



Cervicothoracic Orthosis (CTO)

Cascade
Orthotics

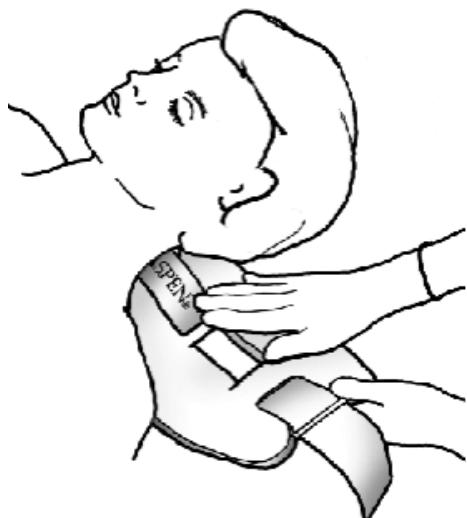
Please review this carefully.

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.

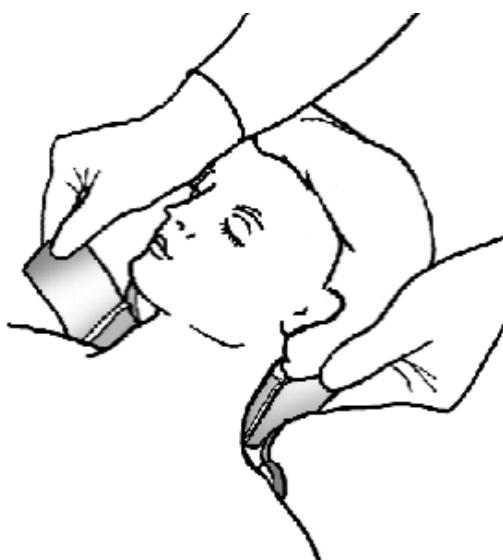
APPLICATION OF THIS ORTHOSIS SHOULD BE DONE WITH THE ASSISTANCE OF A SECOND PERSON.

CTO 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 centered. (Figures A & B)



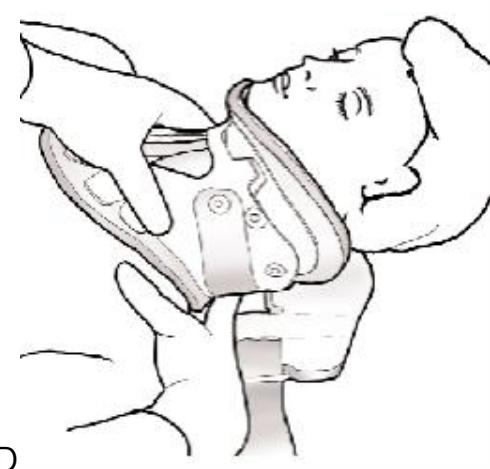
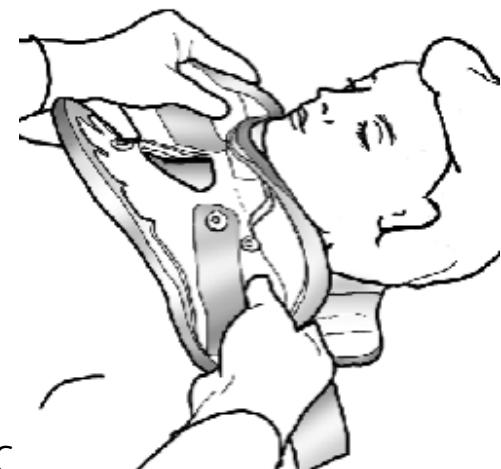
A



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 (Figure D) and pull the loop Velcro to connect.

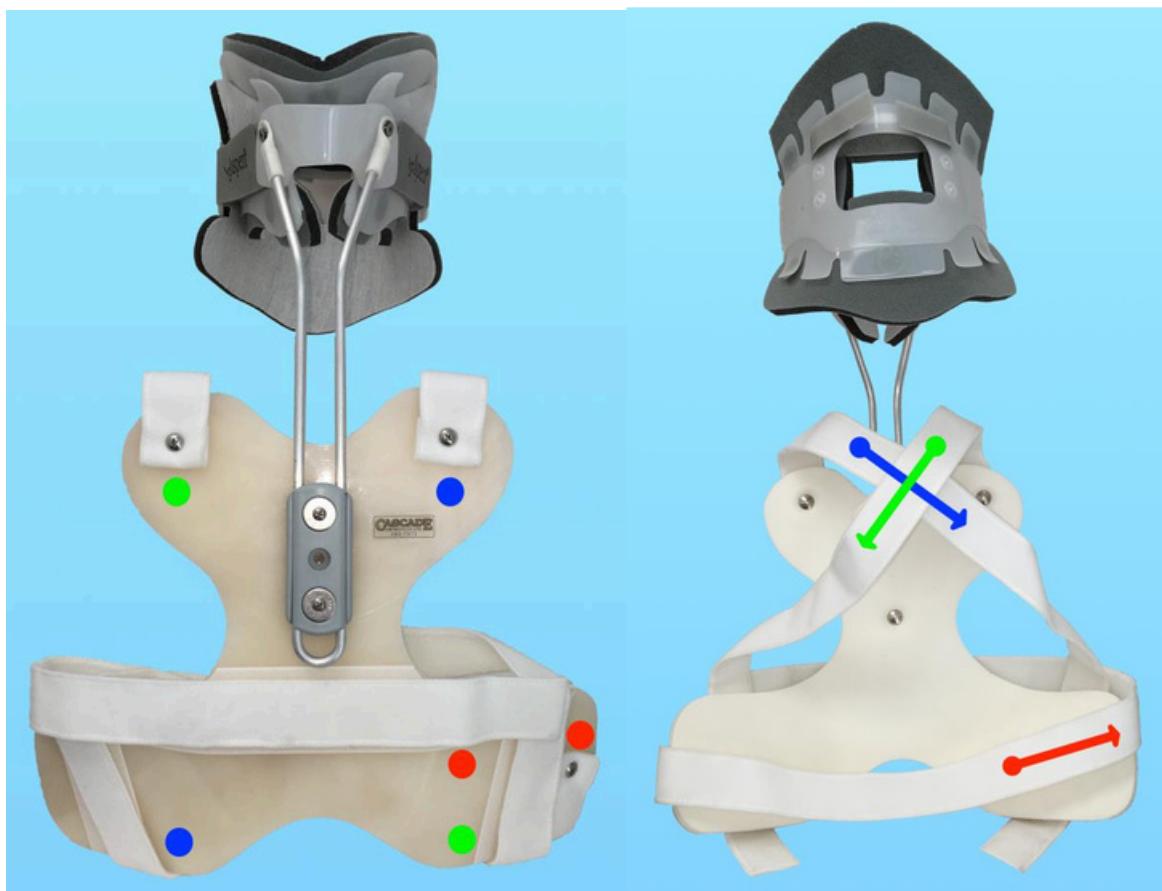


5. Connect the Velcro on both sides and fasten. (Figure E)



Vest Strap Application

1. The left shoulder strap originates from the right shoulder (GREEN). To apply this strap, push the strap behind the neck, grasping on the opposite side.
2. Pull diagonally and downward to fastened on the left chest side (GREEN).
3. Do the same with the right shoulder strap (BLUE).
4. Grasp the waist strap (RED) and push into bed, behind patients left side and grasp on right.
5. Pull snuggly and fasten on to the front vest Velcro (RED).



Liner Replacement for the Post-Operative Patient

1. Before taking off the CTO, gather the supplies you will need: soap, washcloth, towel and replacement pads.
2. Note where the Velcro straps end on front of collar section. This will help when the CTO is re-applied and fastened during Step 7.
3. Lie down on a flat bed. Keep your head and neck straight and still. Release the Velcro on one side. Release the shoulder and waist straps and pull out from underneath. Remove the CTO and set it aside.
4. Use a wash cloth to clean your face and neck.
5. Rinse away soap and gently dry your skin.
6. Remove moist and/or dirty pads. If needed, clean and towel dry the plastic and Velcro. Attach the clean pads.
7. Re-apply the CTO as noted above.

PAD REPLACEMENT SHOULD BE DONE WITH THE ASSISTANCE OF A SECOND PERSON IF THE CTO IS THE PRIMARY TREATMENT FOR A SPINAL FRACTURE.

Motion Restrictions

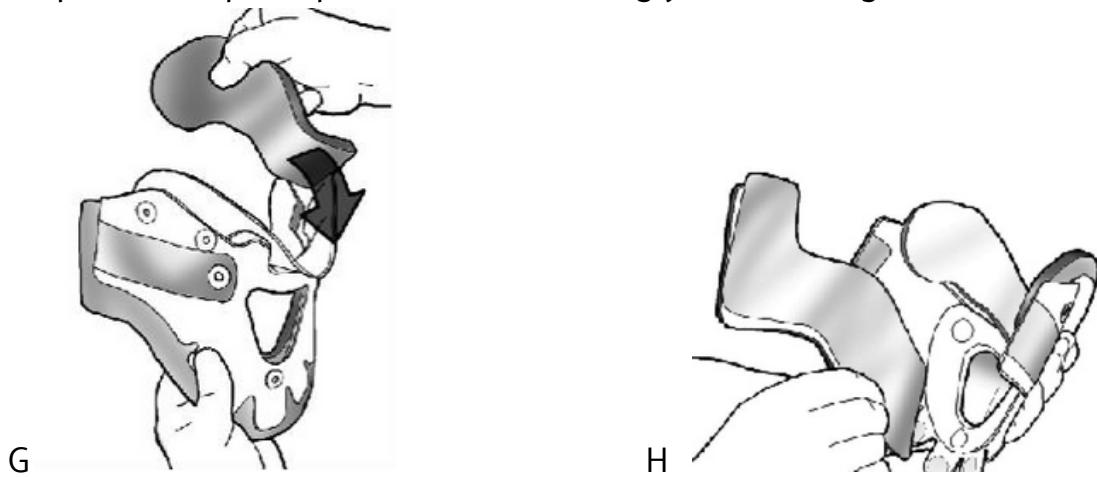
Keep your head and neck as still as possible this is an important part of healing process. The CTO is designed to help in the process. Depending on your situation, your Physician may allow you to remove the CTO when flat in bed. An Aspen Cervical Orthosis may be indicated.

Proper Skin Care

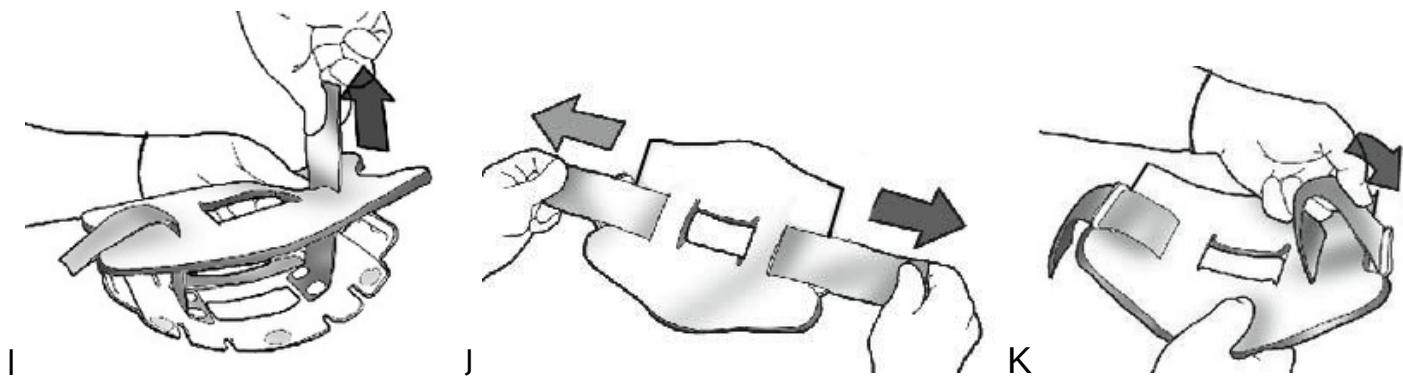
Pressure, moisture, heat and dirt can all lead to skin irritation. To avoid this, keep the skin clean, dry and cool. At least once a day, remove the CTO and wash your neck and face. At this time, moist or soiled liners should be changed. Check with your Orthotist on how to keep your head and neck still while the CTO is off. If you notice any skin irritations, call your Orthotist.

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 G & H)



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



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. Re-apply only thoroughly dry pads. **DO NOT** machine wash or dry.

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