

# 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:

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Telephone:

## Your Orthotist is:

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Telephone:

## Your nurse is:

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Telephone:

## Your physical therapist is:

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Telephone:

To find a clinic near you, please visit  
our website.

[www.bostonoandp.com](http://www.bostonoandp.com)

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#BostonO&P

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.

# Guide to wearing the Boston Body Jacket



## APPLYING YOUR ORTHOSIS

- Position 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 re-adjust the posterior section.



## APPLYING YOUR ORTHOSIS CONT.

- 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.

## PRECAUTIONS

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.