

Patient information sheet

Aspen / Lerman Minerva - Cervical Thoracic Jacket Instructions

Function

Restricts 85-90% of cervical flexion and extension. 80% of cervical rotation and 75% of lateral flexion typically worn for 6-12 weeks depending on condition.

Wearing the brace

First Fitting-

- With the assistance of a second person, the patient should be log rolled onto his/her side
- While the head and neck is being supported, the back section can be contoured and adjusted. Total contact in the area of the neck and back of head is very important
- With the posterior section in place, the patient is turned onto his/her back
- The anterior section is then contoured and adjusted to the proper height
- The straps are secured in the order of chin first, then shoulder, then body

Keeping it right-

- The front portion fits directly under the chin
- The back portion head piece is to cup the back of the head
- The straps are secured to fit snugly and comfortably
- The chin straps may be loosened slightly but only enough for chewing.
- At all other times the straps should be firm
- **Do not drive or operate machinery**

Showering- The brace is to be worn while showering
To replace the liners after a shower:



- Ensure the patient is sitting firmly back in an upright chair with the back part of the brace supporting him/her
- Remove the front part of the brace, bottom straps first to top straps last
- While the patient is being dried he should be still (no coughing or sneezing!)
- Remove the wet liners, dry the brace thoroughly and put dry liners in place
- Hold the front part of the brace firmly in place
- Gently assist the patient to move to the front of the chair and bend slightly forward from the hips
- While the front is held in place by the patient and his/her weight is leaning in to it remove the back part of the brace (bottom straps first and top straps last)
- While the patient is being dried he/she must remain still
- Remove the wet liners, dry the brace thoroughly and put dry liners in place. The straps are difficult to dry and will need squeezing firmly with a towel
- Re-apply the front part of the brace, top straps first then bottom straps .

Cleaning

- All four liners are removable and are fastened with Velcro
- The liners can be washed in a washing machine and the brace can be wiped down with most cleaning solutions
- Spare lines are available from the Orthotist

For any queries with the brace please call

Orthotists-Auckland Hospital phone 307 4949 - Loc 93 5129

Spinal Nurse Specialist-Auckland Hospital phone 021938247

If you have any concerns regarding sensation or pain please contact your General Practitioner

Reference:

Aspen Medical products. (February 2007) [On-line]<http://www.aspenmp.com/products/cto/overview.html>

Asquith, J.& Wilkinson, S. (2004). Spinal Workbook, Department of Orthopaedics Auckland City Hospital, Auckland.

Gilchrist, J. (2003). Spinal Orthosis. In Delvin, V.,(Ed .)Spine Secrets,(pp .126-138). Philadelphia, Hanley and Belfus, Inc.

Kulkarni, D. E. (2005) Spinal Orthotics.[On-line],
<http://www.emedicine.com/pmr/topic173.htm>