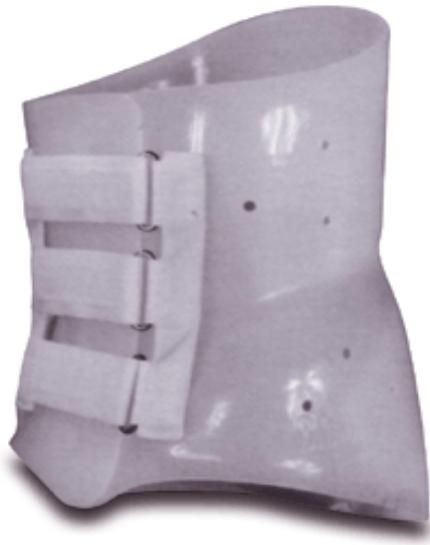


head to foot orthotics

Boston Overlap Brace



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What is a Boston Overlap Brace (BOB) for?

The Boston Overlap Brace (BOB) has been fitted to control the position and reduce the movement of your lower thoracic and lumbar spine. This may be required following surgery, a fracture, dislocation or ligament injury to your spine.

Putting On

If appropriate you will be encouraged to put the BOB on by yourself. The BOB is applied while you are in bed and during your stay in hospital you will be shown how to do the following:

- Log rolling your body from side to side allows you to slide the plastic of the BOB underneath your torso.
- The contours on the waist of the BOB should sit snugly over your hips with the opening running down the centre of your chest
- When the BOB is in place take a deep breath to expand your chest and fasten the straps firmly.

Hygiene

- You may be allowed to shower with your BOB on (please check with your Orthotist or health professional first). Afterwards, remove the BOB while lying on your bed in order to dry the skin underneath.
- Natural fibre singlets or tee shirts can be worn underneath the BOB to absorb sweating and reduce skin irritations.
- **Do not use powders or creams underneath the BOB, as they often become the cause of skin problems.**

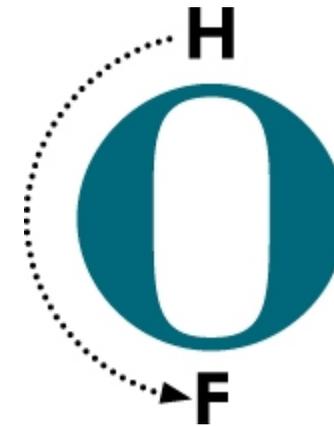
Wearing Problems

- BOB riding up when sitting → Check you are placing the brace low enough when putting it on. If this persists contact your Orthotist.
- A firm fit is required, but if you have reddened skin that stays visible after 10 seconds under any part of the BOB contact your Orthotist.
- Looser clothing can be worn over the BOB.
- Women can wear a bra with the BOB. This should help to prevent any rubbing or pressure.
- The BOB is designed to prevent movement of your spine. It is recommended that you assist the BOB in preventing movement by not doing any activities that involve twisting or bending of your back.
- A medical specialist will advise you when it is safe to remove the BOB. This will be during one of your medical follow up appointments.

When to wear

The BOB is to be worn at all times when you are out of bed, unless otherwise directed by your doctor or Orthotist. It usually needs to be worn for a period of approximately 12 weeks.

Individual client notes



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Further Details

Please contact if you have questions or require an appointment.



(03) 9870 2284

