

**Successful Orthosis  
Wearing Requires You To:**

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



**Your Orthopedic Surgeon is:**

\_\_\_\_\_

Telephone # \_\_\_\_\_

**Your Orthotist is:**

\_\_\_\_\_ Sean Stellar \_\_\_\_\_

Telephone # (626) 584-0805

**Your Nurse is:**

\_\_\_\_\_

Telephone # \_\_\_\_\_

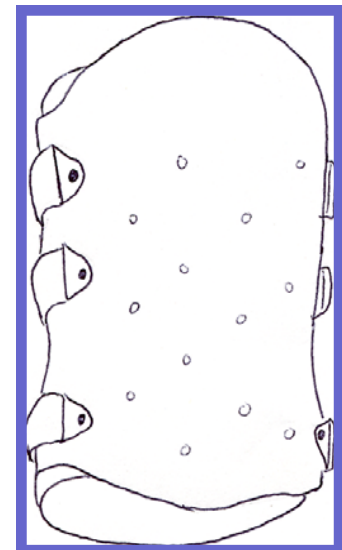
**Your Physical Therapist is:**

\_\_\_\_\_

Telephone # \_\_\_\_\_



# Boston Body Jacket



SPO-F-003-04/02

200 E. Del Mar Blvd. Suite 124  
Pasadena, CA 91105  
Phone: (626) 584-0805  
Fax: (626) 584-0806

## Applying Your Orthosis

- Orient the brace to denote top and bottom.
- Separate anterior (front) and posterior (back) sections. Close the Velcro straps onto themselves to keep them from tangling.
- From a back lying position, log roll to your most comfortable side (insure that your torso and hips roll as a unit).
- Place the back section of the orthosis so that the waist indentations in the orthosis 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.
- Upon 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.

Note: The patient will generally require assistance in donning the orthosis initially. After doctor's approval, the patient may don the orthosis standing or sitting, but should tighten it while lying on his/her back. The orthosis is most effective when it is applied in a lying-down position as it allows a more snug fit.

## Cleaning Your Jacket

It is important to clean the foam liner of your orthosis daily. The foam will not absorb moisture, however, perspiration will collect on it. Clean the foam with rubbing alcohol. The rubbing alcohol will disinfect the liner, quickly evaporating afterwards.

**REMEMBER:**  
**Never attempt to repair or adjust your Body Jacket yourself. If you are experiencing any problems or have questions regarding your Body Jacket, please contact your orthotist.**

## Skin Care

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 the skin:

- Bathe daily. Ask your doctor for bathing instructions and precautions. Remember, if you get the jacket wet, it must be completely dry before you put it back on or skin irritation may result.
- 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 where orthosis pressure is highest.
- Always wear a Boston T or a snug fitting t-shirt (without seams) under your orthosis (may be available from your orthotist).
- Always wear underpants over the orthosis (to prevent skin breakdown around elastic band).
- Wear orthosis as tightly as possible. A loose orthosis may rub and cause skin breakdown.

Wear and Care Guide

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