

Xidhashada Aalada Jidh Taageereedka TLSO

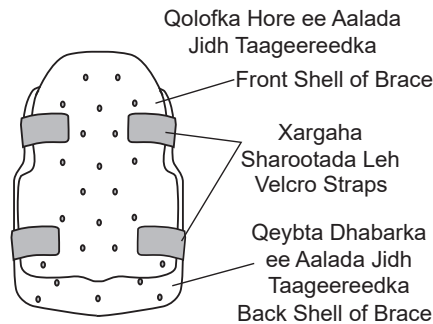
Applying the TLSO Brace

Wear Schedule: _____

Jadwalka Xidhashada: _____

Your doctor will tell you when to wear your TLSO brace, or Thoracolumbosacral Orthosis, 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.

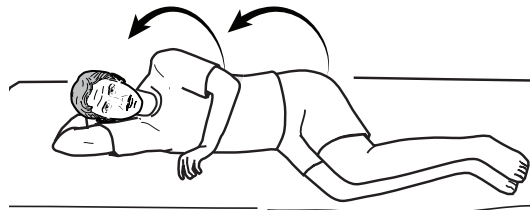


Takhtarkaagu wuxuu kuu sheegi doonaa goorta aad xidhaneyso aaladaada jidh taageereedka TLSO, ama Aalada Jidh Taageereedka Thoracolumbosacral Orthosis, inta lagu jiro maalinta iyo inta muddada aad xiran doonto.

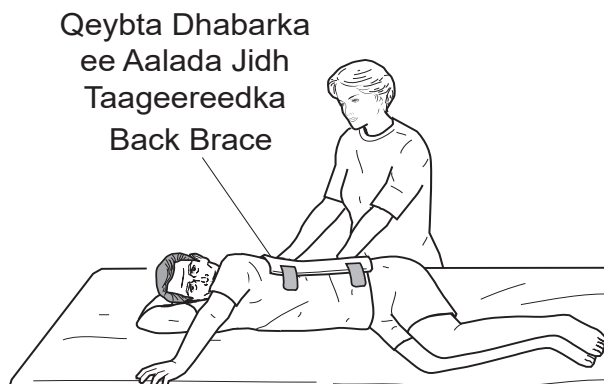
Had iyo jeer ka hoos xiro aalada jidh taageereedka funaanad si aad u bixiso xayndaab u dhexeeya maqaarkaaga iyo aalada jidh taageereedka iyo si ay u nuugto dhididka.

Steps

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. The caregiver should position the back half of the brace. Make sure the waist indentations on the inside of the brace just above your hip bones and below your ribs.



Tillaabooyinka

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. Daryeel bixiyaha waa inuu qaabeeyaa badhka dambe ee dhabar ee aalada jidh taageereedka. Xaqiiji in qeybta soo gelitaanada ee dhexda ay ka sarreeyaan lafaha sintaada oo ayna ka hooseeyaan feerahaaga.



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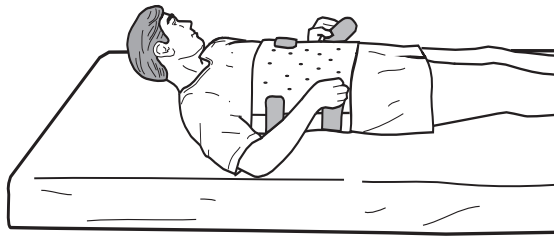
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3. Hold the brace in place and log roll onto your back.

4. Position the front half of the brace:

- Front section should overlap the back section.
- Fully tighten both straps at the bottom and top of the brace on both sides.
- Check to see that the front and back of the brace are lined up. Adjust them as needed.



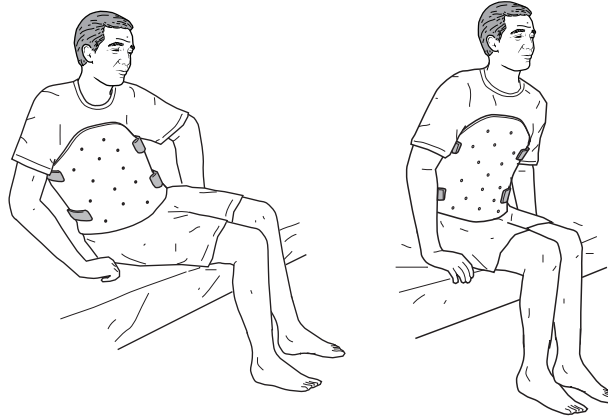
3. Ku hay aalada jidh taageereedka booskeeda oo isku soo rog dhinaca dhabarkaaga.

4. Meelee badhka hore ee aalada jidh taageereedka:

- Qaybta hore waa in ay ku dul-laabataa qaybta dambe.
- Si buuxda ugu adkee labada xargo meesha ugu hooseysa iyo ugu koreysa ee aalada jidh taageereedka labada dhinacba.
- Xaqiiji si aad u aragto in qeybta hore iyo tan danbaba ee aalada jidh taageereedka safan yihiin. U dabci ama dhiiji sida loogu baahdo.

6. Getting out of bed

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

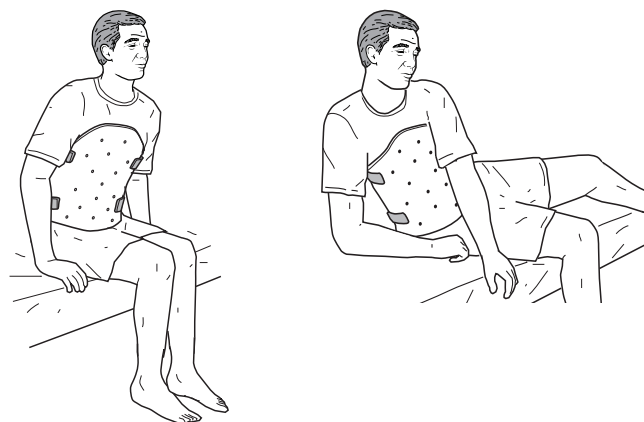


6. Ka soo kicida sariirta

- Isugu soo rogrog dhinacaada.
- Lugahaaga ka soo lalmi dhinaca sariirta oo isku soo riix ilaa qaab fadhiyeed.

7. Getting into bed

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



7. Gelitaanka Sariirta

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

Things to remember

- 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 one area of your skin, call your orthotist, so they can make changes to your brace. Redness over a large area of skin and pink color is usually normal.

Waxyaabaha aad u baahan tahay inaad xusuusatid

- 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, wac xirfadlahaada caafimaadka ee ku rakiba ama ku kabyo dadka aalada jidh taageereedka, si ay isbeddel ugu sameeyaan aaladaada jidh taageereed. Guduudashada meel ballaaran oo maqaarka ah iyo midabka gaduudka khafiifka ah waa caadi.

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.