

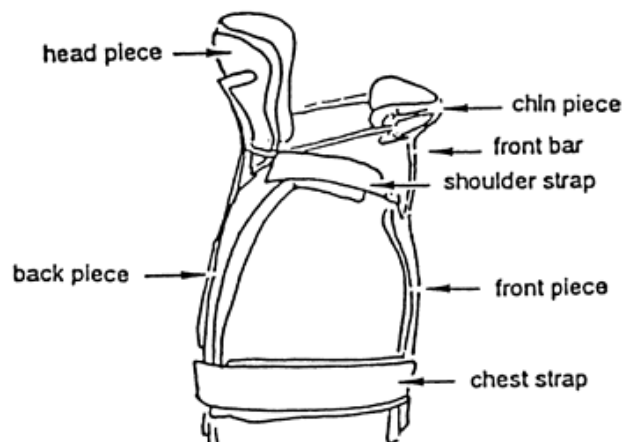
## MINERVA CERVICAL ORTHOSIS

Your doctor has ordered you to wear the Minerva Orthosis until healing occurs; it is intended to protect your neck by restricting your ability to turn your head or move it forward or backward.

**General Information:** When lying down on your back, it is best to put a small folded towel under your head. A pillow is too thick and will push your head forward. When turning on your side you may need to make the towel thicker (fold it again). If your orthosis "rides up" you will need to pull it down toward your feet. It is best to ask someone to help you. Usually, it is easiest to pull the orthosis down when you are standing or sitting. Grasp the chest straps toward the back of the orthosis hooking your thumbs over the straps and pull down. Then tighten chest straps to restrict the orthosis from riding up again.

**Bathing:** If your doctor requires that you bathe with the orthosis on, you will need to change the pads in the orthosis after you shower. After you have showered, clean and dry your skin. Then, place dry pads in the orthosis before putting the orthosis back on. (See the figure below for names of different parts of your orthosis).

**To clean dirty pads:** Wash dirty pads in a mild soap and water. Be sure to rinse all of the soap out. Squeeze excess water out by rolling pads between a towel. Lay the pads out to dry for use following next shower.

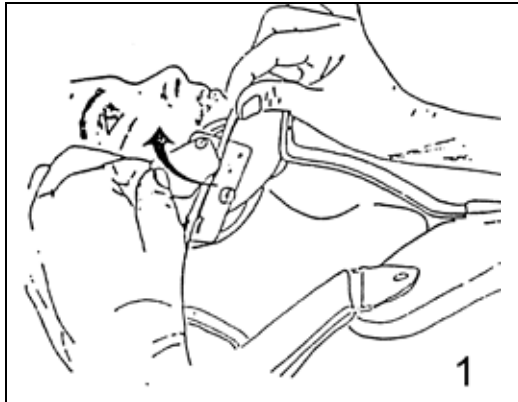


If your Minerva is causing discomfort or does not seem to fit well, it may not be doing its job of protecting your spine.

Please call:

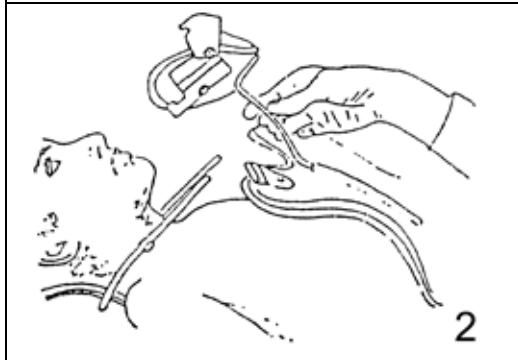
CENTER FOR PROSTHETICS ORTHOTICS, INC.  
CPO-Seattle (206) 328-4CPO  
CPO-Bellevue (425) 454-4CPO  
CPO-Kirkland (425) 821-4276

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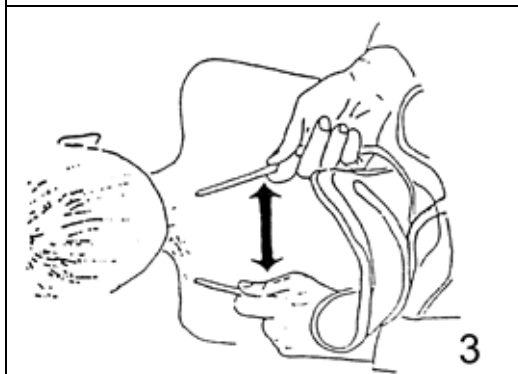
### TO REMOVE MINERVA ORTHOSIS:

1. Rotate the wing clasps and remove the rods from chin piece (**step 1**).
2. Remove the front portion of orthosis after releasing velcro shoulder and chest straps (**step 2**).
3. While supporting the side of patient's head, remove the back portion, spread the rods apart to pass them by the patient's neck (**step 3**).



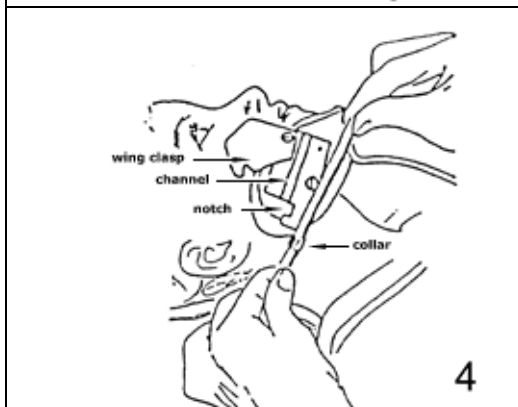
### PAD CHANGE:

1. Pads may be removed by simply peeling them free from the velcro strips on the underside of the orthosis.
2. Replace the pads with clean, dry ones making sure that the side of the pads with lines in the fabric mate with the Velcro so that the pad adheres to the Velcro. (See reverse side of this page for pad cleaning information).



### TO REAPPLY THE MINERVA ORTHOSIS:

1. Replace the back portion of the orthosis by first spreading the rods open to again pass them by the patient's neck.
2. Position the front piece on the patient with the chin piece just below the patient's chin.
3. Tighten the velcro shoulder and chest straps to their original position.



4. Insert the rods into the plastic channels on the chin piece, making sure the round collar fits into its notch (**step 4**).

5. Move the wing clasps down into position until they click and lock under the lock screw.

**Nurses note:** Great care must be taken when performing this procedure on patients who have C-spine ligamentous instability without internal fixation. Strict adherence to nursing protocol for log rolling C-spine patients must be adhered to.