

# APPLICATION & SIZING GUIDE

## APPLICATION STEPS



**STEP 1**  
Tuck or slide the posterior portion of the brace closure under the low back so that it can be retrieved on the other side.



**STEP 2**  
The inferior (lower) portion of the posterior panel should be positioned just above the coccyx and the superior (top) portion below the inferior angle of the scapula. (If using a TLSO, the superior portion will be below the spine of the scapula.)



**STEP 3**  
Next, the patient needs to be rolled back into the supine position. Do this by folding their arm comfortably in front of their chest. Assist the patient by placing your hand under their shoulder blade and guide them into position, keeping their knees bent and their hips parallel with their shoulders.



**STEP 4**  
Lay the side closure attachment straps out to each side of the posterior panel. Gently flatten the patient's back (posterior pelvic tilt) against the posterior panel while keeping the knees comfortably bent (flexed). Place the anterior (front) panel in the proper position 1" above the pubic bone. *NOTE: Brace must fit around hips/trochanter, not waist.*



**STEP 5**  
Secure the side closures by attaching the Velcro® straps first on the left side, then on the right. Make sure the side closure attachments are symmetrical to one another and are equal distance from the center so the panel is not turned or rotated. *NOTE: Dynamic straps must not be attached to side closure attachment when fitting.*



**STEP 6**  
The side closure securing system should contour to the shape of the patient's anatomy.



**STEP 7**  
Beginning with the lower two dynamic straps, pull each strap and secure to anterior panel. Repeat the steps with the top two straps. It is easier to secure a snug fit if bottom straps are pulled and attached in a "V" shape and top straps are pulled straight across the anterior panel.



**STEP 8**  
After ensuring that the anterior panel is in the correct position, repeat the strap tightening procedure while applying mild downward pressure on the panel. The most compression is achieved if straps are pulled away from the brace and then back to the anterior panel for closure, rather than all the pull being toward the brace before attaching the dynamic strap to anterior panel.



**STEP 9**  
If straps overlap significantly or do not meet evenly when adjusted from both sides, adjust closure system from the posterior section. *HINT: For female patients or patients with larger hip development, the closures can be vectored to be wider at the bottom to gain a better fit.*

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## SIZING GUIDE

Sizing is determined by 3 circumferential measurements:

	NON-TAPERED TLSO / LSO		TAPERED TLSO / LSO	
<b>SMALL</b>	Xyphoid	31"-35"	Xyphoid	25"-31"
	Waist	31"-35"	Waist	25"-31"
	Trochanter	31"-35"	Trochanter	27"-33"
<b>MEDIUM</b>	Xyphoid	34"-38"	Xyphoid	28"-35"
	Waist	32"-38"	Waist	29"-36"
	Trochanter	34"-39"	Trochanter	32"-38"
<b>LARGE</b>	Xyphoid	37"-41"	Xyphoid	32"-38"
	Waist	35"-41"	Waist	32"-38"
	Trochanter	38"-42"	Trochanter	35"-41"
<b>X-LARGE</b>	Xyphoid	38"-45"	Xyphoid	35"-42"
	Waist	38"-45"	Waist	36"-42"
	Trochanter	38"-45"	Trochanter	38"-46"
<b>XX-LARGE</b>	Xyphoid	45"-53"	Xyphoid	40"-46"
	Waist	45"-53"	Waist	39"-47"
	Trochanter	45"-53"	Trochanter	43"-49"

*NOTE: If patient measures in between sizes, fit larger size.*



**1**  
1" below bottom of breast bone or xyphoid process



**2**  
Around navel or waist



**3**  
Around fullest area of trochanter or hips



For a TLSO using a sternal pad, a sternal notch to symphysis pubis measurement is needed