

## ADDITIONAL INSTRUCTIONS

If you experience sudden neck or back pain, numbness or tingling, contact your doctor.

Doctor's Name/Number: \_\_\_\_\_

If you have any problems or questions about the use and care of your brace, contact your doctor or orthotic professional.

Orthotist Name/Number: \_\_\_\_\_

*These instructions do not supercede the specific orders of your physician.*

## FOLLOW-UP

Time: \_\_\_\_\_ Location: \_\_\_\_\_



305 Harper Drive Moorestown NJ USA 08057  
800-257-8440 • Fax: 856-778-5333  
www.jeromemedical.com



Authorized Representative: Scanlan Group B.V., Postbus 75664,  
1118 ZS Schiphol Triport, The Netherlands.

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## PATIENT HANDBOOK

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



## REMOVAL

*The JTO should be removed in three complete pieces: the Back Collar, the Back Piece, and then the Front Piece (with collar attached).*

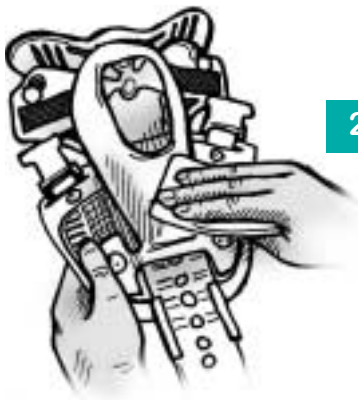
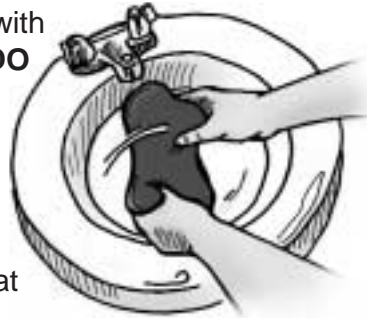
## CLEANING & SKIN CARE

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Keeping your JTO and the skin beneath clean is an important part of your treatment. Cleaning the collar will require at least one set of replacement pads (**call 800-257-8440 to purchase extra pads**).

Your JTO should be cleaned daily (unless otherwise indicated by your doctor).

- 1 Remove the blue pads attached to the white shell, and wash them with mild soap and water. **DO NOT use bleach or harsh detergents.** Thoroughly rinse the pads with clean water, and wring out excess water. Lay the pads flat and allow to air dry.



- 2 The white shell may also be wiped with mild soap and water.

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## CLEANING & SKIN CARE (cont'd)

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- 3 Attach the replacement pads with the dull side next to the velcro, the shiny side out against the skin. Fold the pads in half with the dull side out, then center the pad in the white shell.

*Adjust pads as needed to make sure no plastic touches the skin.*

## RE-APPLICATION OF JTO

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*It is best to have someone help you reapply the JTO, although it may be accomplished alone.*



- 4 If you are reapplying the JTO yourself, stand in front of a mirror, and keep your head and neck as straight as possible. Place the Front Piece of the JTO up under your chin, with sides directed up towards the ears.

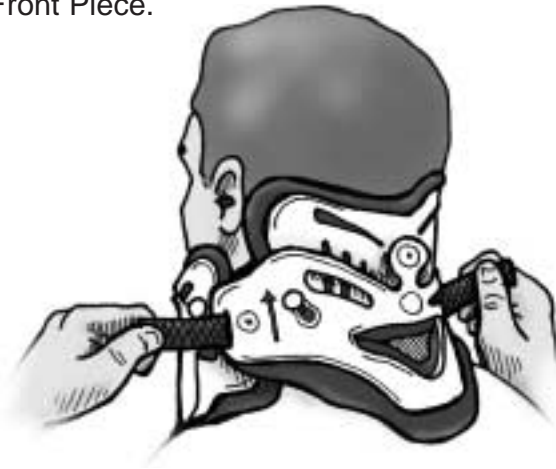
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## RE-APPLICATION OF JTO (Patient - cont'd)



**5** Bring the strap around the back of your neck, and loosely attach the white section to the velcro on the opposite side of the collar.

**6** Bring the Back Collar behind your head. Using one hand on each side, bring it forward until the blue pads on the Back Collar touch the blue pads on the Front Piece.

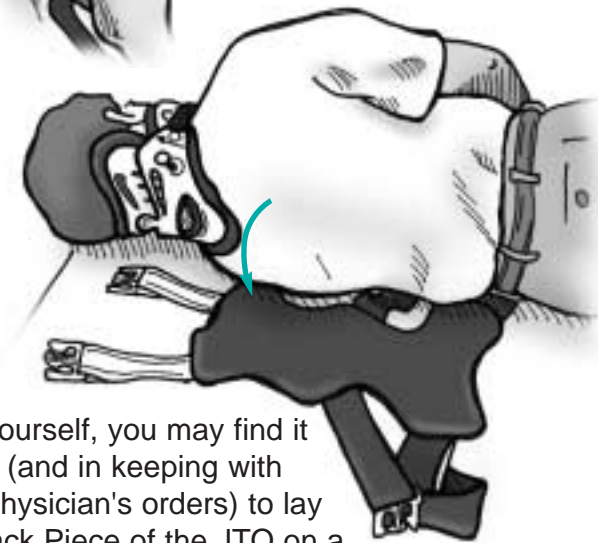


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## RE-APPLICATION OF JTO (Patient - cont'd)



**7** Use the tracheal opening to hold the Front Piece centered and wrap the sides of the collar securely against the side of the neck. Velcro straps should be aligned "blue-on-blue".



**8** If by yourself, you may find it easier (and in keeping with your physician's orders) to lay the Back Piece of the JTO on a bed with all straps spread out. Roll onto the Back Piece so that it is centered on your back.

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## RE-APPLICATION OF JTO (Patient - cont'd)

- 9 Pull straps over, and buckle first the shoulder and then the waist straps.



- 10 If someone is assisting you, have he or she place the Back Piece centered on your back, and buckle the shoulder straps first, then the waist straps.



- 11 Re-fasten the waist straps securely by positioning the velcro section.

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## FINAL CHECKLIST

*A properly applied JTO will look like the above illustrations:*

- ✓ 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.

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