

# CTLSO

## Patient Information Guide

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



## How to use your brace

Step-by-step guide to putting the CTLSO on correctly. You will need at least one person to assist.

1. Roll onto your side keeping your back and neck straight.
2. Place the back section of the CTLSO centrally on your back, making sure your head is supported by the head piece.
3. Return to lying flat on your back.
4. Make sure the brace is positioned evenly over the hips.
5. Place the front section over your body, overlapping the back, make sure the head is supported by the chin piece.
6. Fasten the straps to equal lengths on either side, starting with the middle strap.



## Hygiene

- You must wear your brace at all times, or as advised by your doctor.
- 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 CTLSO 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 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 brace is broken or worn out
  - It is causing discomfort or skin irritation
- Do not adjust your brace

## Contact Details

Orthotics and Prosthetic Department  
Level 2, Dr James Mayne Building  
Royal Brisbane and Women's Hospital  
Butterfield St, HERSTON QLD 4029  
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