



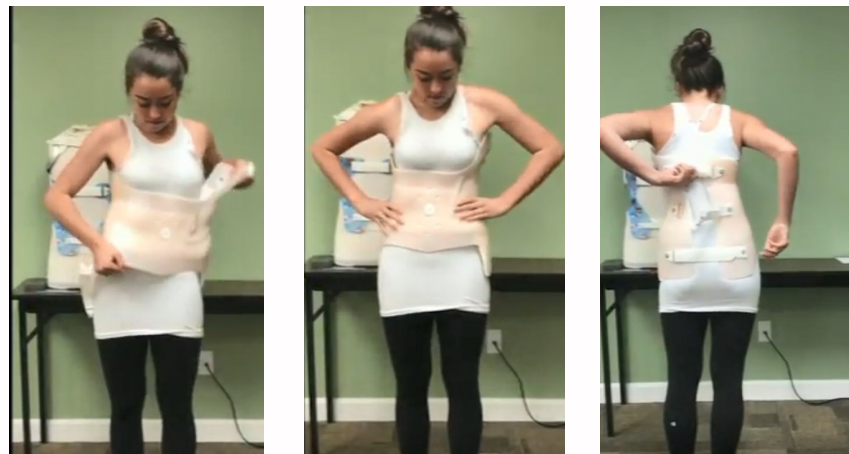
BOSTON BRACE WEAR & CARE GUIDE

ABOUT THE BOSTON BRACE

The Boston Brace is the most studied and utilized scoliosis brace in the world, and is considered the premier system for the non-operative treatment of scoliosis and kyphosis. Boston Braces are clinically proven to control curve progression and on occasion show curve improvement.

APPLYING YOUR BOSTON BRACE

- Ensure all straps are outside the brace and the velcro is folded. Check that the buckles are turned correctly.
- Twist into the brace and center the opening of the Boston Brace over your back so you feel your spine in the center and the crease of your buttocks in the middle of the opening.
- The waist pads should rest above your hips and below your ribs.
- Fasten the straps while bending your knees and/or leaning forward. Use a mirror to secure the strap to the recommended tension mark.



To watch a video: <https://www.youtube.com/watch?v=09w2-UN4RFo>

Note: If someone is helping you, your helper should hold the Boston Brace on the opposite side of the buckle while pulling on the strap. Your helper may also lift the edges of the orthosis to help prevent skin pinching.

If your physical therapist provides home exercises, be sure to practice them regularly to make your Boston Brace more comfortable to wear.

BREAK-IN YOUR BOSTON BRACE

Over a period of three weeks, gradually increase the time per day in your Boston Brace. The break-in period allows your skin and muscles to adjust to the brace. Your orthopedic doctor will specify how many hours you need to wear your Boston Brace each day.

Stage 1	1-2 hours on	Check skin between wear	6-8 hours total wear time
Stage 2	3-4 hours on	Check skin between wear	10-12 hours total wear time
Stage 3	2 hours added each day	Begin wearing throughout the day and overnight	18-23 hours total wear time
Stage 4	23 hours on	Begin tightening straps to "tight marks" indicated by your orthosis	23 hours total wear time

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

It is important to prevent skin irritation, such as soreness, redness, or raw skin while wearing your brace.

- Always wear a clean, dry, and snug-fitting shirt under the Boston Brace. Be sure there are no wrinkles in your shirt under the brace by pulling it down tightly before and after putting on the Boston Brace.
- Wear your underwear and pants over the top of the brace to prevent irritation and to make it easier to use the restroom.
- If you notice areas of redness that do not fade after 30 minutes or are causing pain, blistering, or bruising, please consult your orthotist.
- Be sure to wear your Boston Brace tightly. A loose brace will cause chaffing and will not correct your spine well.

BOSTON T'S

If you would like additional t-shirts to wear under a scoliosis brace you can order them through the Boston O&P website at:

<https://www.bostonoandp.com/products/scoliosis-and-spine/boston-t/>

We accept all major credit cards and for your convenience, we will ship t-shirts directly to your home.

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

Have a question? Visit our FAQ page at [bostonoandp.com/faq/scoliosis/](https://www.bostonoandp.com/faq/scoliosis/)