

## SCOLIOSIS TLSO WEARING SCHEDULE

DAY OF FITTING				
Brace Put On	Take Brace Off	Min Time Off	Time On	Total Hours
		45 min	2 hrs	4-6 hrs

STAGE I: AFTER SCHOOL						
Day	Time On	Min Time Off	Time On	Min Time Off	Time On	Total Hours
Day 2	2 hrs	45 min	2 hrs	45 min	2 hrs	4-6 hrs
Day 3	3 hrs	45 min	3 hrs on			5-6 hrs
Day 4	4 hrs	45 min	2 hrs on			5-6 hrs
Day 5	5-6 hrs on					5-6 hrs

STAGE II: BEDTIME		
Day	Bedtime wear	Total hours
Day 6-7	8-10 hrs	8-10 hrs

\*When bedtime use is started, take the brace off if it wakes you up. Try again the next night. Eventually sleeping through the night will happen.

STAGE III: BEDTIME AND AFTER SCHOOL						
Day	Time On	Min Time Off	Time On	Min Time Off	Time On	Total Hours
Day 8	8 hrs	45 min	2 hrs	45 min	2 hrs	10-12 hrs
Day 9	8 hrs	45 min	3 hrs	45 min	3 hrs	12-14 hrs
Day 10	8 hrs	45 min	4-6 hrs			12-14 hrs

STAGE IV: BEDTIME AND AFTER SCHOOL				
Day	Time on	Min Time Off	Bedtime Wear	Total Hours
Day 11	8 hrs	45 min	6-8 hrs	14-16 hrs

STAGE VI: FULL TIME						
Day	Time On	Min Time Off	Time On	Min Time Off	Time On	Total Hours
Day 12	8 hrs	45 min	8 hrs	45 min	2 hrs	18 hrs
Day 13	8 hrs	45 min	8 hrs	45 min	4 hrs	20 hrs
Day 14	Full Time: 20-22 hrs/day					