

Information for patients

CTLSO – Cervical Thoracic Lumbar Sacral Orthosis



^{RJAH}
Orthotics

What is a CTLSO

CTLSO stands for Cervical Thoracic Lumbar Sacral Orthosis. The brace used to limit motion in the cervical thoracic, lumbar, and sacral regions of the spine. They can be prescribed for the stabilization of the spine to promote healing and decrease pain after surgery, injury or degeneration has occurred.

When should I wear my CTLSO

Your CTLSO is worn to support your back and neck and should be worn at all times when sitting and walking. The CTLSO is generally not worn when lying flat in bed unless stipulated by your consultant. The amount of time you may be required to wear your CTLSO can vary between patients. This will be decided by your leading consultant, and you should only stop utilizing the CTLSO when they deem it is no longer required.

Fitting

There are a wide range of CTLSOs varying in style and material available currently. Dependent on multiple clinical considerations your orthotist will prescribe the most clinically relevant for your individual needs and rehabilitation plan. You will be measured, cast, or scanned by an orthotist to produce your CTLSO, this could take a few days and you may need to stay on bed rest until it can be fit.

An Orthotist will initially fit you with your CTLSO to ensure the correct fit and positioning and will explain the correct way to put on your brace and take it off when at home.

This will involve a log roll and head hold to be performed by staff if required. The back portion or shell will then be slid into the correct position with the collar section centered down your spine before you are log rolled returning to your back.

The front section or shell will then be positioned centrally to line up with the back portion and support you chin, before all hook and loop straps on the shell and collar are tightened symmetrically.

No plastic should be touching the skin and the CTLSO should be positioned just above your pelvis into your waist, this will ensure the rest of the brace sits in the correct place.

The CTLSO should be a snug fit to provide the required support. Anchoring at the pelvis and centered on your spine and breast bone, A snug fitting cotton T-shirt should be worn under the brace as it will absorb perspiration, protect the skin and keep the brace clean.

Being clean shaven will also improve the comfort and decrease skin irritation at the collar section of the brace.

For further assistance please follow: www.rjah.nhs.uk/patients-visitors/information-films/orthotics-films

Caution

- ✓ It is important to check skin condition regularly especially in patients with altered sensation.
- ✓ Red marking is normal on removal of the CTLSO so long as the skin is not irritated/broken/blistered and the marking fades over one hour.
- ✓ It is important to wash skin covered by the brace at least once a day. Please ensure skin is dry before fastening the brace up again.

We provide the clinical service for orthotics at The Robert Jones and Agnes Hunt Orthopaedic Hospital, Oswestry, The Royal Shrewsbury Hospital and The Princess Royal Hospital, Telford. Please find the relevant contact details below.

Please only contact the department where you are due to have an appointment or have already been seen, other sites will not be able to deal with your enquiry and you will be asked to ring the appropriate hospital.

The Robert Jones and Agnes Hunt Orthopaedic Hospital / Tel: 01691 404442

Below are the opening times for the department for dropping off/collecting footwear and appliances.

RECEPTION OPENING TIMES

Monday – Thursday, 8.15am – 5pm

Friday, 8.15am – 4.45pm

GENERAL ENQUIRIES

Monday – Thursday, 8.45am – 5pm

Friday, 8.45am – 4pm

The Royal Shrewsbury Hospital / Tel: 01743 261000 Ext: 3701

Monday – Thursday, 9am – 4pm

Friday, 8.30am – 3pm

The Princess Royal Hospital / Tel: 01952 641222 Ext: 4224

Monday – Thursday, 9am – 4pm

Friday, 9am – 12.30pm

ALL SITES ARE CLOSED FOR LUNCH 12.30PM – 1.15PM

Please note we are only able to offer appointments at the site you have been referred to by your consultant/G.P. even if this isn't the most local to your home address.

Patient Name

When to wear CTLSO

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Please note that any device supplied by the Orthotics Department is property of the Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust and should be returned to the department upon the end of its use unless advised otherwise. Do not dispose of any devices until they have been inspected by a member of the Orthotics team, or unless you have been informed to do so by a member of the team. In the event of loss or damage beyond expected wear, you may be asked to pay a replacement fee.

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