

**OrthoPro of Reno, Inc.**

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**Miami JTO (CTO)**

**USE AND CARE INSTRUCTIONS HOW TO USE YOUR MIAMI J 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.
- Always wear a thin shirt under your orthosis.
- Follow your doctor's instructions as to wearing time and bathing.

**HOW TO CARE FOR YOUR MIAMI J CERVICAL THORACIC ORTHOSIS**

- Your CTO comes with an extra set of pads. When the pads become soiled they may be removed and washed by hand in warm water with mild soap and air dried.

**IMPORTANT NOTES ABOUT YOUR MIAMI J CERVICAL THORACIC ORTHOSIS**

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

**Patient Signature;** \_\_\_\_\_ **Date;** \_\_\_\_\_