



CTLO – Cervical Thoracic Lumbar Orthosis

The CTLO is a rigid brace that provides support for the cervical, thoracic and lumbar spine by preventing flexion (forward movement), extension (backwards movement) and rotation (sideways/twisting movement). You have been prescribed a CTLO by your Spinal Doctor to manage your neck and/or back injury.



Who will fit your brace?

- Your CTLO is a brace custom made for your body, and will be fitted by an Orthotist from Royal Perth Hospital. Once you start to get out of bed and move adjustments may need to be made to the brace
- Only allow qualified people to adjust your brace. Please contact the Nurse, Physiotherapist or Orthotist to make any further adjustments.

When to wear your brace

- At your outpatient follow up appointment your Spinal Doctor will tell you how long to wear your brace. This may be up to twelve weeks. An x-ray may be necessary before you are able to stop wearing the brace.



The CTLO is to be worn

- Anytime you are upright e.g. when having a shower, in the car, watching TV.

Overnight

- If you have been cleared to remove the brace overnight you can do so, so long as you are lying on a flat bed and wearing the replacement collar provided
- You are allowed a pillow and if comfortable to do so, to lie on your side so long as the bed is flat and the short collar is in place

How to remove the brace

- You will require the assistance of one person.
- The brace must only be changed when you are lying flat (no pillow).



- If returning from a shower, place a towel down on the bed and lie flat on your back.
- Have an additional towel ready to use to dry yourself.
- Place the folded towel next to your head, as per the image



- Unclip the clasps on either side of your brace



- Remove the front piece



- Bend up your knees and log roll onto your side so that your head is resting on the folded towel
- Remove the back piece
- Roll back onto your back

NOTE: If you are going to bed then you need to fit the replacement collar provided to you by sliding the back piece underneath your neck, then placing the front piece on and fastening the Velcro on either side. Refer to additional handout for the short collar.

To put the brace back on

- If you are wearing the replacement collar remove this first
- Place the folded towel next to your head
- Roll onto your side and place the back piece in place
- Roll back onto your back and put the front piece in place ensuring that the side edges of the front piece sit over the side edges of the back piece
- Fasten the side straps by using the velcro and clips
- Attach the velcro straps on either side of your chin
- You can now get up and move safely



How to care for your brace

- If the black pads require cleaning they can be given a rinse with detergent in the sink. After cleaning squeeze out excess water with a towel and lay somewhere to dry out of direct sun.
- If required the white plastic can be cleaned with soap and water then dried with a towel.

Activities to avoid while wearing your brace

- Driving a motor vehicle
- Physical sports and running – avoid any jarring or high impact activities
- At risk activities including riding a bicycle or skateboarding
- Heavy lifting, pushing or manual work
- Check with your Spinal Doctor before resuming any of these activities
- Be careful around small pets and children. Keep your environment free of obstacles such as mats, cords and rugs that you may trip over.

Additional Information

- It is important to always wear something under your brace (unless you are showering).
- Clothing worn under the brace should be closely fitted. For example a singlet or form fitting T-shirt.
- Wear loose, easy fitting clothes over your brace if you need.
- Wear comfortable practical shoes (avoid thongs, high heels or shoes that have a slippery sole).
- *Check your skin daily* for any areas of redness or irritation. Should your skin become red or blistered please contact the Orthotics Department on the number below for an urgent review.

Any Further Questions/Contact numbers

Before you leave hospital please ask your Nurse, Spinal Doctor, Physiotherapist or Orthotist should you have any further enquiries or questions

After your discharge from Royal Perth Hospital all brace inquiries should be directed to **South Metropolitan Orthotics Department Phone: 6152 7450.**