



YOUR BOSTON OVERLAP BRACE GUIDE



ORTHOPAEDIC APPLIANCES PTY LTD
Tel: 03 9419 2499
Fax: 03 9416 3543



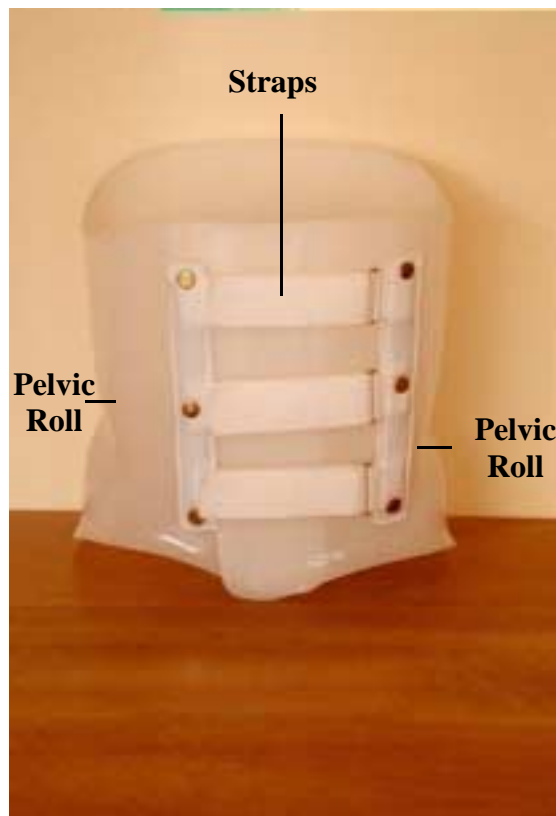
NOTES

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INTRODUCTION

Your Boston Overlap Brace “BOB” has been fitted to control the alignment and reduce the movement of your lower thoracic and lumbar spine. Make sure you have discussed the use of your brace with both your orthotist and your doctor prior to discharge.



Bendigo Clinic

Anne Caudle Centre
Barnard St
Bendigo VIC 3550
Tel: 03 5454 8752
Fax: 03 5454 8756



Clayton Clinic

281 Clayton Rd
Clayton VIC 3168
Tel: 03 9562 9422
Fax: 03 9562 9605



Brighton Clinic

501 Nepean Hwy
Brighton VIC 3186
Tel: 03 9591 6226
Fax: 03 9591 6292



Footscray Clinic

55 Pickett St
Footscray VIC 3011
Tel: 03 9687 4589
Fax: 03 9687 3961



Ringwood Clinic

86 Mt Dandenong Rd
Ringwood VIC 3135
Tel: 03 9879 4299
Fax: 03 9870 9411



Frankston Clinic

346 Nepean Hwy
Frankston VIC 3199
Tel: 03 9783 3866
Fax: 03 9783 6944



Bundoora Clinic

Northpark Hospital
Greenhills Rd
Bundoora VIC 3083
Tel: 03 9467 1937



Richmond Clinic

Epworth Centre
32 Erin Street
Richmond VIC 3121
Tel: 03 9421 6226
Fax: 03 9426 4321

APPLICATION

- Always wear a firm fitting shirt or singlet under the brace. Preferably one made of natural fibres such as cotton.
- Can be applied either in sitting or lying positions. Speak to your orthotist about which is most suitable.

Lying Position: Log roll onto your side and have someone slide the brace under you. Then roll back into the brace.



Locate pelvic roll and tighten all straps starting with the top one before sitting up.



Sitting position : Log roll and then sit up on the edge of the bed keeping your back straight and being careful not to twist (use the technique shown to you by your physiotherapist). Locate the pelvic roll in the middle of the brace on your waist (top of your pelvis) with the opening to the front. Ask your orthotist to mark the top and bottom of the brace for you. Fasten the 3 straps firmly beginning with the middle strap. Breathe in and re-tension all straps.

Your OAPL Clinic



Fitzroy Clinic

93-97 Webb St
Fitzroy VIC 3065
Tel: 03 9419 2499
Fax: 03 9416 3543



Malvern Clinic

1489 Malvern Rd
Malvern VIC 3144
Tel: 03 9824 5874
Fax: 03 9824 8205



Geelong Clinic

454 LaTrobe Tce
Geelong VIC 3220
Tel: 03 5224 2286
Fax: 03 5222 6338

help to prevent any rubbing or pressure. If problems persist contact your orthotist so that the brace may be modified.

- **Straps too long or short** – If you gain or loose weight the straps on your brace may need some adjustment. Contact your orthotist to have this adjusted.

CONTACT NAMES AND NUMBERS

Specialist: _____

Physiotherapist: _____

Occupational Therapist: _____

Orthotist: _____

Other : _____



GENERAL CARE

- The brace is to be worn at all times when you are out of bed.
- You may or may not be able to remove the brace for showering. Discuss this with your orthotist and doctor to clarify which you should do.
- Avoid the use of creams and powders under your brace as this may lead to skin irritations.
- Your brace may be cleaned with warm soapy water.
- Fluff should be cleaned from the Velcro straps as required to ensure that the grip remains adequate. A toothbrush can be used to do this.

DO NOT

- Heat brace
- Grind, cut, file brace or straps. If it is uncomfortable please contact your orthotist.
- Do not place anything under your brace as it may create pressure areas.

COMMON PROBLEMS

- **Heat retention and swelling** – Unfortunately there is very little you can do to combat these symptoms. Ventelation holes make little difference and often lead to pressure problems. Regular changes of the shirt / singlet worn under the brace and periods of lying down out of the brace are the best remedies.
- **Brace riding up when sitting** – Check you are placing the brace low enough when putting it on and tighten the top strap first. If it persists contact your orthotist.
- **Discomfort from the pelvic roll** – It is quite common to get some discomfort in this region when first wearing your brace, especially if you have had a bone graft taken from your pelvis. Generally no modifications are required and you will become accustomed to the pressure.
- **Pressure over the top of the thighs when sitting** – Some pressure is required in this area especially if your spinal problem is in the lower regions such as L4 or L5 levels. However if you feel it is too much, contact your orthotist.
- **Pressure under the breasts** – Ladies should always wear a bra with their brace, which should