



## **Boston Body Jacket Care and Use Guide**

You have just received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your brace.

### **Application:**

- Apply a Boston T or cotton t-shirt, preferably without seams.
- Orient brace to denote top and bottom.
- Separate the anterior (front) and posterior (back) sections. Close the Velcro straps onto themselves to keep them from catching on things.
- From a back lying position, log roll onto your most comfortable side (roll your torso and hips as one unit).
- Place the back section of the orthosis so that the waist indentations in the brace align above your hips and below your lower rib.
- While holding the orthosis in place, log roll to the supine (back) position (you may need to slightly readjust the posterior section).
- Place the anterior section of the orthosis onto your torso. The anterior section overlaps the back section.
- Align the anterior straps or loops with the back straps or loops.
- Starting with the middle straps, tighten both sides of the orthosis evenly then tighten the top and bottom straps evenly.
- When your physician gives you permission to sit or stand, log roll onto your side, allowing your feet to hang over the edge. Use your lower arm, elbow and opposite hand to lift off the surface to a sitting position.

### **Wearing Schedule:**

- The length of time that you will need to wear your orthosis will depend upon your condition and is determined by your physician.

### **Skin Maintenance:**

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

- Apply rubbing alcohol with your hands to all parts of the skin your orthosis covers. Alcohol plus the friction of your hands on your body will toughen the skin.
- Pay special attention to pink areas of the skin. Always wear a snug fitting t-shirt (without seams) under the orthosis.
- Wear underpants over the orthosis to prevent skin breakdown around the elastic band.
- Wear orthosis as tightly as possible. A loose brace may rub and cause skin breakdown.

**Orthosis Care:**

- Clean the foam liner of your orthosis daily using alcohol spray.
- Wipe the outside of your orthosis with a mild soap and water when needed.

If at any time you have questions or concerns, please contact your orthotist.