



NEUROSURGERY AND SPINE

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LUMBAR SPINE BRACES

If you require lumbar spine surgery you may need to wear a specialized rigid brace to support your back during the post-operative healing process. The purpose of the brace is to limit movement of the lumbar region and to maintain stability while the spine heals.

Because these braces are for the lumbar region, they are often referred to as a LS brace.



Before your surgery our office will fit you for a custom LS brace and show you how to wear and use the brace.

The proper use of a LS brace requires the maintenance of a snug fit to limit the range of motion of that portion of your back (stabilization) so that healing can occur.

It is important that you maintain this snug fit, so please be sure to always adjust the LS brace so it is not too loose or too tight. Other general instructions for the use of a LS brace include:

- ⇒ **Wear at all times except:**
 - When sleeping/in bed
- ⇒ **It is important that the LS brace must be worn whenever you are up and moving, regardless of the activity.**
- ⇒ **You must wear the LS brace even when sitting up or reclining, including whenever you are riding in the car - however you may slightly loosen the brace when sitting. **It is extremely important that you re-tighten the brace before standing up or getting out of the car!****