

# WINKLEY

ORTHOTICS & PROSTHETICS

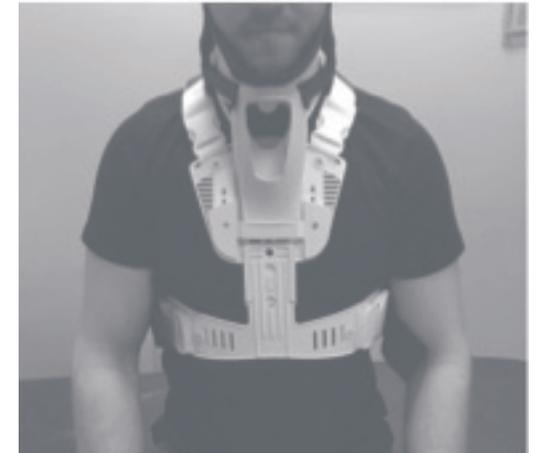
At Winkley Orthotics,  
we specialize in custom-  
fabricated adult and  
pediatric orthoses. Our goal  
is to improve each person's  
mobility and enhance quality  
of life by providing the  
highest quality orthotic  
care, non-operatively and  
post-operatively.

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ORTHOTICS & PROSTHETICS



Instructions  
for your **NEW**  
**CTO**

# Wear and Care

## for your CTO

CTO = Cervical Thoracic Orthosis

### WHAT DOES IT DO?

Your new CTO is intended to protect and support your spine after surgery or injury. It is a reminder for you to avoid any lifting, twisting or bending motions that will reinjure your back.

### CLOTHING

Always wear a snug cotton t-shirt or tank top under your brace. Smooth out all wrinkles, because they can cause irritation. If you perspire excessively, you may want to change your undershirt as often as necessary. You can wear other clothing over the top of the device such as a sweatshirt or jacket.

### PUTTING YOUR BRACE ON

You should be lying down to apply the brace, using a log roll (move your hips and upper body at the same time to avoid twisting).

### WHEN TO CALL THE ORTHOTIST

You have developed red areas or pressure sores from your CTO.

You have had a significant weight change and your CTO is too loose or too snug.

Your Velcro no longer holds tight or other material is worn.

You have any other questions or concerns about how to use your CTO.

**If you have sudden neck or back pain, numbness or tingling, contact your physician's office.**



With front of brace lying on patient, slide back of collar section behind patient's neck.

Patient should not try to lift head or neck for this.



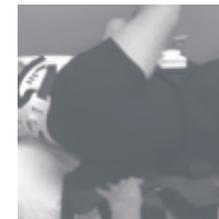
Chin should be centered comfortably in the chin piece. Push and "scoop" ends toward ears. Sides of the back will overlap the front. The lower plastic edge should not be resting on clavicles or digging into shoulder.



Secure Velcro straps oriented blue-on-blue, both tabs the same length.



Once front is secure, hold chest piece with one hand and log roll to the side, with hip and shoulder going at the same time to avoid twisting.



Once rolled to the side, slide back portion behind the patient, with top of back piece below bottom of collar.

Then log roll back so patient is laying on back piece.



Pull straps out from the side and buckle into place over ribs.



Buckle shoulder straps.

Brace should then be completely secure on the patient.



Patient can then log roll to side, swing feet over the edge of the bed and push up with elbow to get to sitting position.