

## **CTLSO (Cervical-Thoracic-Lumbar-Sacral Orthosis)**

### **Application:**

*If on spinal precautions, consult with a physician before putting on the CTLSO.*

A cotton undershirt should always be worn under the CTLSO.

1. Begin by lying side-ways on a flat surface.
2. Place the back shell against the back and slide it under the side of the body.
3. Align the waist indentations in the CTLSO to match the position of the waist.
4. Roll onto the back while holding the back piece of the CTLSO against the back. Once flat on the back, re-align the shell to center it evenly on both sides of the body and to re-position it at the waist, if necessary.
5. Apply the front shell with sides overlapping the back piece, and tighten the straps. Straps must be kept snug to tight in order to maintain good support and to help lessen movement. Tighten the straps from bottom to top, keeping each pair of straps even on both sides.

### **Application (for scoliosis correction):**

If not on spinal precautions, the CTLSO may be donned while sitting, but should be repositioned and straps tightened, while standing. Waist indentations in the CTLSO should match the position of the waist, and the bottom-front of the brace should be very close to the pubic bone of the pelvis.

### **Cleaning and Maintenance:**

The best way to clean a CTLSO is spray the inside with rubbing alcohol and wipe dry to remove body oils and residue. Wiping it out with a damp towel and anti-bacterial soap, or anti-bacterial moist towlettes can also clean it.

Do not immerse the CTLSO in water, as this will harm it. Keep the CTLSO away from excessive heat to prevent damage to the plastic.

### **Tips and Problem Solving:**

- If the CTLSO is riding up under the arms or at the throat, it is probably too loose and requires repositioning.
- Avoid soft chairs and sit up straight or lean back slightly. This will help reduce pressure on the chest.
- Do not lean over the table while eating. The food should be brought to the mouth while sitting straight, again to help reduce pressure on upper chest.
- A cotton undershirt free of wrinkles helps improve comfort.
- If worn while sleeping, a small pillow or wash cloth may be more comfortable than a large pillow as the head will not be forced into the brace support areas.