



# Cervicothoracolumbosacral Orthosis (CTLSO)

**Cascade**  
*Orthotics*

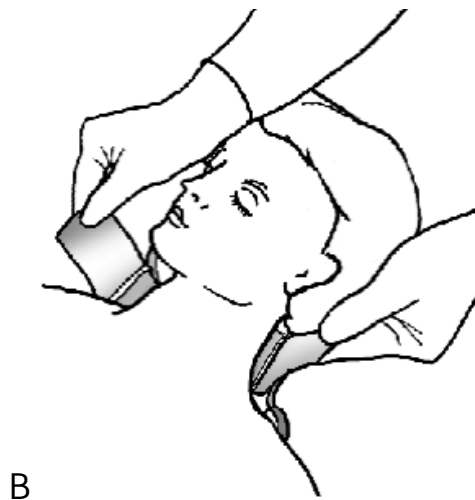
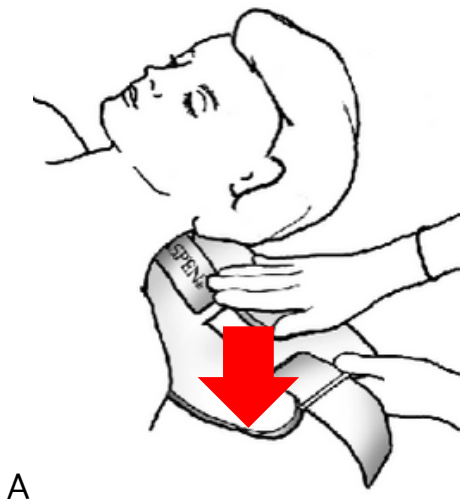
Please review this carefully.

Please call Cascade Orthotics for a follow-up appointment at our office no more than 2 weeks after your discharge from hospital or after initial fitting.

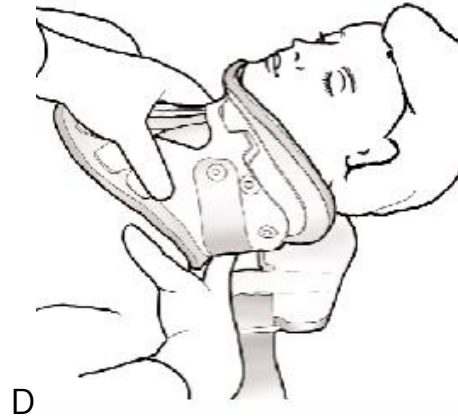
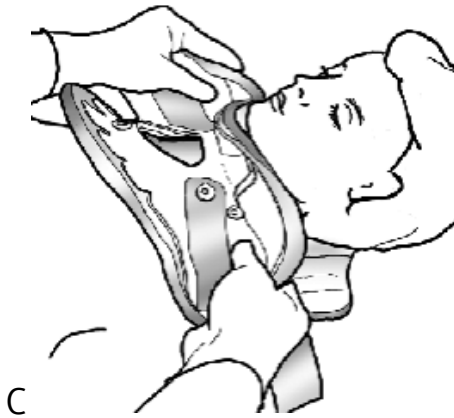
APPLICATION OF THIS ORTHOSIS SHOULD BE DONE WITH THE ASSISTANCE OF A SECOND PERSON.

## Brace Application

1. You should be lying on a flat surface **without a pillow**.
2. A family member or friend shall push down into the bed, slide the back section of the collar under your neck and ensure it is centred. (Figures A & B)



3. Slide the front section of the Cervical Extension under your jaw so that your chin comes to the front edge of the chin piece. (Figure C)
4. Wrap the hook section on one side around the neck and pull the loop Velcro to connect. (Figure D)



5. Connect the Velcro on both sides and fasten. (Figure E)



6. You will hold onto the front section on your chest and abdomen while log rolling to the preferred side.
7. Your family member or friend will palpate your waist indentations to locate the proper location of the back of the orthosis and then slide that section behind your back.
8. Roll onto back. Ensure waist indents on front and back section of the brace align.
9. Fasten straps in the following order: second from the bottom and bottom (VERY TIGHT), second from the top (SNUG). Take a deep breath, hold it and fasten the top Velcro straps, release your breath. That is the desired tension of the top Velcro straps.



### **Motion Restrictions**

Keeping your back and neck as still as possible is an important part of healing process. The CTLSO is designed to help in the process. Keep your brace on and properly fastened at all times when upright.

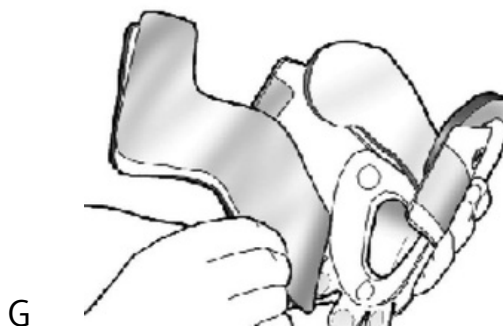
### **Proper Skin Care**

Pressure, moisture, heat and dirt can all lead to skin irritation. To avoid these possibilities, keep the skin clean, dry and cool. A thin cotton shirt should always be worn between your skin and the brace, except when showering. Avoid HOT water on brace as it may cause the Velcro to denature and lose adhesion.

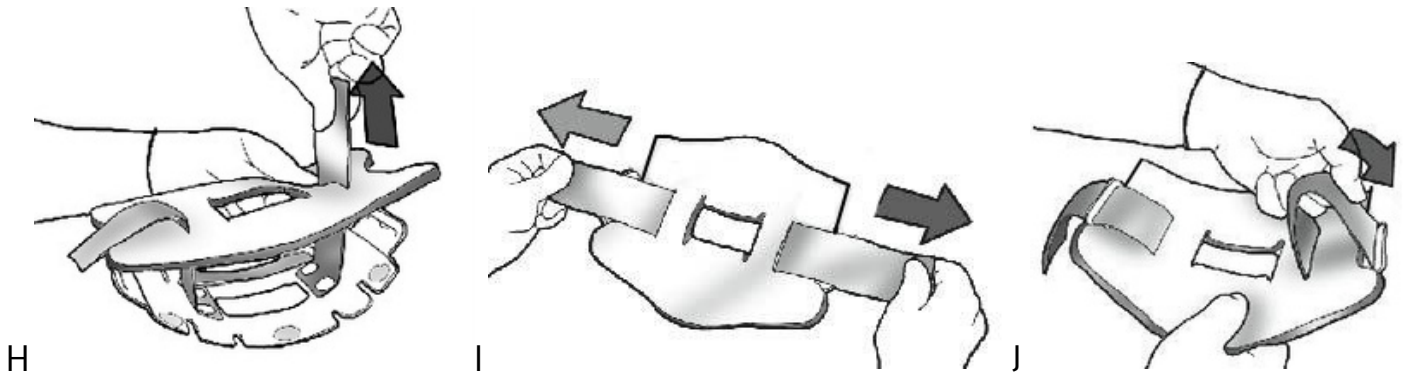
PAD REPLACEMENT SHOULD BE DONE WITH THE ASSISTANCE OF A SECOND PERSON.

### **Pad Replacement**

Adjust pads so the gray side grips Velcro dots. Pads must cover the edges of the plastic. If not, move the pad to keep the plastic from touching your skin. (Figures F & G)



To change the back pad, push the Velcro straps through the slits in pad then through slots in outer edge of the plastic. (Figures H, I & J)



### Pad Cleaning

Pads are **NOT** disposable. Hand-wash the pads in warm, soapy water. Rinse out all soap thoroughly. Gently squeeze out all of the excess water and lay flat to dry. Allow to dry. **DO NOT** machine wash or dry. Re-apply only thoroughly dry pads.

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