

Lumbosacral Support Instructions

THIS PRODUCT IS INTENDED FOR APPLICATION BY LICENSED HEALTH CARE PRACTITIONERS AS DIRECTED BY A PHYSICIAN OR OTHER MEDICAL AUTHORITY. PROPER FIT AND APPLICATION OF THIS PRODUCT MUST BE PERFORMED BY A MEDICAL PROFESSIONAL. THESE DIRECTIONS ARE GUIDELINES ONLY AND ARE NOT OFFERED AS MEDICAL RECOMMENDATIONS.

APPLYING YOUR LUMBOSACRAL SUPPORT WITH PLASTIC INSERTS

- 1) Release the two top tension straps.
- 2) Position the main body of the garment around your torso. You should have the front pocket with plastic insert in your left hand, pocket opening and blue cube at top. Center the front pocket with insert over your abdomen area.
- 3) Pull with your right hand the right side of the garment until it lines up neatly onto the left pocket. Apply the Velcro. It is not necessary to over tighten the garment at this stage.
- 4) With your left hand, take the left top tension strap and pull it over and apply to the Velcro on the right side of the main body. With your right hand take the right top tension strap and pull it over and apply to the left top tension strap. You may increase or decrease pressure with the top tension straps.

Washing Instructions:

Before washing, remove plastic inserts or metal stays, if applicable, and wipe them clean with a cloth.

Hand wash support in mild soapy cool water.

Rinse thoroughly and drip dry on a flat surface.

Do Not use solvents or chlorine bleach.

Do Not put in the dryer.

Do Not iron.

Do Not wear directly against the skin. An undershirt or similar article of clothing should be worn between the support and your body.

Do Not wear if you have broken skin or a known susceptibility to dermatitis. If a rash or skin irritation develops, discontinue use immediately and consult a physician.

Do Not wear while sleeping.

Do Not wear if you have phlebitis or circulatory problems.

Never wear support over an open wound.

Notice

While every effort has been made to obtain maximum compatibility of function, strength, durability and comfort, this device is only one element in the overall treatment program administered by a medical professional.

U.S. Orthotics disclaims any warranty, expressed or implied, that these products prevent injuries.