

# **Vista Cervical Thoracic Orthosis 4 (CTO)**

## **USE AND CARE INSTRUCTIONS**

### **HOW TO USE YOUR VISTA CERVICAL THORACIC ORTHOSIS (CTO)**

- This orthosis is designed to keep your cervical spine (neck) from flexing and extending.
- The orthosis works by immobilizing the head with an occipital section in the back and the chin piece in the front, it includes a thoracic section for stabilization.
- The front and back sections are held together with two velcro straps at your neck and two waist lumbar straps. Make sure these straps are adjusted to a snug comfortable position.
- If possible wear a T-shirt under your orthosis.
- Follow your doctor's instructions as to wearing time and bathing.

### **HOW TO CARE FOR YOUR VISTA CERVICAL THORACIC ORTHOSIS**

- If the pads become soiled they may be removed and washed by hand in warm water with mild soap.

### **IMPORTANT NOTES ABOUT YOUR VISTA CERVICAL THORACIC ORTHOSIS**

A Vista Cervical Thoracic Orthosis is a very specialized device. It is **VERY** important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.