

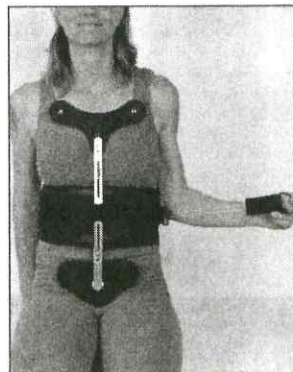
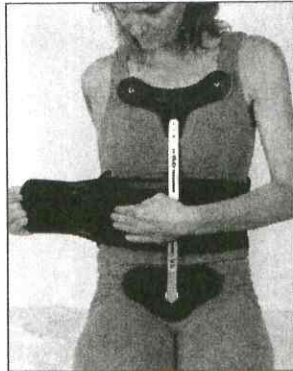
# C.E.O. CRUCIFORM EXTENSION ORTHOSIS

## Patient Application Instructions

The CEO (Cruciform Extension Orthosis) has been custom fit to your body, and is intended to provide support and improved positioning of your spine. The pads at the top and bottom of the orthosis maintain constant contact with your body in order to position your back in a more extended position. If you find that these pads are causing discomfort, lean back to relieve the pressure, get up and walk around, or sit in a chair that provides better back support. You will probably find that wearing a thin shirt under the orthosis makes it more comfortable to wear. Your underpants and outside clothing should all be worn over the top of the C.E.O. Throughout the day you can increase or decrease the amount of support for your low back by adjusting the compression (star) pull-tab.

### Applying the CEO in a sitting position.

1. Position the orthosis on your body under your collar bones so that the Y-shaped pad is at the top. Reach behind for the unattached portion of the closure and pull it forward, making sure the belt is not twisted. The compound closure should be centered on your back.
2. Attach the loose end of the closure to the front of your orthosis.
3. Re-center the frame of the CEO on your body. Peel open each side of the belt where they attach to the front until the orthosis is secure and both sides are symmetrical.
4. Reach to your side for the compression pull tab and pull the tab forward and across the front of your body.
5. Park the compression pull tab near the center of your body.



### Removing the CEO in a sitting position.

6. Lift the compression pull tab and slowly release the compression.
7. Park the pull-tab on one side of the closure.
8. Peel open the opposite side of the orthosis and remove the CEO.

### Applying the CEO on your back in bed. This usually requires a second person.

1. Open one side of the CEO. Center the frame of the CEO on the front of your body.
2. Roll like a log towards the side of the CEO that is detached, being careful not to twist your torso.
3. Your helper folds the velcro hook on itself and carefully pushes the loose end of the CEO as far as possible under

your low back so that when you roll onto your back again, the loose end is free.

4. Roll to your back. You may need to roll slightly the opposite way to free up the loose end.
5. Re-center the CEO frame on your body so that the Y-shaped pad is positioned right under your collar bones.
6. Reach to the side and attach the loose end of the closure to the CEO frame.
7. Peel open each side of the belt where they attach to the front until the orthosis is secure and both sides are symmetrical on the frame.
8. Pull the compression pull-tab forward and park it on the velcro in about the center of your body.
9. Roll to your side, push yourself up from the bed, and drop your feet over the side of the bed. This motion will be restrictive, but your pain should be reduced when you come to a sitting position while wearing the orthosis.



### Cleaning and Follow up Instructions:

The C.E.O can be wiped clean using a damp washcloth with a mild soap solution. When finished, rinse the washcloth in clear water, wring, and wipe away all soap residue from the orthosis. Allow the orthosis to dry in the sun or on a clean towel.

Schedule an appointment with the orthotist if you lose weight, gain weight, or are unable to wear the C.E.O. for any reason.

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