

Royal North Shore Hospital

Orthotics Department

Occupational Therapy Department

Physiotherapy Department

Acute Care



Miami JTO: Guidelines

Patient and Carer Information Booklet

If you have any further questions regarding the content of this booklet please contact your:

Orthotist:	Phone 02 9463 2303
Occupational Therapist:	Phone 02 9462 9666
Physiotherapist:	Phone 02 9462 9747



Health
Northern Sydney
Local Health District

Miami JTO (Miami J Thoracic Orthosis)

Purpose of the Miami JTO:

The Miami JTO is prescribed to wear after spinal injury or surgery. It is worn directly on the skin.

The brace does three things:

1. Immobilises your spine during healing
2. Stabilises and restricts movement in injured areas
3. Controls pain by restricting movement

You need to wear the brace for as long as the consultant has instructed.

The brace must be on at all times.



Precautions:

Do not:

- Twist or bend your back
- Sit for longer than 30-40 minutes
- Lift objects that weigh greater than 2kgs or 4 pounds (e.g. 2L of milk)
- Avoid pushing and pulling (e.g. pushing a shopping trolley)
- Perform activities that strain or put pressure on your neck



Do:

- Sit in a firm, high chair with suitable back support

Sleeping:

You may have some difficulty getting into a comfortable position for sleeping initially. You may also tire more quickly and need naps during the day.

- You must sleep on your back and lay flat for the duration you are in the brace
- Do not use a pillow unless told otherwise by your Orthotist or Physiotherapist
- Use a folded towel (usually approximately 1 inch in thickness) underneath your head instead
- You may find a pillow under your knees relaxing if you are lying on your back
- Log roll to reposition yourself in bed

Getting In and Out of Bed:

To get out of bed:

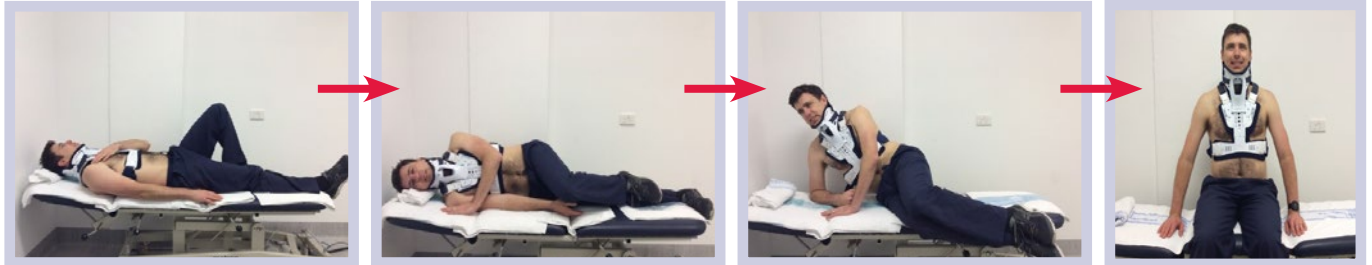
- Bend both knees
- Bring arms toward the edge of the bed
- Keep your hip and shoulders in line as you roll onto your side
- Drop your legs off the bed
- With your arms, push up to sitting position

Remember to keep your spine straight and do not twist your body as you roll

To get into bed, reverse this process:

- Sit back on the bed, with your bottom as far back as possible
- Lean down onto your elbow
- Lower your shoulder onto the bed
- Lift both legs off the floor onto the bed
- Roll over onto your back with both knees bent

Remember to keep your spine straight and do not twist your body as you roll



Pressure Injury Prevention:

A **pressure injury** is an injury to the skin caused by unrelieved pressure and may occur when you are unable to move due to injury or surgery. They may develop under or around braces or from being in the same position for too long.

Signs of a pressure injury:

- Redness / skin discoloration
- Blistering
- Broken skin

Reducing the risk of pressure injury

- Check your skin daily for red areas
- Keep your skin dry
- Do not use talcum powder underneath your brace. Talcum powder may irritate your skin

If the areas of redness do not go away and you have increasing discomfort please notify your Orthotist on (02) 9463 2303 to have your brace reviewed.

Showering/Bathing:

- Do not shower in this brace. Wet liners will irritate your skin
- Bed bath or sponge bath only when in this brace. You will need someone to help you
- Use baby wipes or a damp cloth to clean around your upper body

Grooming:

- You will not be able to shave facial hair beneath the Miami JTO for the duration the brace is to be worn
- Keep your Miami JTO on at all times including brushing your teeth

Dressing:

- Wear loose fitting clothing over the top of your brace. E.g. Button-up shirts
- The Miami JTO fits underneath your clothing
- Wear sensible non-slip shoes

Lifting:

Discuss your maximum lifting tolerance with your consultant.

Avoid lifting items more than 2kgs. Have assistance with 'heavier' tasks such as:

- Shopping
- Carrying pots and pans and other kitchen appliances
- Vacuuming and mopping
- Laundry + gardening
- Child care – do not lift children

Tip: Break up groceries or laundry into smaller loads by taking more frequent trips.



2L Milk = 2kg

Work:

- Plan your return carefully: look at your job requirements and ask if there are lighter duties
- Maintain all driving and lifting restrictions
- Set up your work place area to allow good posture and comfort
- Take regular breaks
- Talk to your Occupational Therapist for further discussion on returning to work

Transport/Driving:

You are not allowed to drive for the duration of brace use

How to get into the car:

- Ensure the seat is pushed back and reclined
- Bend at your hips and knees, lower your bottom onto the seat
- Swing your legs into the car
- Plan regular breaks if you are travelling for more than 30 minutes

NB: Refer to the Austroads Fitness to Drive guidelines or ask your Occupational Therapist or Consultant for further driving instructions.

Sex:

Ask your consultant when you can return to sexual activity. Avoid postures that put strain on your neck and back. You may need to assume a more passive role for a time. If you have concerns or have increasing pain, ask your consultant.

Exercise:

The best exercise during your recovery is walking. Increase your distance daily, guided by your level of fatigue and your physiotherapist.

Reviewing Miami JTO:

All adjustments will be made by your Orthotist. Do not make any adjustments yourself. Contact your orthotist as soon as possible if you experience any discomfort such as irritation, itchy skin, excessive pressure across your jaw or if the brace becomes loose.

You will have regular fortnightly appointments at the Orthotics Department for liner changes and adjustment.

Miami JTO Liner Maintenance:

Hand wash liners with mild soapy water and lay flat to dry. Do not use the washing machine or dryer. Make sure the liners are completely dry before use to prevent pressure areas and other skin problems.

Further Questions:

If you have any further questions, please ask your Orthotist, Occupational Therapist or Physiotherapist.

You can contact an Interpreter using the Translations Interpreter Service - TIS (free call) on 131 450.

Checklist of Education / Training Prior to Discharge

- I understand my movement precautions
- I understand 24/7 use applied directly to skin
- I understand how to check for and prevent pressure areas
- I understand how to wash my liners
- I am able to get in and out of bed independently
- I understand how to bed bath, toilet and dress whilst requiring my brace
- I have organised an outpatient appointment with Orthotics Department- 02 9463 2303 - to review Miami JTO and to interchange liners

Thank you to all participants who have allowed the use of their images in the production of this booklet

