



## Care and Use Instructions

1. This orthosis is designed to support/ immobilize the cervical spine and the upper parts of the thoracic spine.
2. This orthosis is to be worn at all times except with special permission from the attending physician
3. This orthosis designed to support the spine by holding the jaw bone in the front and the base of the skull in the back.
4. For the orthosis to perform its function it needs to be fastened snug, not too tight to cut off comfortable breathing, but snug.
5. Eating: Unfortunately this orthosis is not comfortable to eat in, since the chin piece is not allowing the jaw to move to chew. When eating it is possible to loosen the chin piece if you are leaning backwards slightly (having the bed up to about a 30 degree angle). This is not recommended unless you check with your attending physician first.
6. The Minerva orthosis comes with an extra chin piece so that you can launder one and use the other.
7. The lining of the brace can be laundered, but it is a difficult process. It requires using towels temporarily while the liners are being hand-washed and air dried. Washing the liners is not usually warranted when good daily washings of the person's neck and chest are performed.
8. If you have any questions please do not hesitate to call your orthotist at MOPC at 1 (800) 598-6672.