

Successful Brace Wearing Guidelines:

- Take care of your skin daily
- Wear a Boston T or a snug fitting t-shirt at all times underneath your orthosis
- Properly apply the orthosis to your body
- Clean your orthosis daily
- Complete your daily exercise program

Your Orthopedic Surgeon is:

Telephone:

Your Orthotist is:

Telephone:

Your nurse is:

Telephone:

Your physical therapist is:

Telephone:

Greater Boston Locations

Children's Hospital of Boston

300 Longwood Ave
Boston, MA 02215
T: 617.355.6887
F: 617.730.0501

Longwood Medical Area

431 Brookline Ave
Boston, MA 02215
T: 617.975.3854
F: 617.232.8036

Braintree

Blue Hills Medical Center
340 Wood Rd, Suite 101
Braintree, MA 02184

Children's Hospital of Boston at Waltham

9 Hope Ave, Suite 200
Waltham, MA 02453
T: 781.216.1390

Burlington

Across from the Lahey Clinic
50 Mall Road, Suite G10
Burlington, MA 01803

North Andover

27 Charles Street
North Andover, MA 01845
T: 978.688.7900
F: 978.688.7938

Mid-Atlantic Locations

NOPCO of New Jersey

585 Cranbury Rd, Suite B
East Brunswick, NJ 08816
T: 732.651.1223
F: 732.651.0946

NOPCO of PA

Children's Seashore House
3405 Civic Center Blvd.
Philadelphia, PA 19104
T: 215.590.7702

NOPCO of PA

3550 Market Street
Philadelphia, PA 19104
T: 215.590.7702
F: 215.590.9802

NOPCO of New Jersey

Children's Specialized Hospital
150 New Providence Rd
Mountainside, NJ 07029
T: 908.233.3720 x5299

NOPCO of Voorhees

The Fairways at
1016 Laurel Oaks Rd
Voorhees, NJ 08043
T: 856.258.6712

NOPCO of Neptune

3700 Route 33, Suite LL02
Neptune, NJ 07753
T: 732.481.4500
F: 732.361.7575

Boston Body Jacket



Wear and Care Guide



National Orthotics
and Prosthetics Company
Clinical Division of Boston Brace

Any special instructions from your doctor should always take precedent over the information presented in this guide.

Applying Your Orthosis:

- Orient brace to determine the top and bottom.
- Separate anterior (front) and posterior (back) sections. Close the Velcro straps onto themselves to keep from tangling.

- Begin by laying on your back, then log roll to your most comfortable side. Be sure to move your torso and hips simultaneously.



- Adjust the back section of the brace so that the waist indentations align above your hips and below your lower rib.



- While holding the orthosis in place, roll back to the supine position. You may need to slightly readjust the posterior section.



- Place the anterior section of the brace on your torso. This section should overlap with the posterior section. Align both sets of straps and loops.
- Starting with the middle straps, tighten both sides of the orthosis evenly. Once the middle straps are secure, tighten the top and bottom straps in the same fashion.



- When advised, roll onto your side allowing feet to hang over the surface edge. Use your lower arm, elbow, and opposite hand to lift off the surface into a sitting position.



Note: patient will generally require initial assistance in donning the orthosis. With their doctors' approval, the patient may don the brace in a standing or sitting position, but must always tighten while lying on their back. The orthosis is most effective when put on in a lying position as it allows for a closer fit.

Cleaning Your Orthosis:

It is important to clean the foam liner of your orthosis on a daily basis. The foam will not absorb moisture, but perspiration will collect on it. Clean the foam with rubbing alcohol, which will disinfect the liner and evaporate quickly.

Skin Care:

Preventing skin breakdown, such as sore, red or raw skin, is essential to proper orthosis wear. The skin under the orthosis must be strengthened, especially where the most pressure is applied by the brace.

To protect the skin:

- Bathe daily.
- Apply rubbing alcohol with your hands to all parts of the skin your brace covers. Alcohol, with the friction of your hands, will work to toughen the skin.
- Pay special attention to pink areas of the skin where the orthosis pressure is the highest.
- Always wear a Boston T, or a snug-fitting t-shirt without seams under your brace. These are available from your Orthotist.
- Always wear underpants over the orthosis to prevent skin breakdown from the elastic band.
- Wear the brace as tight as possible. A loose orthosis may rub against your skin and cause irritation.