

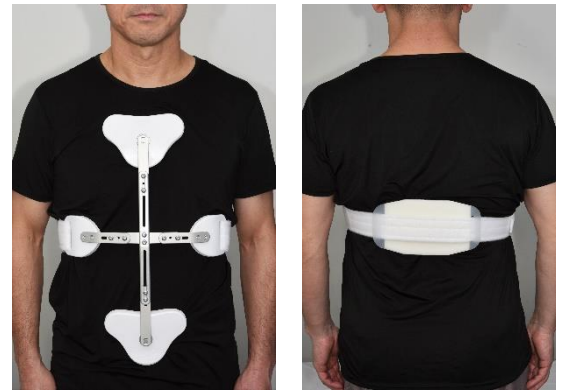
CASH TLSO

Patient Information Guide

You have been fitted with a CASH brace. Your CASH brace acts as support for your spine and the correct fitting is important for your recovery.

How to use your brace

Video instruction <https://vimeo.com/showcase/6773122>



1. Lay flat on your back, place the CASH brace centrally over your body.
2. Position the chest pad (labelled "TOP") 2 finger widths below the notch at the bottom of your throat.
3. Roll onto your side keeping your back straight.
4. Position the back pad centrally on your back, pulling the strap out from underneath you.
5. Roll onto your back, reposition the brace centrally on your chest.
6. Pull Velcro strap through the loop and fasten



You must wear your CASH brace whenever you are out of bed.

It must be put on **BEFORE** you get up, ie when lying flat.

The brace is designed to keep your posture ok while getting out of bed and sitting.

Hygiene

- If wearing the brace in the shower, make sure to dry before putting it on again.
 - You need to lie down to take it off for drying.
- To clean the brace, wipe it down with soapy water or disinfectant wipes.
- We recommend wearing a cotton t-shirt or singlet underneath the CASH brace.

Checking your skin

- Your skin needs to be checked daily for skin irritation, broken skin or reddened areas.
- Contact your orthotist immediately with any skin issues.

Things to remember

- Your CASH brace does not need to be worn for extended periods in bed, unless advised by a doctor.
- Things to avoid:
 - Lifting objects heavier than 2-3kg
 - Sitting in low or deep couches
 - Adding un-prescribed bandages or dressings
 - Exercise or sport
 - Driving a motor vehicle unless advised by a doctor

Issues

- Please contact the RBWH Orthotic and Prosthetic Department if:
 - Your CASH brace is broken or worn out
 - Causing discomfort or skin irritation
- Do not adjust your brace

Contact Details

Orthotics and Prosthetic Department
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Butterfield St, HERSTON QLD 4029
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