

# APPLICATION INSTRUCTIONS

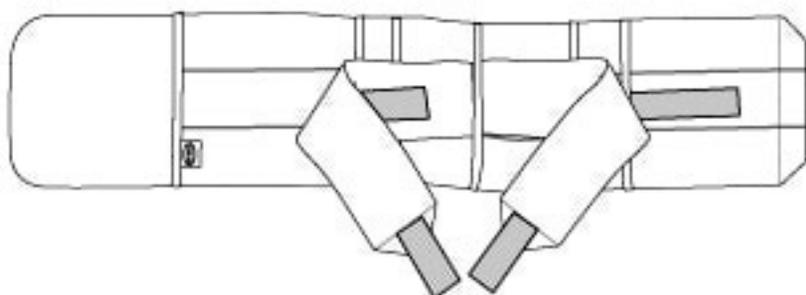
## INDICATIONS

For lumbosacral strains, sprains & fractures to the lower lumbar regions of the spine, also degenerative disk disease, aid to injury prevention & post-op support, aid to injury prevention and post-op support.

Thoroughly read the following information prior to application.  
Product function requires proper application.

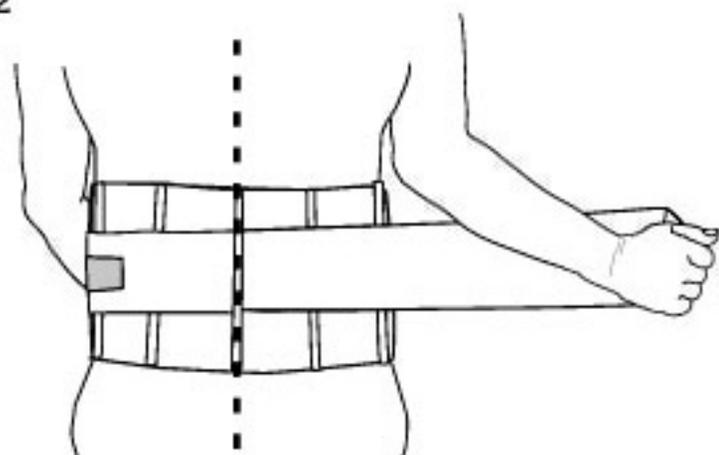
- A** **Unpack the Lumbosacral Support. Detach all Velcro Straps.** (Fig. 1) Actual Support may vary from Illustration.

Fig. 1



- B** **Secure Support around waist Align to center of body.** (Fig. 2)

Fig. 2

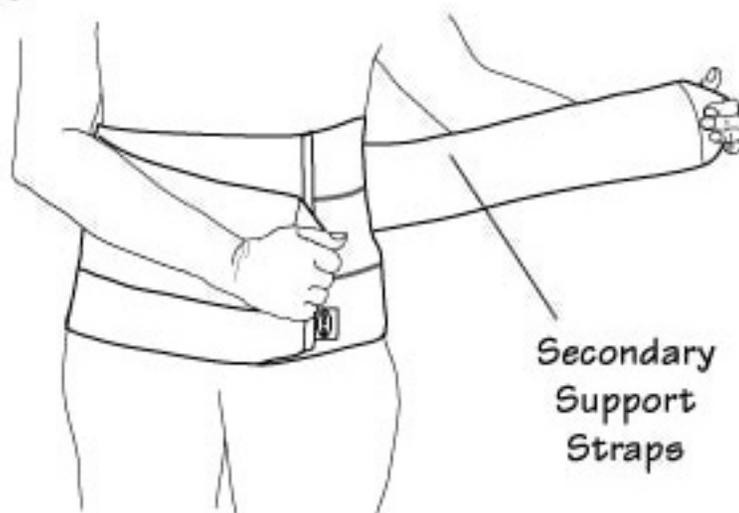


- C** **If Available, Secure Secondary Support Straps with Velcro® closure** (Fig. 3).

Proper lifting techniques should be used at all times. This lumbosacral support is not guaranteed to prevent back injuries. Always follow acceptable lifting recommendations:

1. Get a firm footing with toes pointing forward.
2. Bend with your knees. Do not bend at the waist.
3. Tighten the stomach muscles. Lift with your legs, not with the weaker back muscles.
4. Keep the load close to your body. Keep your back straight. Do not turn or twist with your back.

Fig. 3



## CARE INSTRUCTIONS

Hand wash using cold water and mild detergent. Do not bleach. Rinse thoroughly, removing all soap residue to avoid skin irritation. Allow to AIR DRY. Do not twist or wring, reshape, dry flat

**WARNING: INCIDENTS OF PAIN, SWELLING, CHANGES IN SENSATION OR UNUSUAL REACTIONS SHOULD BE IMMEDIATELY REPORTED TO YOUR MEDICAL PROFESSIONAL.**

MANUFACTURER MAKES NO GUARANTEES THAT INJURY WILL BE PREVENTED USING THIS PRODUCT.