Using Your SLEEQ LSO at Home

Your SLEEQ brace supports your spine and helps you heal. It helps reduce pain and lowers the risk of more injury. The brace reminds you to keep your back upright and straight. Doctors often prescribe this brace for spine compression fractures, fractures on the front of the spine, or after spine surgery. Your doctor will decide how long you need to wear the brace. Follow your doctor's advice, even if you feel better.

Putting on Your SLEEQ Brace
To learn how to put on and take off your brace, scan the QR code to watch the SLEEQ brace video.

Directions
Follow these steps to put on your SLEEQ brace safely and get the best fit.

1. Loosen the pulley straps at the front of the brace if needed. These are usually loose from the last use.

2. Position the brace so the back panel is centered on your spine. The bottom of the brace should sit over your tailbone. You may slide the brace on like a vest, keeping the left side attached.

3. If you choose to log roll, roll onto your side. Have someone place the back panel as correctly as possible. Tuck the right-side panel under your body.

4. Fasten the right-side panel. Hold the front of the brace with your left hand and the right strap panel with your right hand. Press the Velcro hook onto the Velcro loop on the abdominal panel. The front panel should sit low over the pubic bone.

5. If you log rolled, roll onto your back. Pull the right panel fully out from under you. Secure it to the abdominal panel. If your brace has a sternal bar, buckle the right strap into the bar.

6. Tighten the pulleys on both sides to secure the brace.

7. Check the fit. The back panel and front black pocket should be centered. If you have a sternal bar, it should rest on your chest when sitting or standing. Shoulder straps do not need to be tight.

Taking Your SLEEQ Brace Off
Follow these steps to remove your brace and reset it for the next time you wear it.

1. Loosen the front pulley straps and dock them back so they stay loose.

2. Unfasten the right-side panel and the right shoulder strap, if present. If needed, log roll to your right side to remove the back panel while keeping the left side connected.

3. Lay the brace flat. Make sure the pulleys are loose. Pull the side panels to reset the pulley tension. This step is very important. If you skip it, you may not be able to tighten the brace next time.

4. After removing the brace, cover the Velcro hook. Fasten the black Velcro hook to the black Velcro loop. Do not fasten it to the blue fabric. This prevents damage to clothing and the brace.

Wearing a Shirt Under the Brace
Wear a cotton T-shirt under the brace. You may wear the brace on bare skin, but it will need more frequent cleaning. It is easier to wash a t-shirt daily and keep the brace clean longer.

If you have trouble putting the brace on, lay it flat on the bed with the inside facing up. Lie down on top of it in the correct position.

Check your skin under the brace every day. If you notice redness or skin breakdown, call the Orthotics Clinic for adjustment.

Care
Hand wash the brace with mild soap and cool water as needed. Air dry only.

Do not use harsh cleaners, such as Lysol. Only use products safe for skin. If needed, disinfect with 70% isopropyl rubbing alcohol.

Driving
Arrange for someone to drive you after getting your brace.

Activity Restrictions
The brace limits bending and may affect your balance. It may feel uncomfortable if you move in ways you should avoid. This is normal. You can do many daily activities on your own or with some help.

Avoid bending at the waist or reaching toward the floor. Bend at your knees and hips instead. You may need help or special tools for dressing, picking up items, or bathroom care. Use caution on stairs and always use handrails. It's best not to expect to move in all directions or sit in all chairs. The brace limits certain movements. An occupational therapist (OT) can teach safer ways to move and suggest helpful tools.

When sitting, pressure from the front pads may increase. To reduce pressure, lean back on a firm pillow, towel, or blanket placed behind the back pad. You may also sit in a reclining chair.

When to Call
Call your clinic if the brace needs adjustment. Call right away if you have:

- Pain
- Numbness
- Tingling
- Bowel or bladder changes
- Trouble moving or doing daily tasks

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 © 6/2026 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF# 8519