

## 注意

1. 避免扭動或彎曲身體
2. 避免坐浴
3. 適當地拉緊魔術貼，太緊會影響呼吸，血液循環，太鬆會導致腰封鬆脫
4. 如穿戴後有紅腫、瘀傷或皮膚損傷，停止配帶，應立即通知矯形師，以作跟進
5. 切勿擅自修改腰封
6. 切勿把腰封放近熱源，以免受熱變形
7. 請每次覆診時帶回腰封，以便義肢矯形師檢查及修改
8. 其他備註：\_\_\_\_\_

## 清洗方法

1. 用濕布清潔



## Reminder

1. Avoid twisting the body
2. Avoid sit bath
3. Avoid secure the strapping too tight or too loose.
4. Check for any redness, bruises or abrasion, stop application immediately and contact your orthotist if any problem occurred
5. Do not adjust the brace by yourself
6. Protect the brace from deformity due to heat source
7. Bring along the brace every follow up
8. Remarks : \_\_\_\_\_

## Cleansing

1. Wipe with damp cloth

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# 腰封

Rigid spinal brace  
(TLSO)





## 穿戴目的

- 保護和支撐胸椎或腰椎

## 穿戴時間

- 全日
- 休息時間
- 日間
- 坐起，離床或步行
- 晚間
- 每隔 \_\_\_\_ 小時
- \_\_\_\_\_

## 穿戴方法

1. 首先穿上衣服，以避免直接接觸皮膚，引起皮膚敏感，同時減少擦傷的機會
2. 先側臥床上，戴上腰封的後半部後，再平臥，調校到最舒適的位置，然後才戴上前半部，調校好後，用魔術貼固定
3. 按照腰封上的“前”，“後”標記穿上
4. 除去腰封時，先平臥床上，除去前半部，側臥後，才除去後半部

## Purpose

- Support and protect the spine

## Application Period

- Whole day
- Resting time
- Daytime
- Sit up, sit out or walking
- Night time
- Every \_\_\_\_ hours
- \_\_\_\_\_

## Application Method

1. Wear clothing under spinal brace to prevent skin irritation and injured from friction.
2. Lie lateral first. Rigid brace usually has upright piece in the rear that curve to the shape of lower spine and pelvis, then cover the front piece. Secure the strapping.
3. There are marking of 'front' and 'back' on the brace
4. When remove the brace, lie flat first, take off the front part then lie lateral and remove the rear.

