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Cruciform Anterior Spinal Hyperextension Orthosis

Instructions for wearing your Cruciform Anterior Spinal
Hyperextension Orthosis (CASH)



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What is a Cruciform Anterior Spinal Hyperextension Orthosis (CASH)?

A CASH consists of a chest pad, pelvic pad and two rib pads. These are connected by a cross-shaped frame, which sits across the front of your body. It is held in place by a strap which passes around your body.

When is a CASH used?

A CASH is used following bony or ligamentous spinal injuries, after surgery or during rehabilitation to maintain the spine in a fully extended (straight) position and prevent forward bending.

When should I wear my CASH?

Your CASH should be worn when you are sitting, standing, walking, showering and toileting. You do not need to wear your CASH when you are lying flat in bed.

Showering with a CASH?

You will need to shower wearing your CASH. This is easiest at night. Remove your t-shirt and have a shower while wearing the CASH. Dry yourself before getting into bed, remove the CASH then dry your stomach and leave the brace off to dry overnight.

Tips

- The CASH must be put on and taken off when lying down
- It is best to wear a singlet or tight fitting top under the brace to absorb sweat and allow a more comfortable fit
- The waist strap should be attached firmly
- If a red area develops on the skin, please contact your Orthotist for assistance. Do not pad the area, as it is likely to make the pressure worse.

Do not alter the orthosis yourself.

Please contact your orthotist with any concerns on (03) 9231 3837.

Fitting your CASH (you may need assistance):

1. Roll to one side without sitting up.
2. Your helper will push into the bed and slide the strap of the CASH under your back as far as possible



3. Roll on to your back, so you are lying on the strap.
4. Place the front of the CASH on your chest.
5. The cross should sit in the middle of your chest. If not your helper needs to pull it through more
 - The top of the brace should sit just below the top of your breast bone
 - The bottom of the brace should fit just above your pubic bone
 - The cross bar should sit over your ribs



6. Firmly fasten chest strap.
7. You can now safely sit up on the side of the bed by rolling to one side, allowing your legs to hang over the bed and pushing yourself up with your arms.
8. Re-check that all your straps are firm.
9. Correct Fitting



Removing your CASH

To remove the CASH, lie flat on the bed and undo one side strap.

Roll to one side and pull the strap out from under the body. It should slide out fairly easily.