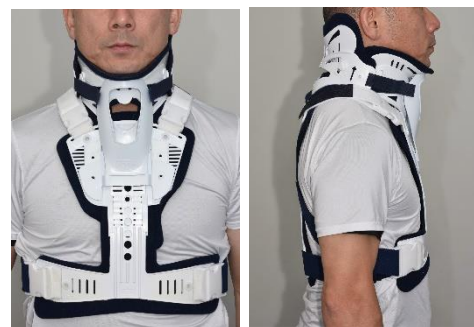


# Cervical Thoracic Orthosis (CTO)

## Patient Information Guide

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



## How to use your brace

Step-by-step guide to putting the CTO on correctly. You may need one person to assist.

1. Lying flat on your back, slide the back section of the collar under the back of the neck, ensuring it is not upside down and straps are even lengths.
2. Place the CTO front section onto the wearer's chest. Position the chin into the contour of the collar and fasten the Velcro straps evenly onto the front section.
3. Roll onto your side keeping your neck straight
4. Position the back section of the CTO centrally on the wearer's back and roll onto back.
5. Reposition the CTO centrally on the patient's chest, attach all four buckles.



## Hygiene

- You will be provided with a set of spare liners/pads for your CTO. Change liners daily. Dirty liners can be washed in mild soapy water and dried with a towel.
- Remove liners one at a time taking note of their orientation and position.
- Wipe the plastic shell of the CTO with alcohol wipes or soapy water.
- Ensure liners are attached in correct position and covering all plastic edges.
- Wipe skin underneath collar with warm water or alcohol wipes.
- We recommend wearing a cotton T-shirt or singlet underneath the CTO 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

- You must wear your CTO at all times, unless advised by your 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

## Issues

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

## Contact Details

Orthotics and Prosthetic Department  
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Royal Brisbane and Women's Hospital  
Butterfield St, HERSTON QLD 4029  
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