

BODY JACKET

USE AND CARE INSTRUCTIONS

A Body Jacket is a custom molded plastic brace designed to protect, stabilize and limit motion in your spine and torso.

How to Use Your Body Jacket

- 1 Wear a snug fitting cotton tee shirt under your Body Jacket; it will absorb perspiration, protect your skin and keep your Body Jacket clean.
- 2 Wear your Body Jacket in the correct place. There is usually an indented area inside your Body Jacket. The indented area fits into your waist just above your hip bones. Use this as a guide to help you position your body jacket correctly.
- 2 Wear the Body Jacket as snugly as possible; this will provide the most support to your spine and torso.
- 3 Spinal orthoses have a tendency to "ride up" on your body as the day progresses (when you sit your hips tend to become wider and push the Body Jacket up). You will need to readjust your Body Jacket throughout the day to ensure proper positioning.
- 4 When you remove your Body Jacket, check your skin for any red pressure areas. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important if you are diabetic or have poor sensation.
- 5 Your physician will tell you if you need to wear your Body Jacket full time or only when you are not lying flat in bed. Ask your physician when you should wear your Body Jacket, and follow those instructions carefully.
- 6 Do not become discouraged if you feel an adjustment is needed. This is not unusual. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

How to Care For Your Body Jacket

- 1 Clean your Body Jacket at least once a week with a mild soap, and rinse well to remove soap residue.
- 2 If you have a removable liner, follow the washing instructions on the tag sewn into the liner or ask your orthotist for directions.

Important Notes About Your Body Jacket

A Body Jacket is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at FACILITY if any unexpected problems occur.

Bivalve Orthosis Donning Instructions & Spinal Orthosis Protocol

- **Before donning orthosis patient should be sure to wear a tight-fitting, cotton t-shirt or stockinette. Wrinkles under the jacket can cause irritation and skin breakdown.**
- **The orthosis can be cleaned with soap and warm water or rubbing alcohol.**
- **Follow physician and orthotist instructions for length of orthosis wear.**
- **Follow physician and orthotist instructions for activities acceptable while wearing orthosis.**
- **Physician's orders should supersede all protocol.**

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Orthosis Donning Instructions

Step 1

Patient should be on back with hips flexed slightly. Palpate waist (area above hips and below ribs) to demonstrate proper position of orthosis location.



Step 2

Raise patient's arm above their head. Log roll patient toward raised arm onto their side. Be sure hips and upper body move together without twisting.



Step 3

Identify top & bottom of orthosis. Place back section of orthosis behind patient. Waist rolls in orthosis should align with patient's waist.



Step 4

Roll patient onto back with orthosis under them. Recheck alignment of waist rolls with patient in this position. Move orthosis accordingly.



Step 5

Place front section of orthosis on patient noting top and bottom. Straps and loops should be across from each other.



Step 6

Fasten middle straps first pulling both sides evenly. Tighten top or bottom straps next in same manner. Tighten all straps as needed.

