

Information about the

Aspen Vista II CTLSO Brace

(Following Damage to the Spine without Nerve Damage.)



Following a spinal injury or surgery we need to prevent your spine moving too much. We can achieve this with a non-surgical approach (for example, bedrest or wearing a brace), surgical internal fixation (a surgical procedure that uses metal implants to reconnect broken bones and keep them in place while they heal, or a combination of both. One of the most commonly used braces, based on current evidence is the **Aspen Vista II CTLSO Brace**.

What is the Aspen Vista II CTLSO Brace?

The **Aspen Vista II CTLSO Brace** is a type of orthopaedic brace designed to support and stabilise the spine from the cervical (neck) region down to the sacrum (lower back). Why do I need the **Aspen Vista II CTLSO Brace**?

You wear the brace as an external splint to protect your spine against too much bending and twisting whilst the fracture or damage to your spine is healing.

When do I start wearing the brace?

From the day of your surgery or as soon as possible after the damage to your spine happens. You usually wear the brace for up to 3 months. Sometimes your consultant may extend this time. An Orthotist will measure and fit the correct size of brace. (An Orthotist is a specialist in assessing for and fitting braces and splints). A member of your multidisciplinary team (MDT) will decide when it is safe for you to sit up with the brace on and get out of bed.

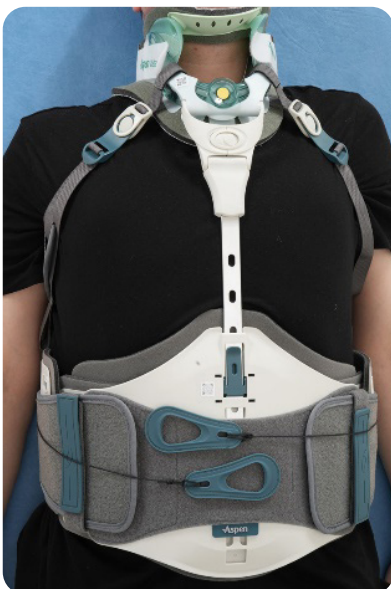
When should I wear the brace?

You should wear the brace at all times and put on and take off as guided by your consultant or MDT. It helps if you wear a cotton t-shirt or vest under the brace for comfort. This leaflet will show you how to put on the brace.

When should I stop wearing the brace?

You will need to continue to wear the brace until the fracture or damage to your spine is healed. Your consultant will give you exact dates depending on your injury. At the end of your treatment, you should gradually reduce how long you wear the brace, by spending one to two hours without it in the morning and afternoon. Some days you may need to use it all day. Most people take around two weeks to feel comfortable without the brace completely.

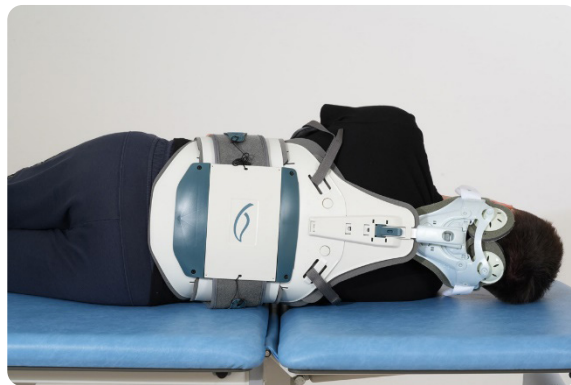
Aspen Vista II CTLSO Brace



How to put the Aspen Vista II brace on and take off

The brace has a front and back section. To open the brace, you should loosen both ring pull straps around the waist. Then undo the waist strap, under arm clip and collar strap on one side of the front section to open the brace and maintain the sizing. You can choose either side of your body to roll onto when fitting the brace.

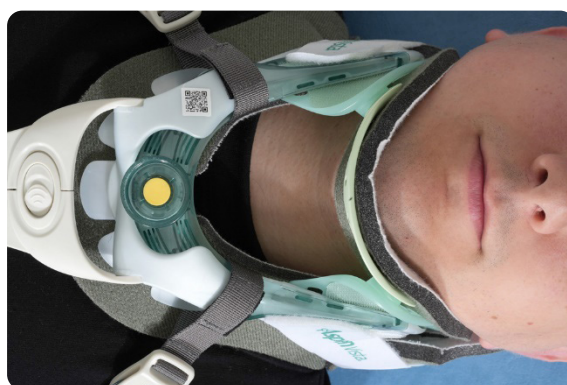
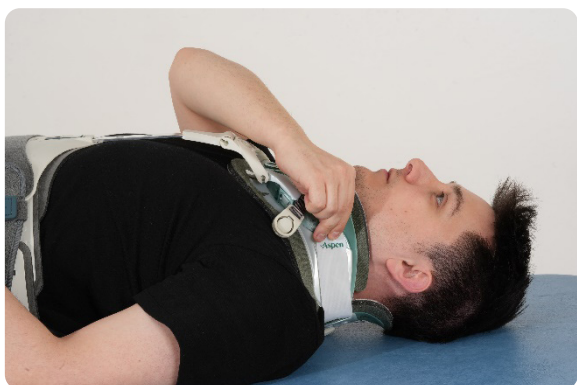
1. Lie on your back, roll over onto your side and slide the brace under you and roll back onto it.



2. Now you should be lying on the brace with the front section to one side and straps open to the other.
3. Bring the front section across your chest, making sure the Collar is snugly fitting under your chin, and the bottom of the brace sitting at your hips.



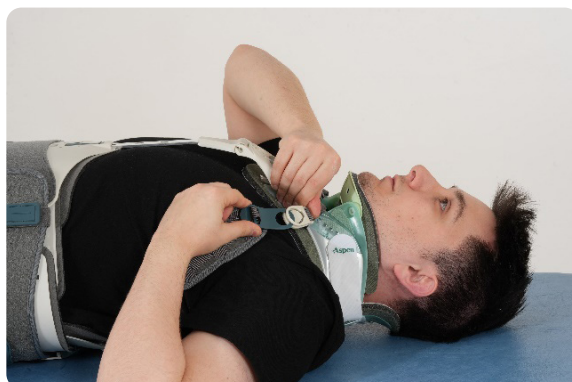
4. Fasten the collar strap so that it fits snugly under your chin. You may need to overlap the back section of the collar over the front section to make this fit securely.



5. To fasten the waist strap, use the hand loop to help you pull this over securely. Use the pull tabs to tighten the fit of the waist securely.



6. To fasten the under-arm clip, slide the section on the end of the strap into the clip on the side of the collar until you hear a click.



7. Roll onto your side and use your forearm to push yourself up into a sitting position.



You should not be able to slip your hand down the front of the brace too easily and it should feel secure. After wearing the brace for 30 minutes to one hour, check your skin for any areas of excessive redness. Some redness is normal, but if it does not disappear after 30 minutes after the brace is removed contact your Orthotist who will adjust the brace as necessary.

To remove the brace, reverse the above procedure. You should only unfasten one side of the brace (one top, bottom strap and one underarm clip) to maintain the fitting.

Caring for your Aspen Vista II CTLSO Brace

Do:

- Wear a t-shirt or vest beneath your brace for maximum comfort
- Follow your consultant's instructions about wearing the brace
- Tighten the brace to maintain comfortable snugness. This ensures the effectiveness of your brace.
- Take care when bending, stretching, sitting or standing. You will be able to overpower the brace so reduce the need to do any movements other than what the brace allows you to do easily.

Don't:

- Remove the brace unless the staff tell you to remove it.
- Put anything inside your brace.
- Take part in active sports.
- Engage in any physical activity that causes excessive pain.
- Cut or damage your brace. However, should you experience any discomfort, please contact your Orthotist or therapist.
- Use any solvents or abrasive cleaning agents on your brace.
- Put the brace close to a direct source of heat.

Any Problems?

If you notice any of the following problems, contact the GGC referral management appointment booking centre on ☎ **0800 592 087** or email ✉ **appointmentsbookingcentre@ggc.scot.nhs.uk**. They can arrange an appointment with an orthotist who will review the brace.

- Brace is loose, cracked or broken.
- Brace rubs, presses or pinches, causing irritation.
- Brace is loose and cannot be easily adjusted.
- Brace is tight and cannot be easily adjusted.
- Moderate discomfort changes to severe and constant pain.
- Skin or wound problems such as offensive odour develops, or excessive itching develops beneath the brace.

If in doubt, it is safest to stay in bed until you can contact the department where your brace was supplied for advice, or until the problem with your brace is resolved.

Frequently Asked Questions

All injuries are different. If you have any specific questions, please do not hesitate to check with your Orthotist or Consultant.

How long do I need to wear the brace for?

Usually, you wear the brace for 12 weeks after being fitted. Your consultant will tell you when the brace can be removed.

How do I dress myself?

Put a t-shirt on while lying in bed before putting the brace on and then dress as you would normally. Take care not to twist your body.

How do I bathe or shower?

Your Occupational Therapist will discuss this before you go home. We advise you to sit while you shower and if you are allowed to take the brace off, that you avoid bending or twisting.

When can I lift objects and what weight is OK?

Avoid lifting and trying to bend when wearing the brace. Simple domestic objects are acceptable but avoid lifting heavy weights.

When can I return to physical activities?

Avoid impact sports for one year after a serious spinal injury. Regular low impact exercise is beneficial to a rapid recovery. You can expect some discomfort after you start exercising due to lack of fitness. You can start rhythmic and low impact stamina and strength exercises as soon as comfortable for upper and lower limbs e.g. exercise bike, walking.

What sport can I do and when can I start?

You cannot take part in any sports when wearing a brace. We recommend regular walking while wearing the brace. You can start progressive exercises after the brace is removed e.g. swimming, cycling etc.

How far can I walk?

Frequent short walks are recommended but do not cause yourself any pain. Most people experience some muscle discomfort when they start regular activities. This should settle within 24 hours. If it continues check with your GP.

When can I start driving?

Fitness to drive is the responsibility of the individual who should comply with the law and insurance requirements. You should not drive when wearing the brace. You should limit journeys as a passenger to one hour. If longer distances are unavoidable then take regular breaks to give yourself a chance to stretch and go for a short walk. You should check with your insurance company to find out when you can start driving once you have stopped wearing the brace.

When can I travel or fly?

There are no medical restrictions in travelling or flying in an Aspen Vista II. You should limit the length of time sitting or standing to one hour with regular changes of position to ease discomfort and stiffness. Regular trips to the toilet are helpful in long plane or train journeys. If flying by plane you will set off security alarms which may result in a body search. A letter from your doctor or a copy of your X-rays will not prevent this as they can easily be forged.

When can I return to work?

Please work together with your consultant, employer, and occupational health department to understand when you are safe to return to work.

When can I have sexual intercourse?

Sexual relations can start whenever your level of discomfort allows. Anxiety and apprehension for both partners at first is normal.

What positions should I avoid during intercourse?

The spine is protected when you are lying on your back or side. It is best to avoid bending and twisting your spine for the first two months.

Further Information

If you have any questions, please ask your consultant or the Multidisciplinary Team.

🌐 <https://www.nhsggc.scot/hospitals-services/services-a-to-z/orthotics/>



How to Contact Us

Call the GGC Referral Management Appointment Booking Centre on: ☎ **0800 592 087**

or email: ✉ appointmentsbookingcentre@ggc.scot.nhs.uk

This number should be used for all enquiries from the following clinics:

Gartnavel General Hospital

- Glasgow Royal Infirmary
- Queen Elizabeth University Hospital
- New Stobhill Hospital
- New Victoria Hospital
- Vale of Leven Hospital
- Royal Alexandra Hospital
- Inverclyde Royal Hospital
- Renfrew Health and Social Care Centre