BREAKING IN YOUR BRACE

If your orthosis is worn postoperatively, DO NOT follow this break-in schedule. A postoperative orthosis should be worn fulltime. Always follow your doctor’s orders.

STAGE I: wear orthosis 6 hours daily.
• Apply for 2 hours.
• Remove orthosis, check skin and rub with alcohol. If your skin is just pink, reapply orthosis for 2 more hours and repeat up to 6 hours total.
If your skin is sore and red, wait 30 minutes, rub with alcohol again, reapply orthosis for 2 more hours and repeat up to 6 hours total.

STAGE II: wear orthosis 12 hours daily.
• Apply orthosis for 4 hours.
• Remove orthosis, check skin, and if necessary, rub with alcohol.
• Reapply orthosis for 4 hours.
• Remove orthosis, check skin, and if necessary, rub with alcohol.
Reapply orthosis up to 12 hours total.

STAGE III: wear orthosis 18-23 hours daily.
• Apply orthosis for 4 hours.
• Remove orthosis, check skin, and if necessary, rub with alcohol.
• Reapply orthosis for 4 hours.
• Remove orthosis, check skin, and if necessary, rub with alcohol.
• Reapply orthosis at bedtime and sleep in orthosis.
If you wear your orthosis full-time, remove it for one hour per day. An hour in the evening is best for your out-of-brace exercise program.

To find a clinic near you, please visit our website.
www.bostonoandp.com
**APPLYING YOUR ORTHOSIS**

- From either a standing or sitting position, open orthosis and wrap loosely around torso.

- Lie down on your back and align waist rolls (bumps in the middle of the brace) so that they fall above your hips and below your ribs.

- Tighten middle strap first, then the bottom and top straps.

- Log roll onto your side, allow your feet to hang over the edge while using your lower arm, elbow, and opposite hand to lift your body off the surface to a sitting position.

**POSTOPERATIVE PROTOCOL**

- Patient should lie on their side with hips and knees slightly flexed.
- Gently open orthosis and slide under patient.
- Align waist rolls with patient’s waist.
- Rotate orthosis to ensure proper alignment.
- Help log roll patient to their back, realign orthosis.

Lying in bed with the orthosis on takes some adjustment. Try lying on your back with a pillow (or two) under your knees. Some patients find it comfortable to lie on their side with a pillow between their knees.

Your doctor will advise you on how long you must wear your orthosis and what activities are permitted.

**CLEANING ORTHOSIS**

Your brace should be cleaned daily with rubbing alcohol or soap and water, thoroughly rinsed, and towel dried.

**PRECAUTIONS**

It is very important to prevent skin breakdown (that is sore, red, raw skin). The skin under the orthosis needs to be toughened up, especially where the orthosis applies the most pressure.

**TO PROTECT YOUR SKIN:**

- Be sure to bathe daily.
- With your hands, apply rubbing alcohol to all areas of your skin that contact the orthosis. Alcohol plus the friction from your hand will toughen your skin.
- Pay special attention to the pink areas of your skin where orthosis pressure is highest.
- Always wear a Boston T or a snug cotton undershirt (without side seams) under your orthosis.
- Always wear underpants over your orthosis.
- Wear your orthosis as tightly as possible. A loose orthosis may rub and cause skin breakdown.

If you have any questions about the fit, wear and care of your orthosis, please call Boston O&P. Any changes related to your specific diagnosis or general health should be reported to your physician.

*Note: The Boston Overlap Brace (BOB) is most effective when applied in the lying down position because your orthosis can be much tighter.*