

## Lumbosacral Orthosis (LSO)

The lumbosacral orthosis is made of plastic and Velcro. It is available in both custom and off-the-shelf versions. This orthosis restricts motion in the lumbar spine (lower back), increases intra-abdominal pressure to support the spine, and helps induce good posture while allowing back muscles to relax producing a decrease in pain.

### Indications:

- Lumbar pain, spondylolisthesis, excessive lordosis, spondylosis, spondylolysis, spinal stenosis, degenerative disc disease, lumbar strain, compression fracture, burst fracture, herniated nucleus pulposa, and immobilization following lumbar surgery (decompression, fusion, etc).



Photo courtesy of Prosthetic Laboratories



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