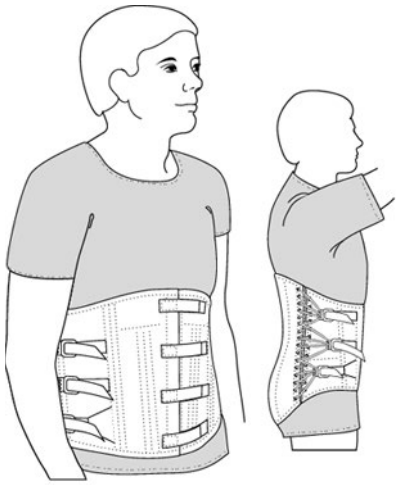
Using Your Corset LSO at Home

Your corset LSO (lumbo-sacral orthosis) helps to control your spinal posture, reduce pain, prevent further injury and promote healing.



Wearing Your Corset LSO
You must wear your corset LSO as ordered by your doctor. Follow your doctor's advice, even if you feel better and want to stop wearing it.

Your corset LSO prevents harmful motion in your back. It should be uncomfortable when you begin moving into positions you should avoid. You should be able to do many normal activities by yourself or with a little help from caregivers or an assistive device. Ask your doctor for detailed guidelines to follow.

Your Trip Home
Arrange for someone to drive you until you are used to the constrained motion in your corset LSO. Firm seats are best, so the back bottom edge of your corset LSO is not pushed upward by seat cushions. Bend at your hips and knees, but not your back when getting into and out of a car, sitting or standing.

Taking off Your Corset LSO
You may find it helpful to loosen the binding along both sides before opening the front of your corset LSO. Be careful not to twist or bend your back while the corset LSO is off.

Putting on Your Corset LSO
Put on your corset LSO without twisting or bending your back. For correct fit:

1. Keep corset in place and open the corset to its widest point.
2. Loosen the side laces that are controlled by the straps.
3. While lying on your bed, roll onto the open corset.
4. Draw both sides around you and close the front (Velcro or zipper).
5. Use the straps along both sides to evenly pull the lacings snug. The corset must be snug to give you good support. If it is too loose it will "ride up."

Bathing
If your doctor told you to wear your corset LSO when standing or sitting, have sponge baths while lying on your bed. Be careful not to twist or bend your back while the corset LSO is off. Be sure your skin is all dry before wearing the corset LSO again.

If your doctor allows you to shower without the corset LSO, remove it just before starting the water and put it on again as soon as you dry off. While the corset LSO is off, be careful not to twist or bend your back. Put the corset LSO on before sitting or standing.

Sleeping
Your doctor will tell you if you should wear your corset LSO while sleeping or lying down. Your doctor may change these instructions during your treatment.

Cleaning Your Corset LSO
To reduce the need for cleaning your corset LSO, wear a clean cotton t-shirt under your corset LSO to absorb any sweat or body oils from your skin.

To hand wash your corset LSO:

1. Remove the two metal pieces from the back before washing.
2. **Do not** wash your corset LSO in a washing machine. Wash it gently by hand.
3. Let it air dry or use a very low heat setting on your dryer. Remove any lint so the hook fasteners stay strong.

When to Call
Call the 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 © 10/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#5395.