

Fit Guide to Don a CTO in Bed



STEP 1: Slide back panel under the patient and center



STEP 2: Place front piece and slide the belt straps into slots



STEP 3: Depress yellow tab to unlock dial. Twist dial to adjust height



STEP 4: Slide button to unlock and adjust angle fit against chest



STEP 5: Place back panel and tighten Velcro on the collar



STEP 6: Pull and twist dial to adjust height of collar



TWO Different Styles!!

1. 2-post (left) will be sliding the back panel, no additional instructions
2. 4-post (right) will need adjusting of the height of the back bar using

button **If additional questions, please contact:**

ALJAN CO

PHONE 608-257-4256

FAX 608-257-7220

2008 FISH HATCHERY RD

MADISON, WI 53713

Sitting in Chairs

- A chair with arms, a firm seat, and an upright back is best (they aid in getting up/sitting down and encourage proper posture)
- Make sure you sit all the way back in the chair to prevent slouching (improper posture causes the brace to feel uncomfortable)
- Avoid low, deep couches/chairs

General Guidelines

- Wear a T-shirt under the brace to protect your skin and absorb sweat
- Wear your brace as directed by your doctor
- Check for skin irritation and reddened areas after wearing the brace (if the skin demonstrates bright redness/irritation **contact Aljan Co. for an adjustment**)

Moving Safety

Keep in mind that the brace will limit your ability to move in certain directions.

- Use a cane, crutches, walker, handrails, or someone to help you until your balance, flexibility, and strength have improved
- Arrange your household to keep the items you need handy; keep everything else out of the way
- Don't bend or twist at the waist
- Avoid picking up heavy objects until the doctor gives you clearance to do so