

 **JEROME**
CERVICAL SPINE SYSTEM
Helping You Meet The Challenge

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**Miami
JTO**®

APPLICATION INSTRUCTIONS

*The JTO is designed exclusively for use
with the Miami J® Collar.*



Fits adult patients with waist circumference
greater than 24 inches (61 cm).







A Latex-Free Product

For instructions on proper care and cleaning of the JTO and collar, please consult the JTO Patient Handbook.

Patients under C-Spine precautions require supine application of the JTO.

PRE-APPLICATION OF JTO

1 Select appropriate size Miami J® Collar (see Miami J® Sizing & Application Instructions or Wall Chart).

200S Super Short	200L Stout	250 XS	500 Large	400 Medium	300 Small
PURPLE	NAVY	GREEN	LT. BLUE	ORANGE	YELLOW
<p>1 Does your patient have a kyphotic (chin-on-chest) neck?</p>  <ul style="list-style-type: none"> • Kyphotic. • Chin-on-chest. • Geriatric. • Osteoporitic and / or ankylosing spondylitic. 	<p>2 Does your patient have a very large neck circumference?</p>  <ul style="list-style-type: none"> • Very large neck circumference. • Obese. • "No-neck". • Massive shoulders. 	<p>3 Does your patient have a very short, thin neck?</p>  <ul style="list-style-type: none"> • Very short thin neck. • Principally female. • More prevalent in the Asian population. • Rare. 	<p>4 Does your patient have a long, tall neck?</p>  <ul style="list-style-type: none"> • Long, tall neck. • "Swan neck". • Young women. • Adolescents. 	<p>5 Is your patient female?</p>  <ul style="list-style-type: none"> • Female. • Standard size for mature women. • Thin, mature men. 	<p>6 All other adults.</p>  <ul style="list-style-type: none"> • Standard size for mature men. • Ample or swollen women.



The JTO may be applied over light clothing.

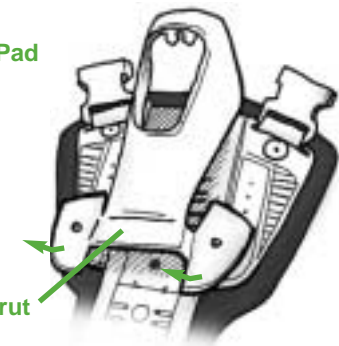
PRE-APPLICATION OF JTO (cont'd)



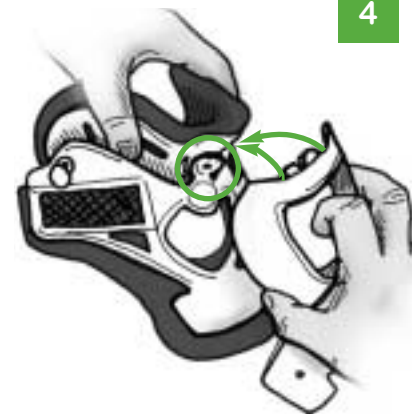
2 Remove blue and white sternal pad from collar Front Piece.

Sternal Pad

3 Remove Chin Strut from JTO Front Piece.

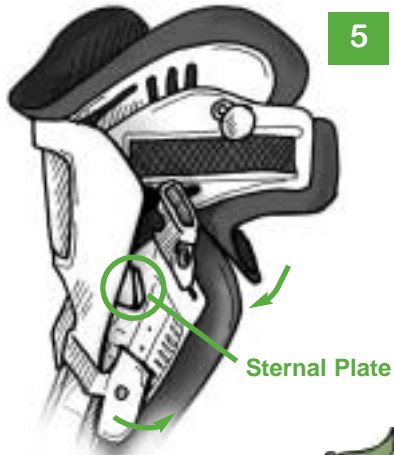


Chin Strut

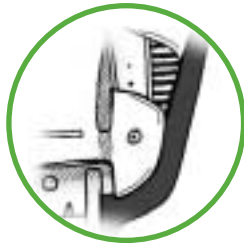


4 Squeeze collar to expose chin rivet. Attach Chin Strut. The top inside opening of the Chin Strut will slide around the center rivet on the collar and snap into place.

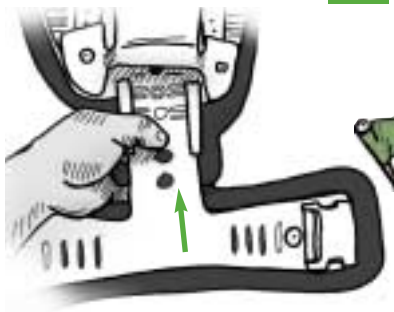
PRE-APPLICATION OF JTO (cont'd)



- 5** Attach Chin Strut feet to the Chest Plate in the **lowest possible position** (height may be adjusted later). The Sternal Plate on the collar attaches to velcro at the top of the JTO Chest Plate. Make sure the blue pad of collar is behind the Chest Plate pad.



Rivet holes in the Chin Strut can be aligned with corresponding holes on the Chest Plate to insure symmetrical positioning.



- 6** If not already attached, attach JTO Front to Chest Plate, using one of the two bottom openings.

The JTO Front should be set at the highest possible position and should be above the costal margin.

4

JTO APPLICATION - UPRIGHT / SUPINE

- 7** Use Retaining Strap to loosely apply front of JTO to patient. **Sides of the collar Front Piece should be oriented up, off the trapezius, and toward the ears.**



SUPINE APPLICATION: Ensure patient's head is in treatment position, and is stabilized.



5

JTO APPLICATION - UPRIGHT/SUPINE (cont'd)



- 8** Center collar Back Piece on patient's neck and attach velcro straps to front of collar. Tighten straps one at a time, to an equal length on both sides. Velcro straps should be aligned "blue-on-blue".



*Collar application **MUST BE** secure to ensure proper fit and maintain alignment.*

Optional: Attach 4" Shoulder Pads (*in Accessories Pack*) to shoulder straps of JTO Back Piece.



Proper positioning of the Back Piece will allow scapulae to move freely.

JTO APPLICATION - UPRIGHT/SUPINE (cont'd)



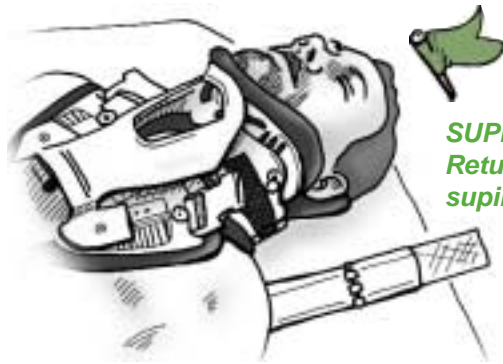
***SUPINE APPLICATION:** Logroll patient onto side. Place the JTO Back Piece on the bed beside the patient's back, with shoulder and waist straps spread out.*



- 9** Position the JTO Back Piece to rest in the center of the patient's back. The top edge should rest approximately at T1/T2.



JTO APPLICATION - UPRIGHT/SUPINE (cont'd)



SUPINE APPLICATION:
Return the patient to the supine position.

- 10** Attach the JTO Front to the Back using the shoulder buckles. Adjust the shoulder straps for a snug fit. Both shoulder straps should be of equal length, and Front and Back pieces should be centered on the patient.



- 11** Remove the white double-faced velcro strips from the Waist Belts. **Do not discard!**

JTO APPLICATION - UPRIGHT/SUPINE (cont'd)

Optional: Loosen straps, and attach 8" Waist Pads (in Accessories Pack).

- 12** Loosely buckle Waist Belts. Pull straps even and tight.



Fasten Waist Straps with white double-faced velcro strips. Make sure all straps lie flat with no slack or gaps.



Trim excess waist strap and indicate proper placement position.

JTO APPLICATION - UPRIGHT/SUPINE (cont'd)



- 13** Adjust height of Chin Strut to comfortably fit under patient's chin with head in treatment position.



The Chin Strut should normally be set at the lowest position on the velcro. The strut height may be raised for use with the Super Short collar and/or for positioning the patient in extension.

- 14** Adjust all straps as necessary. **When properly fit, you should not be able to freely insert a finger behind the top of the Chest Piece.**



A properly applied JTO will look like the above illustrations.

FINAL CHECKLIST *(See illustrations on page 10).*

- ✓ Chin is centered comfortably in the chin piece.
- ✓ Collar velcro straps oriented blue-on-blue, both tabs the same length.
- ✓ Front of collar angled up toward ears.
- ✓ Front and Back Pieces of JTO are centered on the body.
- ✓ No plastic touching the skin.
- ✓ No slack or gaps in any of the straps.
- ✓ Chin Strut set at lowest permissible treatment position.
- ✓ Lower edge of Front Piece resting against rib cage and/or just below breasts.

ADJUSTMENTS

- Excess Pad and Belt material may be trimmed. For best appearance, Pad material may be trimmed with dull scissors to maintain a smooth seam.
- Proper positioning of JTO Front is just below the clavicle, with the Front Piece no lower than the costal margin (particularly with a distended abdomen). The height of the Front Piece may be adjusted to accommodate patient anatomy. The primary indication for lengthening the Front Piece is to accommodate large breasts.
- If there is too much extension, or pressure on the chin, lower the Chin Strut height slightly.
- Snap rivets (*in Accessories Pack*) may be used to permanently attach Chin Strut to Chest Plate and lock height adjustment mechanism.
- The Chin Strut may be removed (**with physician approval**) for sleep or when the patient is supine.