

Patient Guide to Applying Minerva (CTO)

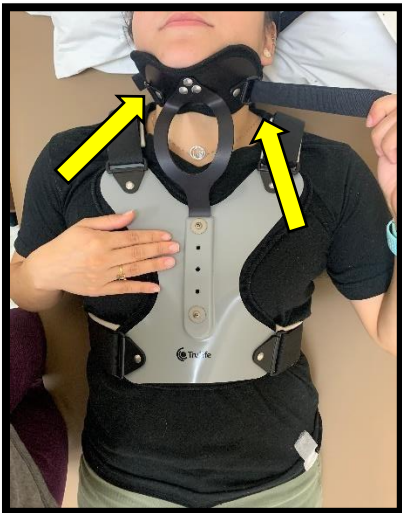
Confirm with referring MD regarding use and function



STEP 1: Center front on torso and secure straps at waist



STEP 2: Secure shoulder straps on each side.



STEP 3: Secure chin strap so that chin rests on mandible piece.



STEP 4: Place forehead strap and center pad

Confirm with referring MD regarding use and function



STEP 5: Back is centered, and straps are secure

***it is imperative that straps are to desired tension that Orthotist recommends. Over tightening, or not having straps tight enough, can result in improper position and lack of support. Patient must be positioned in bed so that spine is in neutral position (not flexed or extended)**

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

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

If additional questions, please contact:

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