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### Brace Direct L0200

# Brace Direct Ottobock Minerva Orthosis Cervical Thoracic Brace User Manual

Model: L0200

#### Sections:

Overview	Key Indications	Features	Sizing & Fit	Setup & Application	Maintenance
Troubleshooting	Specifications	Support & Warranty			

## 1. OVERVIEW

The Brace Direct Ottobock Minerva Orthosis Cervical Thoracic Brace (Model L0200) is a medical device designed for comprehensive immobilization of the cervical and upper thoracic spine. It provides stable support to facilitate recovery from various injuries and post-operative conditions, while allowing for controlled mobility.



The Brace Direct Ottobock Minerva Orthosis Cervical Thoracic Brace provides comprehensive support for the neck and upper back.

## 2. INDICATIONS FOR USE

This brace is intended for individuals requiring stabilization of the neck and upper back. It is commonly recommended by physicians for conditions such as:

- Neck Injury
- Cervical Stenosis
- Mid to Upper Back Pain
- Spinal Stenosis
- Neck Arthritis & Osteoarthritis
- Neck Immobilization & Stabilization
- Back Instability
- Post-Operative Recovery
- Jefferson's Fracture
- Light Wedge Fractures
- Post-Trauma

- Acute Pain

## HELPS WITH CONDITIONS LIKE:

- ✓ Jefferson's Fracture
- ✓ Light Wedge Fractures
- ✓ Post-Trauma
- ✓ Arthritis
- ✓ Acute Pain
- ✓ Spinal Stenosis

Brace Direct



The Minerva Orthosis is designed to assist with recovery from various conditions such as Jefferson's Fracture, light wedge fractures, post-trauma, arthritis, acute pain, and spinal stenosis.

### 3. KEY FEATURES

The Brace Direct Ottobock Minerva Orthosis is engineered with several features to ensure effective support and patient comfort:

- **Full Cervical and Thoracic Immobilization:** Provides comprehensive stabilization for the neck and upper back.
- **Adjustable Chin Piece & Occipital Panel:** Contoured chin support and a malleable occipital panel allow for a customized, secure fit.
- **Vented Panels & Open Design:** Enhances airflow and breathability to keep the skin cool and comfortable during extended wear.
- **Low-Profile Posterior Section:** Designed to allow patients to rest or sleep while maintaining necessary immobilization.
- **Quick-Adjust Straps with Stops:** Ensures consistent and repeatable application for a proper fit.
- **Durable Construction:** Built with strong, breathable materials for lasting wear and long-term recovery.

# ENGINEERED FOR COMFORT BUILT FOR SUPPORT



- 1. Adjustable Chin Piece & Occipital Panel** – Contoured chin support and moldable occipital panel allow for a customized, secure fit.
- 2. Vented Panels & Open Design** – Enhance airflow and breathability to keep patients cool and comfortable during extended wear.
- 3. Low-Profile Posterior Section** – Allows patients to rest or sleep while maintaining necessary immobilization.
- 4. Optional Forehead Strap** – Provides additional stabilization when extra immobilization is required.
- 5. Quick-Adjust Straps with Stops** – Ensure consistent, repeatable application for proper fit every time.

This diagram highlights the adjustable chin piece, occipital panel, vented panels, low-profile posterior section, optional forehead strap, and quick-adjust straps.

## 4. SIZING AND FIT

Accurate sizing is crucial for the effectiveness and comfort of the brace. Please follow these measurement instructions carefully:

1. With shoulders relaxed, measure straight down from the tip of your chin to the top of your shoulder.
2. Wrap a soft tape measure around the middle of your neck, just below the Adam's apple.
3. Match both numbers to the size chart below to select the appropriate size (S/M or L/XL).

**Minerva Orthosis Size Guide**

Brand Size	US Size	Neck Height (in)	Neck Girth (in)
S/M	S/M	2.5 - 4	11 - 15
L/XL	L/XL	3.3 - 5.3	15 - 20



This image shows the correct method for measuring chin-to-shoulder and mid-neck circumference to determine the appropriate brace size.

## 5. SETUP & APPLICATION INSTRUCTIONS

Applying the Minerva Orthosis correctly is essential for optimal support and comfort. It is recommended to have assistance for initial fitting and adjustments.

### Initial Setup:

- 1. Prepare the Brace:** Ensure all straps are loosened and the brace components (chin piece, occipital panel, thoracic section) are clean and free of obstructions.
- 2. Position the Thoracic Section:** Carefully place the lower, thoracic section of the brace on the patient's chest and upper back, ensuring it is centered and comfortable.
- 3. Attach the Cervical Section:** Connect the cervical (neck) section to the thoracic section. The chin piece should be positioned under the chin, and the occipital panel at the back of the head.
- 4. Adjust Chin and Occipital Panels:** Gently mold the chin bar and rear head pad to match the patient's anatomy. These are designed to be malleable for a custom fit.

### Application Steps:

- 1. Secure Thoracic Straps:** Fasten the straps around the chest and waist, ensuring they are snug but not overly tight. The brace should feel secure against the body.
- 2. Adjust Cervical Straps:** Use the quick-release straps to secure the chin and occipital panels. Adjust them evenly to provide firm, stable support to the head and neck, preventing unwanted movement.
- 3. Check for Comfort and Alignment:** After all straps are fastened, check that the brace is properly aligned and that there are no pressure points. The patient should be able to breathe comfortably.
- 4. Final Adjustments:** Make any minor adjustments to the straps to optimize comfort and immobilization. Ensure the head and upper spine are securely held in place.

# IMMOBILIZATION WITHOUT COMPROMISE: BREATHABLE, COMFORTABLE, RELIABLE



- ✓ Full Cervical and Thoracic Immobilization
- ✓ Enhanced Recovery Support
- ✓ Customizable for a Perfect Fit
- ✓ Breathable Design
- ✓ Improves Patient Confidence



The brace offers full cervical and thoracic immobilization with a breathable design for patient comfort.

## 6. MAINTENANCE

Proper care and maintenance will extend the life of your brace and ensure hygienic use.

- **Cleaning:** Hand wash the soft components of the brace with mild soap and cold water. Rinse thoroughly and air dry completely before reattaching to the rigid frame. Do not machine wash or tumble dry.
- **Frame Care:** Wipe down rigid plastic components with a damp cloth and mild disinfectant as needed. Avoid harsh chemicals that may damage the material.
- **Inspection:** Regularly inspect the brace for any signs of wear, tear, or damage to straps, buckles, or plastic components. Discontinue use if any damage is found and contact Brace Direct for assistance.
- **Storage:** Store the brace in a clean, dry place away from direct sunlight and extreme temperatures when not in use.

## 7. TROUBLESHOOTING

If you encounter any issues with your Minerva Orthosis, consider the following:

- **Discomfort or Pressure Points:** Re-check the sizing and adjustment of all straps. Ensure the chin

and occipital panels are correctly molded and not too tight. Loosen straps slightly if necessary.

- **Brace Feels Loose:** Tighten the quick-adjust straps evenly until the brace feels secure and provides adequate immobilization without restricting breathing.
- **Limited Immobilization:** Ensure all components are correctly assembled and straps are tightened appropriately. If the brace still does not provide sufficient immobilization, consult your healthcare provider or Brace Direct support.
- **Skin Irritation:** Ensure the brace is clean and dry. Check for any rough edges or misaligned padding. If irritation persists, consult your healthcare provider.

For persistent issues or concerns, please contact Brace Direct customer support.

## 8. SPECIFICATIONS

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- **Model:** L0200
- **Type:** Cervical Thoracic Orthosis
- **Material:** Durable plastic and breathable soft goods
- **Sizes Available:** S/M, L/XL
- **PDAC Approved:** L0200
- **Manufacturer:** Brace Direct
- **Specific Uses:** Arthritis, Post-Surgical Support, Posture Correction, Spinal Stenosis
- **Use for:** Back
- **Age Range:** Adult

## 9. SUPPORT & WARRANTY

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Brace Direct is committed to your recovery and satisfaction. We offer comprehensive support for our products.

### Assistance & Resources:

- **Fitting Videos:** Access video tutorials for guidance on proper fitting and application.
- **Virtual Fitting Sessions:** Schedule a free video fitting session with our experts for personalized assistance. Contact Brace Direct for details.
- **Customer Service:** For any questions or concerns, please reach out to Brace Direct customer support.



# PERFECT FIT GUARANTEE!



## FITTING VIDEOS

Check out our video tutorials on youtube!



## VIRTUAL FITTING SESSIONS

Still need help? Talk to a live expert M-F, 9-4 est. We will help you over the phone or even schedule a virtual fitting session with an experienced team member!



## STILL UNHAPPY?

If you are unhappy for any reason visit Brace Direct to return the product.

Brace Direct offers fitting videos, virtual fitting sessions with experts, and a return policy to ensure a perfect fit and patient satisfaction.

### Warranty Information:

Brace Direct products are designed for durability and effectiveness. For specific warranty details regarding your Minerva Orthosis, please refer to the product packaging or contact Brace Direct directly. Generally, products are covered against manufacturing defects for a specified period.

**Return Policy:** If you are unsatisfied with your product for any reason, please visit Brace Direct's official website or contact customer service for information on returns and refunds.

### 10. IMPORTANT SAFETY INFORMATION

- Always consult with a healthcare professional before using this brace, especially if you have pre-existing medical conditions or are recovering from surgery.
- Do not overtighten the straps, as this may cause discomfort, skin irritation, or impede circulation.
- Discontinue use and consult a healthcare professional if you experience increased pain, numbness, tingling, or any adverse reactions while wearing the brace.
- This brace is intended for external use only.
- Keep out of reach of children.

## Related Documents - L0200

	<p><a href="#">Bauerfeind GenuTrain A3 Knee Brace: Introduction and Instructions</a></p> <p>Learn how to properly use and care for your Bauerfeind GenuTrain A3 Knee Brace. This guide provides essential introduction, application instructions, and cleaning advice for arthritis and osteoarthritis support.</p>
	<p><a href="#">Brace Direct CTU348 Cervical Care Device: Introduction and Instructions</a></p> <p>Comprehensive guide to the Brace Direct CTU348 Cervical Care Device, covering product features, operation instructions, important safety information, and maintenance tips for effective neck pain relief and posture support.</p>
	<p><a href="#">Brace Direct KNB224 Plus Size Hinged Knee Brace: Introduction &amp; Instructions</a></p> <p>Comprehensive guide for the Brace Direct KNB224 Plus Size Hinged Knee Brace. Learn about its features, how to wear it, adjust hinges, and proper cleaning methods for optimal knee support.</p>
	<p><a href="#">Brace Direct KNB431 Knee Brace Fitting and Adjustment Instructions</a></p> <p>Detailed instructions for fitting, adjusting, and cleaning the Brace Direct KNB431 knee brace. Includes step-by-step guidance and care recommendations.</p>
	<p><a href="#">Adjustable Lumbar Lower Back Support Brace - Instructions and Care</a></p> <p>Detailed instructions for using the Brace Direct Adjustable Lumbar Lower Back Support Brace (SKU: BKB121), including fitting, adjustment, and care guidelines.</p>



### [Brace Direct SofTec Genu Knee Brace KNB44612246001 Instructions and Guide](#)

Comprehensive instructions for applying, cleaning, and adjusting the Brace Direct SofTec Genu knee brace (Model KNB44612246001), including setting patient axis of rotation and range of motion.