



Two Panel Spinal Orthosis Instructions

THIS PRODUCT INTENDED FOR THE 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.

Your doctor or orthotist may alter some of these general instructions. Your doctor and orthotist know your medical status and are using this orthosis as part of your total healthcare. It is important to follow their instructions carefully, even if they differ from some of the following guidelines.

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

- 1) Velcro fasten one side of the back elastic panel to the front panel.
- 2) Center the support on your back and bring the other side around your body.
- 3) Loosely fasten the other side of the back panel to the front panel.
- 4) If necessary, re-apply Velcro to center the front panel on your abdomen.
- 5) Keep the support low on your hips.
- 6) Pull the top tension straps forward and out to apply compression. Stick velcro to front or sides.
- 7) Make sure no straps are twisted.

To Remove:

- 1) Release top tension straps and re-fasten to brace sides.
- 2) Only unfasten one side of orthosis.
- 3) Re-attach Velcro for storage and easy re-application.

Washing Instructions:

Before washing, remove plastic inserts and wipe them clean with a cloth.
Clean the Velcro front closures with a toothbrush, gently removing any accumulated lint and dirt.
(Under normal use, with care, Velcro fasteners will not wear out or lose gripping quality.)
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.

Orthosis may lose its shape if in prolonged contact with temperatures greater than 200 degrees

Support should never be worn directly against the skin. Always have an undershirt or similar article of clothing between the support and your body. Persons with broken skin or known susceptibility to dermatitis should avoid contact with this material. If a rash or skin irritation develops, discontinue use immediately and consult a physician. Support **Should Not** be worn while sleeping. Support **Should Not** be worn by persons with 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.

