

# Aspen Sierra TLSO

ONE SIZE ADJUSTABLE

Doctor: \_\_\_\_\_ Fitter: \_\_\_\_\_

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

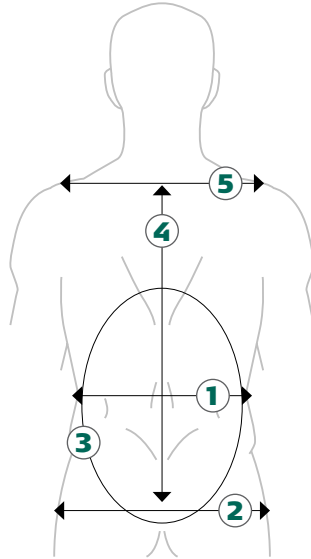
Patient #: \_\_\_\_\_ Additional Follow-Up Dates: \_\_\_\_\_

TOOLS NECESSARY: Scissors • Tape Measure

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### STEP 1 - MEASUREMENTS

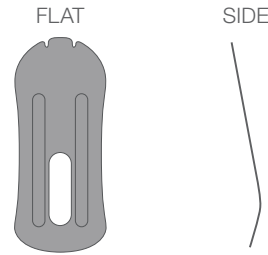
- 1 Lower rib circumference = \_\_\_\_\_
- 2 Hip circumference = \_\_\_\_\_
- 3 Inferior to Scapular Spine to Sacrococcygeal Junction = \_\_\_\_\_
- 4 Length from Symphysis Pubis to the Sternal Notch = \_\_\_\_\_
- 5 Distal End Clavicle = \_\_\_\_\_



TIME SPENT: \_\_\_\_\_

### STEP 2 - CUSTOMIZE BACK PANEL TO ANATOMY

- A. Measure patient's lordosis then customize back panel to anatomy.
- B. To customize back panel; remove the panel, heat, trim and reassemble.



**NOTE:** Back panel pre-lordosed to 15°

Patient's Lordosis Degree: \_\_\_\_\_

Heat form to individual patient's anatomy and contour to create intimate fit for individual lordosis and soft tissue. Trim for individual patient's anatomy based on 3 \_\_\_\_\_

TIME SPENT: \_\_\_\_\_

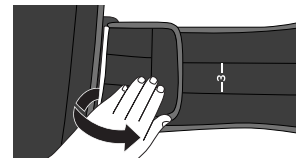
### STEP 3 - CUSTOMIZE SIZING AND TIGHTENING MECHANISM

SIZING IS CRITICAL TO PROPER PERFORMANCE  
Use the measurements below to customize to patient's anatomy.

- A. Use waist circumference (average of 1 and 2 \_\_\_\_\_) to determine where to fit rivets of belt through proper sizing adjustment holes in sides of back panel.
- B. Adjust belt to corresponding sizing indicator.
- C. Adjust length of tightening mechanism. For individual patient, it may be necessary to adjust length of closure string. Trim and adjust length of strings.

Yes. Amount cut \_\_\_\_\_

No



TIME SPENT: \_\_\_\_\_

#### SELECT OPTION BASED ON AVERAGE

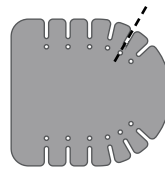
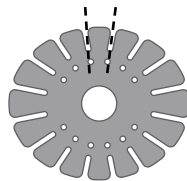
To reach the patient's midline, additional paneling (included) may be needed. Using waist circumference measurement (A.), Determine appropriate lateral panel configuration.

<input type="checkbox"/> 28-33 in 71-84 cm		<input type="checkbox"/> 32-44 in 81-112 cm	
<input type="checkbox"/> 43-51 in 109-130 cm		<input type="checkbox"/> 50-59 in 127-150 cm	

SIZING	1	2	3	4
CIRCUMFERENCE	28 - 37 in	36 - 43 in	42 - 48 in	47 - 54 in

### STEP 4 - MODIFY RIGID PANELS

MODIFY ANTERIOR PANEL AND LATERAL PANELS AS NECESSARY



Remove and trim to accommodate small and extra small anatomy.

Remove and heat mold anterior panel as necessary.

TIME SPENT: \_\_\_\_\_

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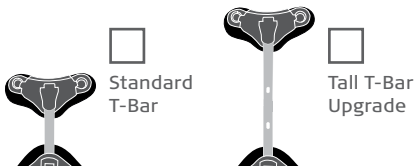
Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient #: \_\_\_\_\_ Additional Follow-Up Dates: \_\_\_\_\_

TOOLS NECESSARY: Scissors • Tape Measure

## STEP 5 - TLSO ADJUSTMENT

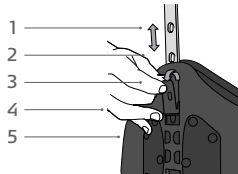
A. Customize T-bar. Use measurement (4) \_\_\_\_\_) to determine the configuration of aluminum T-bar.



B. Bend aluminum T-bar for patient's individual anatomy.



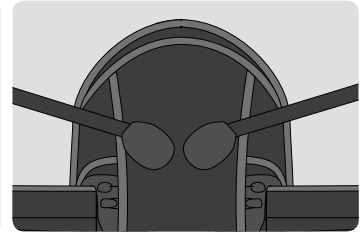
C. Anterior slot system number: \_\_\_\_\_



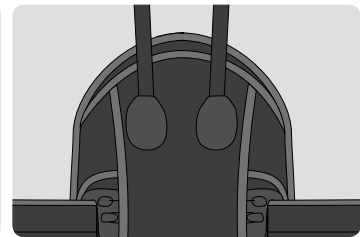
TIME SPENT: \_\_\_\_\_

D. Determine which shoulder strap configuration is best for patient's individual anatomy and required motion restriction.

Under the arm configuration



Over the shoulder configuration



## STEP 6 - CUSTOMIZE BELT FIT

### ANGLE ANTERIOR PANELS

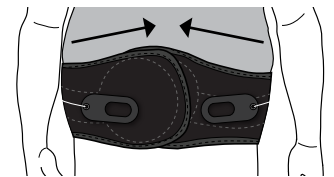
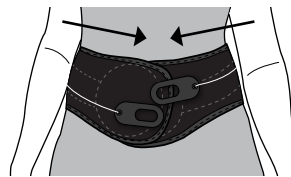
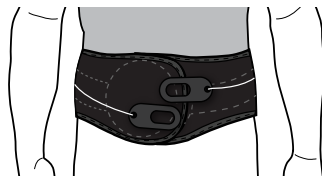
Every patient has a unique individual anatomy. Determine angulation for proper fit. Circumferential contact at both upper and lower margins of brace is essential for proper brace performance and support.

A. Bend anterior panel to conform to patient's anatomy.

B. Angle anterior panels:

### Lateral Panel Angulation

Lateral panels can be easily angled to provide the best possible fit for a variety of patient anatomies.



TIME SPENT: \_\_\_\_\_

Neutral Configuration for best support

Inferior Angulation Configuration for best support

Superior Angulation Configuration for best support

## STEP 7 - EDUCATION

### EDUCATE PATIENTS

Proper education is needed for individual to maintain proper fit throughout total time of wear.

Items to educate patients on:

Independent compression mechanics

Proper angulation to ensure circumferential contact

Proper cleaning

TIME SPENT: \_\_\_\_\_

Donning and doffing

Proper placement of brace

Follow up appointments

## CLINICAL JUSTIFICATION FOR CUSTOMIZING BRACE

TOTAL TIME TO CUSTOMIZE BRACE: \_\_\_\_\_