



# BOSTON BRACE WEAR & CARE GUIDE

## ABOUT THE BOSTON BRACE

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

## PUTTING ON YOUR BOSTON BRACE

- Ensure straps are outside the brace, Velcro is folded back on itself, and buckles are turned toward the opening. (Figure A)
- Under shirt should be pulled down tightly to ensure there are no wrinkles before putting on your Boston Brace.
- Hold each opening of the brace with knuckles facing each other. Pull open the brace over your side and rotate the brace so the opening is centered over your spine.
- Waist indent should rest above your hips and below your ribs. (Figure B)
- Fasten the straps in the most comfortable order for you. Have all straps tightened to the initial mark, and gradually work toward the goal mark. (Figure C)
- The opening sides in the back should be parallel with each other.
- If needed, you can repeatedly pull the straps until they reach indicated mark on the straps.
- Special instructions from your orthotist \_\_\_\_\_



Figure A

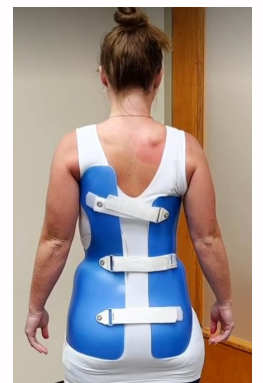


Figure B



Figure C

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

## WEARING SCHEDULE

- Over a 3-week period, gradually increase the time per day in your Boston Brace.
- The break-in period allows your skin and muscles to adjust to the brace.
- Follow your physician's prescribed wear hours.

<b>Stage 1</b>	1-2 hours on	Check skin between wear	6-8 hours total wear time
<b>Stage 2</b>	3-4 hours on	Check skin between wear	10-12 hours total wear time
<b>Stage 3</b>	2 hours added each day	Begin wearing throughout the day and overnight	14-18 hours total wear time
<b>Stage 4</b>	Prescribed wear time	Begin tightening straps to 'tight marks' indicated by your orthotist	Prescribed wear time

## PRECAUTIONS

- Wear a clean, dry, and snug-fitting shirt under your Boston Brace.
- If you notice areas of redness not fading after 30 minutes, or pain, skin break down, and/or bruising, please contact your orthotist.
- Wear your Boston Brace tightly; a loose brace can cause comfort issues and will not correct your spine well.
- If you apply lotion, make sure it is dry before donning your Boston Brace.

## CLEANING YOUR ORTHOSIS

- Clean the interior of your orthosis daily.
- You may use 70% rubbing alcohol; it will disinfect the inside and evaporate quickly.

## BOSTON T'S

If you would like additional t-shirts to wear under your scoliosis brace, you can order them through the Boston O&P website via the QR code below. We accept all major credit cards and for your convenience, we will ship t-shirts directly to your home.

## HAVE A QUESTION?

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.



Scan our QR code to access helpful links, such as videos on how to properly put on the Boston Brace, how to clean it, and more.