

Cervical Thoraco Lumbo Sacral Orthosis (CTLSO Brace)

NHS Lothian /
South East Trauma Network



NHS
Lothian

FRONT



BACK



Purpose of the brace

Following the injury to your spine the brace helps limit movement and provides stability while your injury heals.

Continue wearing the brace as instructed until this is reviewed, and the plan adjusted by your medical team.

You need to put the brace on lying flat:	Yes	No
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You can put the brace on in sitting:	Yes	No
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You are required to wear the brace at all times (inc sitting up)	Yes	No
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You will need to sleep with the brace on:	Yes	No
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You need to wear the brace for a period of ____ weeks, until advised otherwise at your fracture clinic appointment.

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How to put the brace on:

1. Lying on your back, roll by bending your knees and holding your arms across your chest onto to your side, aiming to keep the spine aligned.
2. Position the back section so that it is centrally aligned. With your helper, ensure the bottom edge is in line with the base of your lower back and the collar in line with base of your skull.



3. They can press down on the mattress to feed the straps under your side.
4. Holding the brace in place roll onto your back. Ensure the brace is located centrally – the curve within the back piece should follow the natural curve of your lower spine. Your neck should be resting on the collar piece.
5. Put the front section in place, making sure it is centrally aligned and the collar snug under your chin.
6. At this point you may need to make small adjustments to ensure it's correctly placed.
7. Attach the Velcro straps either side of the collar.
8. Fasten the front panel to the back using the straps; adjust this until it feels snug
9. The lower end of the brace should sit just above the groin crease and the collar in line with your chin.



How to remove the brace

1. Lie flat on your back, undo the front Velcro straps of the collar and the front section. You may prefer to only undo one side of the front section and keep the other side fastened to use as a 'hinge' to open the brace.
2. Roll onto your side keeping the spine aligned (same technique as above)
3. Remove the brace.
4. Roll onto your back keeping the spine aligned.

General Advice

- The brace should be kept on at all times - unless the consultant has advised otherwise.
- The brace should be tight but comfortable.
- The brace should be worn over thin, preferably cotton clothing such as a T-Shirt or vest. You should avoid clothing with buttons or jewellery that would be pressed against your body by the brace.
- When sitting on a chair, the bottom of the brace at the back should be just sitting above the seat of the chair, if this is catching the chair, it will cause the brace to rise up
- Skin checks should be carried out by a family member. Remove the brace for short periods during the day when lying flat to allow your skin to breath. If there is an area of broken skin, please get it reviewed by a practice nurse or GP and contact the Orthotics Department to have the brace reviewed.
- Use pain relief in the first few weeks to allow you to move comfortably. If high levels of pain persist contact your GP.
- The brace can be cleaned by wiping it over with a damp cloth and leaving it to dry; do not place on radiator or a fire to dry as this can damage the brace structure.



Daily Activities Advice

1. Bathing and showering are not permitted; your occupational therapist or physiotherapist can further discuss this with you.
2. Position changes and pacing yourself throughout the day can help manage your pain; it is best to do 'little and often'.
3. Avoid heavy lifting (no more than 5kg) and prolonged bending or twisting movements.
4. To put on socks and shoes, sit down and place your foot on your knee. You can consider a long handle shoehorn. When dressing your lower body, we recommend you sit down and bring your legs up bending at the hips and knees.
5. You can start light housework tasks as your pain allows. Kitchen tasks are best done at a countertop surface to avoid bending or overreaching.
6. Walking is recommended to aid your recovery. It will increase your activity levels and help reduce stiffness. Start with short distances, and gradually increase as able.
7. Returning to work depends on your recovery and tasks involved in your job. Returning to heavy, manual tasks may take longer.
8. You are not able to drive as long as you are required to wear the brace.
9. Unless told otherwise follow up physiotherapy is initially not required. Please discuss the need for future physiotherapy at your fracture clinic appointment(s).

This leaflet is not meant to replace any discussion with your health care team, please let us know if you have any questions.