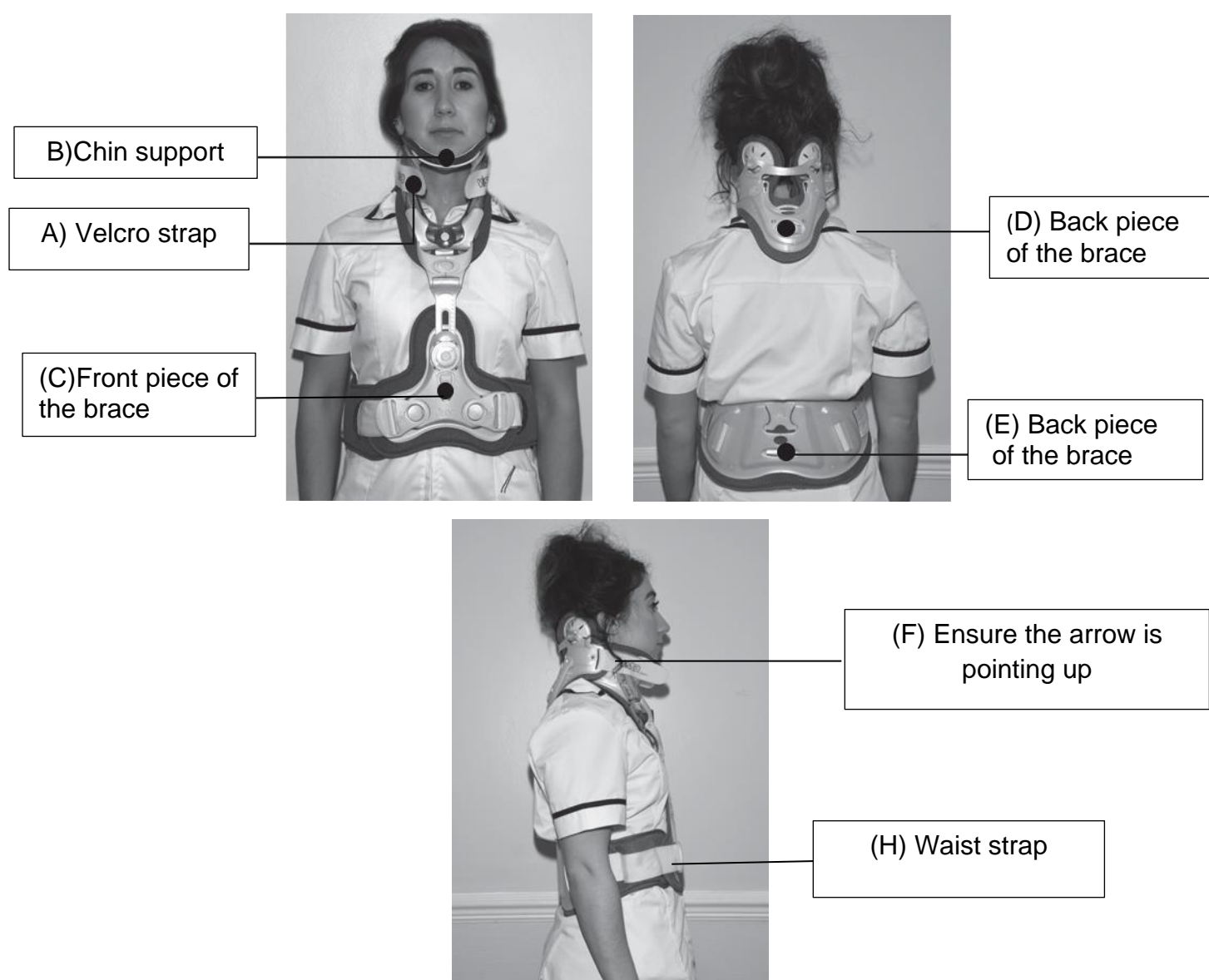


## Patient information

# Aspen Vista Cervical Thoracic Orthosis (CTO) Brace Instructions for Use

## Therapies

Your Consultant has decided that wearing an Aspen Vista CTO brace will aid your rehabilitation. The Aspen Vista CTO brace is designed to support and limit neck and upper back movement, after a spinal injury, fracture or surgical procedure



## Fitting the Aspen Vista CTO brace

Two people are needed to fit the brace, one to maintain head and neck alignment and one to fit the brace. A package of care to assist with fitting the brace, can be organised prior to you going home, if needed.

The brace is best worn over a light cotton vest or t-shirt.

You must lie flat to fit your brace unless your Consultant has given you permission to do this in sitting.

Remove any pillows from behind your head and lie flat with your arms by your side and head central. The first person will support your head from the top of the bed, ensuring central head and neck alignment (Figure 1).

**Figure 1**



**Figure 2**



**Figure 3**



They will place the front piece of the brace (C) onto your chest, with the collar chin support (B) centred under your chin (Figure 4)

**Figure 4**



The collar sides should then be positioned up towards the ears. Place the front of the collar inside the back of the collar, ensuring the collar fits snugly against the neck (Figure 5). Hold the collar and fasten the Velcro straps (A) (white on white) on both sides, adjusting alternately one at a time, until they are equal on both sides (figure 5 and 6).

Ensure the grey padding extends beyond the plastic of the collar at the front and the back (Figure 6).

**Figure 5**



**Figure 6**



Once the brace is fitted you should not be able to move your head, but you should be able to open and close your mouth to allow you to eat and drink comfortably.

Roll onto your side, with assistance if required. The second person should place the back piece of the brace (E) behind you, in the centre of your spine and waist straps (H) spread out (Figure 7). The top of the back piece of the brace (E) should be level with T1/T2 (as shown by your physiotherapist).

Roll onto your back. Fasten the waist straps (H) (Figure 8), as snug as possible without compromising breathing. Adjust the brace as necessary, ensuring the grey padding extends beyond the plastic of the brace at the front and back.

**Figure 7**



**Figure 8**



## **Removing the brace**

- Lie flat on your back with the first person supporting your head from the top of the bed, ensuring central head and neck alignment. The second person can then unclip the waist straps (H).
- Roll onto your side, with assistance if required. The second person can then remove the back piece of the brace (E), before you return to lying flat on your back.
- Once on your back, the second person can undo the Velcro straps (A) on the collar.
- With the first person still holding your head still, the front piece of the brace (C) can then be removed, followed by the back piece of the collar (D).

## **Aspen Vista CTO brace skin care**

Wearing this device can cause skin damage for example pressure ulcers. While you are in hospital, checks of your skin will be performed at each therapy session and nurse led hygiene session.

In general skin checks beneath these devices should be at least daily and more frequent if high risk factors have been identified e.g. Current wounds or skin damage.

If you are to be discharged home with this device your risk will be explained to you or your carer and appropriate monitoring arranged or advised.

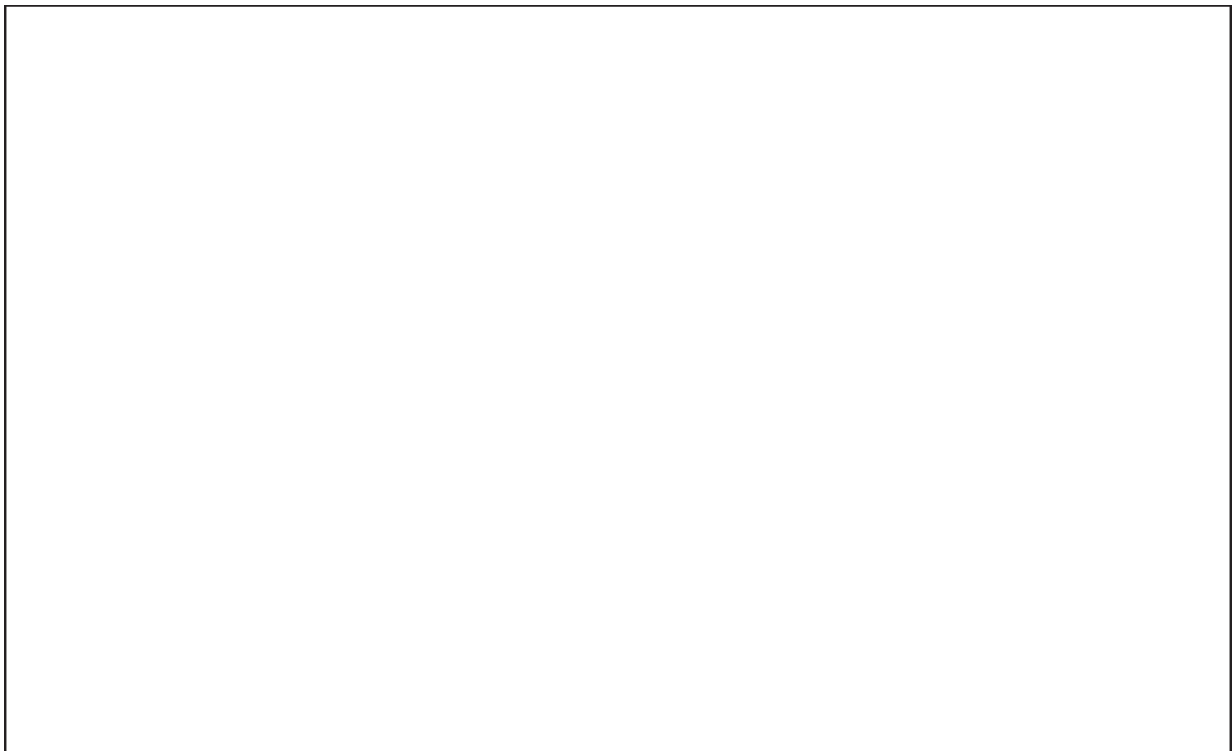
## **Aspen Vista CTO brace care**

- It is important to keep the Aspen Vista CTO brace and skin beneath it clean, to avoid any problems with your skin. Pads should be changed on alternate days, more frequently if damp or soiled.
- Each Aspen Vista CTO brace will come with a spare set of removable grey pads, to allow you to wash them.
- Lying flat, remove the brace as indicated in the Aspen Vista CTO brace instructions for use above.
- Check the skin to assess for any redness.
- Clean the skin with soap and water. Ensure the skin is dry prior to re-fitting the brace.
- Peel the grey pads from the Velcro, paying attention to the shape so you can reposition the clean pads properly.
- Wash the grey pads with soap and water, rinse them with clean water and leave them to air dry.
- Wipe the plastic on the brace clean with soap and water. Ensure the plastic brace is dry before re-fitting the grey pads.
- Adjust the grey pads to ensure no plastic is touching the skin.

## Daily brace checks

- The arrows of the collar (F) should be pointing upwards and chin should be centred in the chin support (B).
- The large front and back openings of the collar should be centred.
- The sides of the collar should point upwards towards the ears and off the shoulders.
- The sides of the back of the collar should overlap the front and run parallel to each other.
- The Velcro straps (A) should be aligned symmetrically, white on white.
- The front (C) and back pieces of the collar (D) and back piece of the brace (E) should be centred on the body.
- Ensure no plastic is touching the skin and that the blue pads extend beyond the plastic edges.
- The lower edge of the front piece of the brace (C) should be resting against the ribs and/or just below the breasts.

## Additional information



## Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## Further information:

If you have problems with your brace please contact the orthopaedic physiotherapist on

Tel: 0151 706 2771

Text phone number: 18001 0151 706 2771

Author: Therapies Department

Review date: March 2026

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل انتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والإلكترونية.

所有經信托基金批准的患者資訊均可以其它格式提供，包括其它語言、易讀閱讀軟件、大字

體、音頻、盲文、穆恩體 ( Moon ) 盲文和電子格式，敬請索取。

در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاری پنیومندیدار بهو نهخوشانهی له‌لایمن تراستهوه پسمند کراون، نهگمر داوا بکریت له فورمات‌هکانی تردا بریتی له زمانهکانی تر، نیزی رید (هاسان خویندنهوه)، چاپی گهوره، شریتی دمنگ، هیلی موون و ئلیکترۆنیکی همیه.

所有经信托基金批准的患者信息均可以其它格式提供，包括其它语言、易读阅读软件、大字  
体、音频、盲文、穆恩体 (Moon) 盲文和电子格式，敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.