

## Wearing Instructions for CTO (Cervical Thoracic Orthosis)



“Malibu”

### **Donning:**

1. The CTO should be applied either LYING DOWN or SITTING with your head in a neutral position.
2. The front and back sections are marked respectfully. All straps are preset for proper fit and should not be changed unless you consult a practitioner or physician.
3. Place chin section under the chin, and apply back panel so that head piece rests into shell, and side extensions (if provided) rest slightly above the top of the ear. Clip chin straps together.  
\*For Malibu Collar (top picture)- Slide front piece into back, fasten straps to tolerance.
4. Fasten the waist straps together.
5. Lay shoulder straps over the shoulders, slide plastic guide into the holders, and fasten straps.
6. Fasten forehead strap (if provided).



“Johnson”

### **Please note:**

- Consult with your physician as to whether or not you should shower or sleep in the CTO.
- Follow up with your practitioner if you are experiencing any difficulty with comfort or fit.
- Pads should be cleaned at least 3 times per week. Consult with your practitioner if you need more pads.

\*\*Please have someone check your skin DAILY to look for any signs of breakdown, especially at the chin and back of your head where the brace contacts your skin.\*\*

\*\*These devices require PATIENCE, as they are not 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 repositioning from time to time.\*\*



“SOMI”

