



## Cervical Orthosis (C.O., Neck Brace)

- A cervical orthosis (C.O.) is a neck brace worn to help support your neck and spine.
- The brace has been molded and/or modified specifically for you.
- It may be used for: trauma, post-operative stabilization, or fractures.
- Always follow specific instructions given to you by your doctor and practitioner.



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### General Information

- Your brace will be a 2 piece “clam shell” design or a single piece that wraps around your neck.
- It will be made of foam and/or plastic and may include metal rods for additional support.

### Wearing the brace

\*\*Always follow the wearing instructions of the device provided by your doctor and practitioner.

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure any rivets, straps, or fasteners are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters or sores at least 1 time a day.

### Precautions

- It is important to keep your brace dry.
- If you need to wear your brace 24hrs a day, it can make washing your hair difficult. You may want to use a “dry” shampoo such as TRE Semme Fresh Start. This shampoo allows you to simply sprinkle it on your hair and brush it through to clean your hair. Thus, your brace does not get wet.
- Cleaning methods vary depending on your wear schedule and the material of your device. Follow the manufacturer’s instructions given by your practitioner.
- Consider using chairs with arms. The arms make it easier for you to stand up or sit down and it often puts less strain on your neck.

\*\* If you find any concerns or questions, contact your practitioner before wearing the brace