

DATE:

PATIENT NAME:

ORTHOTIC DEVICE: Cervical thoraco-lumbo-sacral orthosis - Minerva Orthosis

WEARING INSTRUCTIONS:

- Barrel-roll on to your side and slide the posterior section of the orthosis behind you. Barrel-roll onto your back, place the anterior section and attach the Velcro straps so that the orthosis is on snugly.
- The orthosis should be snug at all times in order to keep it from shifting and also in order for it to provide the forces required to keep your back from flexing. It should be symmetrical and well-fitting.
- There should be no pain resulting from the orthosis. If there is discomfort or an adjustment is necessary please call for an appointment.
- The orthosis should be worn at all times every day for maximum protection (except when sleeping). Please check with your doctor for the length of time you will be required to wear this protective orthosis. You may wear the orthosis in the shower if you cover it with a plastic bag to keep it from getting the padded areas wet.
- If there is redness which remains or redness over a bony area, first make sure that the CTLSO was applied correctly and snugly, as otherwise, the body may shift in the orthosis.
- If the redness remains and was not due to incorrect application, an adjustment may be necessary. Please call to make an appointment and provide details of the problem you are experiencing.
- If you notice any mechanical problems with the orthosis or loose screws, please call our office and someone will assist you.

If you have any questions or concerns please make sure to call and I will be glad to be of help. Please keep these instructions and all other material provided for future reference.

Thank you.

Serap Kaga, B.SC., C.O.(c) Certified Orthotist

Jarrod Tucker C. O. (c) Certified Orthotist

