

**When to Call**
Call your clinic if you have:

- More numbness
- Tingling
- Pain
- Trouble moving or doing daily activities

**Who to Call**
If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 3/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8490