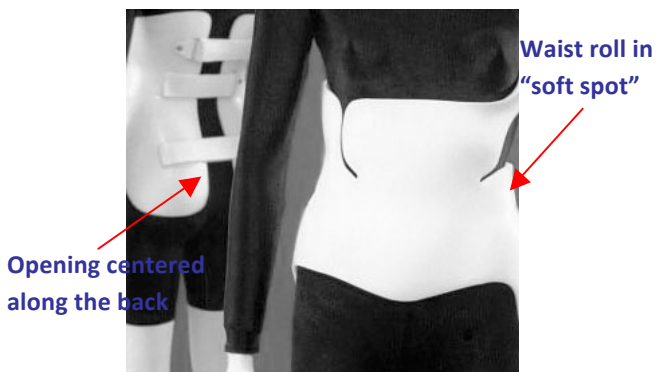


Wear and Care: Boston Scoliosis Brace

Donning the orthosis

1. While standing, check to make sure your t-shirt is snug and pulled down, preventing any wrinkles.
2. Grasp your hands along the opening of the orthosis and pull it wide open so you can place your body in the orthosis. It is easiest to get one side of your body in then pull the other side around.
3. Check to see waist rolls sit comfortably in the “soft spot” between the top of your pelvis and your lower ribs.
4. Check to make sure the opening is centered along your back so that the bumps on your spine are in the middle of the opening.
5. Now tighten the straps. Start with the middle strap, then the bottom and top. You need reach the lines drawn by your orthotist, but remember you don't have to get there on the first try. Go back to all straps and continue to tighten until you reach the line.



Tips to make your orthotic treatment a success:

- Wear the orthosis the prescribed amount of hours: 18-23 hours
- Always wear a clean, snug t-shirt under the orthosis.
- Watch your skin daily for areas of redness or concerns
- Clean your orthosis regularly
- Participate in some physical activity/sport/exercise (without the orthosis on) to maintain good muscle strength

Caring for your Orthosis (“brace”):

- It is important to clean the inside of your orthosis a couple times a week. Use an old rag, put some rubbing alcohol on it and wipe down the inside of the brace. Rubbing alcohol will not hurt the foam or pads and wiping down the foam lining will help to prevent bacteria and odor.

*****We do have past scoliosis patients who would love to talk to you about their experiences with the Boston Scoliosis Orthosis and some of the tricks they have learned along the way. If you are interested (this goes for parents as well-parents talking to other parents), give our office a call and we can give you the contact information.*****

Caring for your skin:

- You will notice red areas where the pads are pushing on your curve. We want to prevent sores, blisters and raw skin. Your skin will need to be toughened up in order to tolerate these pressures. This is why you break in the orthosis.
- Check your skin daily for raw and reddened skin. During your first 2 weeks of break-in, check your skin every time you remove the orthosis.
- Bathe daily and ensure your skin is dry before you put the brace back on.
- Use baby wipes to cleanse the skin periodically throughout the day (i.e. after school, before school, after sports etc.)
- Always wear a clean T-shirt under the brace. Make sure it is snug fitting. Also, died t-shirts can sometimes bleed onto your skin-make sure it has thoroughly been washed before you wear it under your brace.
- Wear the straps to the lines. If it is too loose you may rub against the pads and cause skin breakdown from friction.