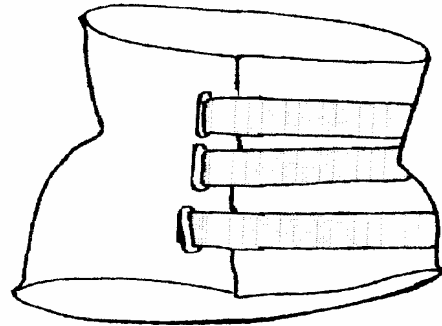




## BOB-type Spinal Orthosis



### Care and Use Instructions

1. Always wear a t-shirt, this provides a barrier between the skin and the plastic along with absorbing perspiration
2. If possible graduate your time of use with your new orthosis. Initially wear it for a short period of time and take it off. Remove your t-shirt to check for redness.
3. Make sure the indentations on the inside of the BOB are just above the hip bones.
4. Keep the straps pulled to the marked tightness.
5. If you have localized redness, call your orthotist. If the redness is over a large area and it is pinker in color, that is normal.
6. Don't expect to be able to move in all directions or sit in all types of chairs. The orthosis is designed to limit some of your improper motions and positions.
7. If you have any questions or problems, do not hesitate to call Morgantown O & P Center at 1 (800) 598 - 6672.