

# **Back 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 back supports:

Center the support on your back.

Pull one side across your middle section and then pull the other side over the top and attach the Velcro closure. Pull the left narrow additional tension strap and then the right narrow tension strap to desired compression and attach the Velcro closures. If metal stays or plastic panels are present, BE SURE they are shaped to the contours of your body before wearing support.

#### To Remove:

Unfasten the Velcro closures and reapply neatly to flat garment.

## **Washing Instructions:**

Before washing, remove plastic panels or metal stays 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.

