

Care And Use Of Your Z-Cross® Spinal Orthoses

Z-CROSS™

SPINAL ORTHOSES

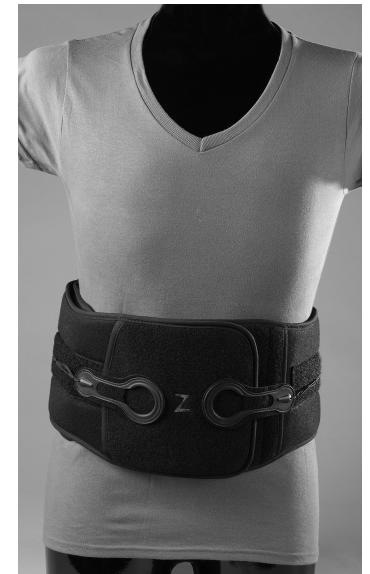
NOTICE

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.

Always consult with a health care practitioner before making any changes in your support. Thermo forming of a plastic insert should always be performed by a qualified Health Care Practitioner.

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.

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Z-CROSS™

*Maintaining maximum fit,
function and comfort.*

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YOUR Z-CROSS ORTHOSIS

You have been fitted with a highly supportive Spinal Orthosis (*back brace*). It is designed to restrict specific motions. Proper use and wear are required to obtain the desired results.

Your Orthotist will have chosen and assembled the proper orthosis as directed by your physician. Always wear your brace as directed by your physician.

Spinal braces are most comfortable and effective when worn snugly – reducing slippage and rubbing. Re-tighten straps throughout the day to maintain proper fit. Body weight changes will affect your brace's fit.

Any frayed or torn straps, loose padding or hardware, should be repaired immediately. Call your Orthotist's office to schedule adjustments.

WEARING YOUR Z-CROSS ORTHOSIS

For the greatest comfort, we recommend an interface, such as a t-shirt, to be worn under the orthosis. A natural fiber like cotton allows for better air circulation and absorption of perspiration. Change this shirt daily or more frequently if perspiration is a problem.

Your orthosis original fitting must be done by a qualified health care practitioner. The orthosis should already be adjusted to fit your body.

APPLYING YOUR BRACE – STANDING UP

1. Center the support on your back.
2. Fasten the main body closure.
3. Take the two pull-handles and evenly pull forward. This engages the pulley system and applies even circumferential pressure. Lock the pull-handles by pressing them down onto the Velcro front.

APPLYING YOUR BRACE – LYING DOWN

It may be easier to fasten the brace lying down as gravity pulls your soft tissue inward, easing the pressure when applying tension to the straps.

1. Lay the brace flat on the bed with the inside facing up, then lie down on top of your brace in the correct position.
2. Make sure the back plastic insert is in the correct position on your back. Then wrap the sides around your body and apply the main body closure.
3. Take the two pull-handles and evenly pull forward. This engages the pulley system and applies even circumferential pressure. Lock the pull-handles by pressing them down onto the Velcro front.
4. Once standing you can then fine-tune and tighten your brace for proper fit and function.
5. Make sure no straps are twisted.

REMOVING YOUR Z-CROSS ORTHOSIS

- Unfasten the two pull-handles from the front, and refasten them neatly to the side panels.
- Unfasten the main body closure and remove from body.
- After you take your Z-CROSS orthosis off, always re-attach the Velcro hooks (*the rough part to touch*) to the brace. Periodically, use a toothbrush to gently remove any accumulated lint and dirt out of the Velcro hook to ensure adequate fastening.
- Keep your support stored neat and loose to prevent folds. Weight placed on the support may damage it and cause permanent folds.

CLEANING YOUR BRACE

Hand wash foam liner in mild soapy cool water. Rinse thoroughly and drip dry on a flat surface. Wipe plastic panels with a clean cloth.

Do not remove pulley system that is encased in main body.

Do not put support in washing machine, or dryer.

Do not use solvents or chlorine bleach.

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.

If you experience any pain, swelling, sensation changes or any unusual reactions while using this product, consult your orthotist immediately.

