

Xidhashada Aalada Jidh Taageereedka LSO

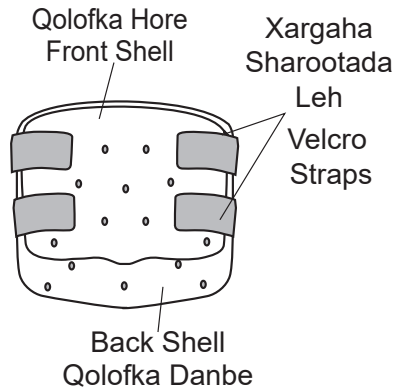
Applying the LSO Brace

Wear Schedule: _____

Jadwalka Xidhashada: _____

Your doctor will tell you when to wear your brace during the day and for how long to wear it.

- Always wear a t-shirt under the brace to provide a barrier between your skin and the brace and to absorb sweat.
- Do not expect to be able to move in all directions or sit in all types of chairs. The brace is designed to limit certain motions and positions.
- If you have redness in certain spots under or around your brace, call your orthotist, the person who made or fit your brace. They can make changes to your brace so it will not rub. Redness over a large area of skin or pink skin is normal.



Dakhtarkaagu wuxuu kuu sheegi doonaa goorta aad xidhaneysa aaladaada jidh taageereedka inta lagu jiro maalinta iyo inta muddada aad xiran doonto.

- Had iyo jeer ka hoos xiro aalada jidh taageereedka funaanad si aad u bixiso xayndaab u dhexeeya maqaarkaaga iyo aalada jidh taageereedka iyo si ay u nuugto dhididka.
- Ha filanin inaad u dhaqaaqdo dhammaan jihooyinka ama aad ku fadhiisato dhammaan noocyada kuraasta. Aalada jidh taageereedku waxaa loogu talagalay in lagu xaddido dhaqdhaqaaqyada iyo boosaska qaarkood.
- Haddii meel ka mid ah maqaarkaaga uu guduudan yahay ama agagaarka aalada jidh taageereedka wac xirfadlahaada caafimaadka ee ku rakiba ama ku kabyo dadka aalada jidh taageereedka, qofka sameeyey ama kugu rakibay aaladaada jidh taageereedka. Waxay wax ka beddel ku samayn karaan aaladaada jidh taageereedka si aanay jidh xoqiin u sameynin. Guduudashada meel ballaaran oo maqaarka ah ama midabka gaduudka khafiifka ah ee maqaarku waa caadi.



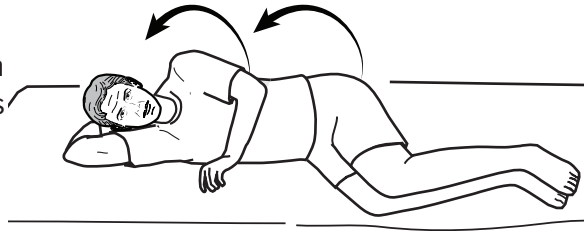
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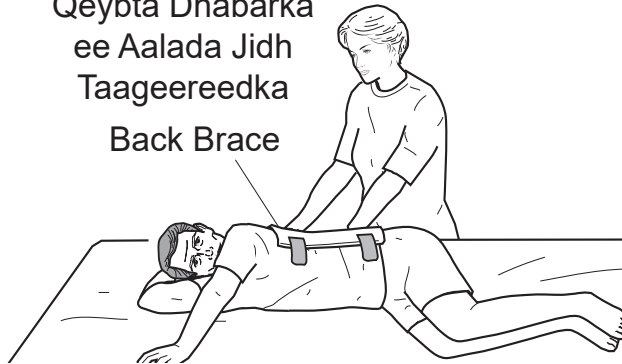
Putting on the brace

1. Roll onto one side of the bed in a sideline position. Complete “log roll” technique and bend both legs by sliding your heels toward your buttocks. Push with your heels and roll onto your side. **Do not twist!** Roll like a log.



2. Open the straps and pull apart the Velcro panel on one side. Your caregiver should slide the back half of the brace under your side just above the hip bones and below the ribs. The tag should be at the top of the back of the brace.

Qeybta Dhabarka ee Aalada Jidh Taageereedka Back Brace



3. Hold the back of the brace in place and log roll onto your back.
4. Position the front half of the brace:

- Velcro the side panel in place.
- Take a deep breath in and fully tighten the straps at bottom of brace on both sides.
- Take another deep breath in and fully tighten the straps at the top of the brace on both sides. The brace should be snug.
- Check to see that the brace is centered before getting up and adjust if needed.



Xidhashada aalada jidh taageereedka

1. Iskugu soo rog hal dhinac oo sariirta ah qaab-booseed dhinac-dhinac ah. Dhameystir farsamada "roll log" oo laab labada lugood adiga oo ciribtaada u sii jiidayo dhanka baridaada. U soo riix cidhibyadaada oo usoo rog dhinacaaga. **Ha soo qalloocin!** Iskugu soo rog si jirid geedeed ah.

2. Fur xargaha oo u kala bixi qaybta Sharootada leh ee qalabka hal dhinac. Daryeel bixiyahaagu waa inuu geliyaa badhka dhabarka ee aalada jidh taageereedka dhinacaaga hoostiisa oo ka sarreeya lafaha sinta kana hooseeya feeraha. Calaamaddu waa inay ku taal xagga sare ee dhabarka ee aalada jidh taageereedka.

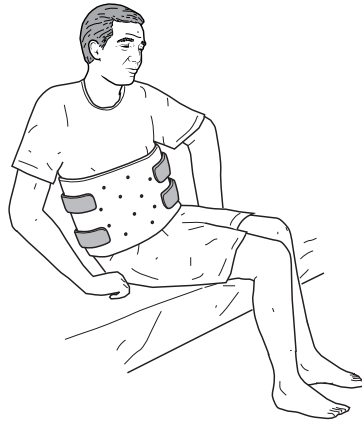
3. Ku hay dhinaca danbe ee aalada jidh taageereedka booskeeda oo isku soo rog dhinaca dhabarkaaga.

4. Meelee badhka hore ee aalada jidh taageereedka:

- Iskugu sharootee dhinaca qalabka taageerada booskeeda.
- Qaado u neefsashada gudaha ah oo si buuxda ugu adkee xarkaha hoose ee aalada jidh taageereed labada dhinacba.
- Qaado mid kale oo u neefsashada gudaha ah oo si buuxda ugu adkee xarkaha kore ee aalada jidh taageereed labada dhinacba. Aalada jidh taageereedku waa iney ahaataa mid raaxo leh.
- Fiiri si aad u aragto in aalada jidh taageereedka lagu meeleeayay meel dhexaadka ka hor inta aanad kicin oo dabci ama dhuuji haddii loo baahdo.

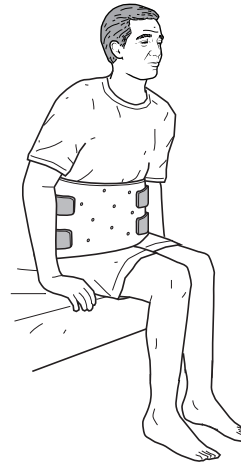
Getting out of bed

1. Log roll onto your side.
2. Drop your legs over the side of the bed and push yourself up to a sitting position.



Ka soo kicida sariirta

1. Isugu soo roggrog dhinacaada.
2. Lugahaaga ka soo lalmi dhinaca sariirta oo isku soo riix ilaa qaab fadhiyeed.



Getting into bed

1. Sit on the side of the bed and lean down on your elbow and forearm.
2. Lift your legs up onto the bed, staying in the side-lying position.
3. Log roll from your side onto your back.

Gelitaanka Sariirta

1. Fariiso dhanka sariirta kuna foorarso xusulkaaga iyo dhudhuntaada.
2. Lugahaaga kor ugu soo qaad sariirta dusheeda, adigoo markaa ku sii jiraaya dhinac-u-jiifida.
3. Isugu soo roggrog dhinacaada sida jirid geedeed ilaa dhabarkaada.

La hadal dhakhtarkaaga ama kooxda daryeelka caafimaadka haddii aad qabtid wax su'aalo ah oo ku saabsan daryeelkaaga.

Talk to your doctor or health care team if you have any questions about your care.

Wixii macluumaad caafimaad oo dheeraad ah, kala xariir Maktabada Macluumaadka Caafimaadka 614-293-3707 ama health-info@osu.edu.

For more health information, contact the Library for Health Information at 614-293-3707 or health-info@osu.edu.