

## WEARING INSTRUCTIONS FOR CTLSO (Cervical-Thoracic-Lumbar-Sacral-Orthosis)



\*A snug fitting T-shirt (preferably cotton) should be the only thing worn under your C.T.L.S.O. All other CLOTHES should be worn OUTSIDE the C.T.L.S.O. The T-shirt should be kept as dry and clean as possible. Follow the doctor's instructions on wearing time.

The C.T.L.S.O. should be applied while LYING DOWN, with your head in a neutral position. This enables gravity to draw the abdomen, but more importantly, unloads and relaxes the spine.

To apply the C.T.L.S.O:

- a. While lying completely flat, roll onto your side with someone to help stabilize your neck. Apply the back piece so that the back cervical portion follows the curve of the head. This will also put the grooves in the back piece just above the hips, but keep as LOW as possible. If this is not low enough the lower ribs will be uncomfortable and the abdomen will protrude out from underneath the bottom of the front. Roll back into the brace.
- b. If you are wearing a collar, carefully remove the front half. Then carefully slip the back half out from behind your head.
- c. Apply the front half of the brace, making sure the grooves on the front piece line up with the grooves on the back piece. The front piece goes on over the back piece, like a clamshell.
- d. Velcro the thoracic straps first. The thoracic straps should be as TIGHT as possible/tolerable; there should be no gaps between the brace and your body. Gaps are a sign that the C.T.L.S.O is TOO LOOSE. This creates inadequate spinal support and the grooves will not anchor the C.T.L.S.O on the hips. This will cause the brace to "ride up." If this is the case, lower the CTLSO into its proper position and make it tighter than it was previously.
- e. Velcro the cervical straps.

The C.T.L.S.O. is designed to protect your spine. You will be able to sit erect in it, but you will NOT BE ABLE TO BEND FORWARD past a right angle. You should be able to sit at a 90° angle. Also, the C.T.L.S.O. WILL NOT ALLOW A FORWARD SLOUCH of the head and shoulders.

Your skin is not used to something as rigid a C.T.L.S.O. We expect some areas of reddening. On the reddened areas we recommend rubbing alcohol to be wiped on the site to help toughen the skin; do not use creams or lotions on the reddened areas as they will soften these areas and defeat the purpose of toughening the skin. DO NOT USE THE ALCOHOL ON ANY OPEN AREAS such as an incision sore or wound. The C.T.L.S.O. can be cleaned with rubbing alcohol inside and out, this will keep it disinfected and will minimize risk of a rash.

\*Please note:

- Consult your physician as to whether or not you should shower or sleep in the CTLSO.
- Pads should be cleaned 3 times a week. Consult your practitioner should you need more pads.
- These devices require PATIENCE. They are not usually comfortable and may need several adjustments.
- These devices tend to move on the body towards the head. This is unavoidable and the device will require you to re-position it as you change positions (sitting, standing, etc).