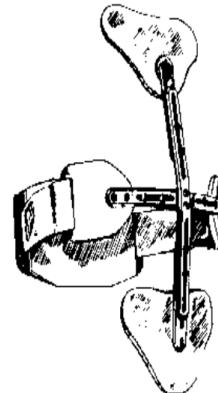


Anterior Control Othosis (CASH)

Care and Use Instructions

INTRODUCTION

1. This orthosis and others, such as Jewett and Mother's Hug, are designed to keep you from bending (flexing) in the thoracic spine area. It will still allow you to bend at your hips, and stretch out backwards.
2. The orthosis works by pushing on your sternum and pubic bone in the front and the middle of your back with a back strap.



FITTING

3. It is recommended to wear a T-shirt under the orthosis. An undergarment such as this provides a barrier between the skin and the plastic as well as helping absorb perspiration.

NOTE: Cotton, cotton/poly-blend or silk T-shirts are suggested for undergarments. Cotton is comfortable and breathable, but it absorbs and retains water. Silk or poly-blends help pass moisture away from your body. Ask your orthotist for a recommendation.

4. To put the orthosis on, lie on your back while positioning the orthosis over your body with the small pad (marked "top") about an inch-and-a-half down from the top of your sternum (breast bone). The upper pad (marked "bottom") will then lie about this same distance above the pubic bone.
5. Tuck the large pad under your side, then "log roll" over onto this pad.
6. Reach behind and position this pad across your back. Be sure that the Velcro strap is not twisted.
7. Then roll back onto your back over the pad, and fasten the strap.

NOTE: If you are permitted to stand without the orthosis on, it may be easier for you to apply the orthosis while you are in the standing position.

Berkley

28801 Woodward Ave.
Berkley, MI 48072
P 248.399.0030
F 248.399.0031

Detroit

In Henry Ford Hospital
2799 W. Grand Blvd.
Suite E-1225
Detroit, MI 48202
P 313.916.2201
F 313.916.9491

Grand Blanc

Genesys O&P
2598 Genesys Parkway
Grand Blanc, MI 48439
P 810.606.6570
F 810.606.6571

Waterford

4800 Highland Rd.
Suite 1
Waterford, MI 48328
P 248.674.9600
F 248.674.9603

WEARING GUIDELINES & PRECAUTIONS

8. The orthosis should be worn as snug as possible. This way the orthosis will keep your back its straightest, thus better support. It will also keep the orthosis from shifting on the body. Remember "Tight is Right" as a general rule of thumb in wearing this orthosis.
9. Follow your physician's recommended wearing schedule.
10. The orthosis may be worn while lying on your back, but it is designed primarily for use only when sitting or standing. Lying on our side or stomach with the orthosis on are not recommended.
11. Occasionally, these orthoses cause pressure on the sternum. A simple way to relieve some of the pressure is to place two pads or washcloths, one on each on the insides of the sternal pad. This acts to bridge the sternal bone and push on the chest muscles.
12. If there is a minor skin irritation caused by heat or pressure it is suggested that you massage the affected skin occasionally with a cloth dampened with rubbing alcohol and/or apply cornstarch to the skin just before putting on your clothing and orthosis.
13. This orthosis can get wet with no major problems. The back pad may hold a little bit of water but it will dry overnight. If not, a small towel between the pad and body will protect the back from moisture just fine.
14. If you have any questions or problems, do not hesitate to call your orthotist for advice.

NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury.



855.5BECKER

PatientCare.BeckerOrthopedic.com

Berkley

28801 Woodward Ave.
Berkley, MI 48072
P 248.399.0030
F 248.399.0031

Detroit

In Henry Ford Hospital
2799 W. Grand Blvd.
Suite E-1225
Detroit, MI 48202
P 313.916.2201
F 313.916.9491

Grand Blanc

Genesys O&P
2598 Genesys Parkway
Grand Blanc, MI 48439
P 810.606.6570
F 810.606.6571

Waterford

4800 Highland Rd.
Suite 1
Waterford, MI 48328
P 248.674.9600
F 248.674.9603