

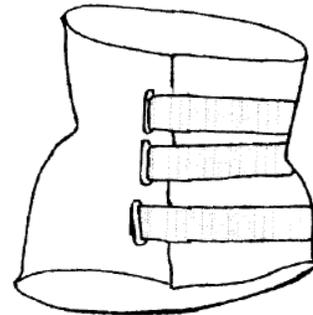
# Boston Overlap Brace (BOB) Orthosis

## Care and Use Instructions

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### INTRODUCTION

The Boston Overlap Brace is a thoracolumbosacral orthosis (T.L.S.O.) made of polyethylene plastic. It is designed to wrap around your torso and overlap in the front, stabilizing your back by providing both abdominal compression and direct mechanical control of position and motion.



### APPLICATION

Always wear a snug T-shirt under the orthosis. An undergarment such as this provides a barrier between the skin and the plastic as well as helping absorb perspiration. Be sure that the T-shirt fits snugly and that it has a “tail” long enough to extend beyond the lower edge of the orthosis. Care should be taken pull out the wrinkles in the T-shirt after putting on the orthosis.

**NOTE: Cotton, cotton/poly-blend or silk T-shirts are suggested for undergarments. Cotton is comfortable and breathable, but it absorbs and retains water. Silk or poly-blends help pass moisture away from your body. Ask your orthotist for a recommendation.**

### APPLYING THE ORTHOSIS

1. The orthosis may be loosely applied in the standing or sitting position unless your physician does not want you up at all without the orthosis on.
2. Make sure the indentations on the inside of the Boston Overlap Brace are just above the hip bones. Keep the straps pulled to the marked tightness.

### WEARING GUIDELINES

1. Follow your orthotists recommended schedule for wearing your BOB Orthosis. If possible, gradually get accustomed to your new orthosis by initially wearing it for a short period of time and building up the wearing time.



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2. Each time you remove your orthosis, check for any redness of skin irritation. Expect to see redness in high pressure areas such as waist line and under the curvature control pads.
3. Don't expect to be able to move in all directions or sit in all types of chairs. The orthosis is designed to limit some of your improper motions and positions.
  - If you have any questions or problems, do not hesitate to call your orthotist.

## SKIN CARE

It is very important to PREVENT SKIN BREAKDOWN (sore, red, raw skin). The skin under the orthosis needs to be toughened up, especially where the orthosis presses the hardest.

### To Protect the Skin:

1. Bathe daily (bath or shower).
2. Apply rubbing alcohol with your hands to all parts of the skin that the orthosis covers, especially the areas where the skin is pink, and the areas where the orthosis presses. Simply rub the alcohol into the skin. The alcohol plus the friction between your hand and body toughens the skin.
3. Always wear a cotton (or similar material) T-shirt or tubular knit without side seams, if possible. See NOTE on previous page regarding T-shirt material.
4. The skin will need frequent observing when the orthosis is first used (look for pink areas).
5. Initially, DO NOT USE CREAMS, LOTIONS OR POWDER under the orthosis. When dry skin occurs, call your health practitioner.
6. If you wear the orthosis loosely, it will move around and cause more skin problems by rubbing. WEAR YOUR ORTHOSIS AS TIGHTLY AS POSSIBLE.
7. If there is skin breakdown (sore, red, raw skin) the orthosis must not be worn until the skin heals - one day or more. If this happens, call your orthotist. The problem may be solved over the phone. Sometimes the skin over the waist and hips gets darker. That is common and is not a problem. When the orthosis treatment is over, this color will go away.

**IMPORTANT NOTE: Good skin care requires orthosis washing each day.**

8. If the redness is over a large area and it is pinker in color that is normal. If you have localized redness, call your orthotist.

**NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury.**



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