



## 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 Orthosis:** *Wear an undershirt under the orthosis to keep your skin cool and protected. When applying your brace the front closure straps should be pulled backwards at the same time to apply even pressure.*

Center the support on your back. Loosely attach the center strap from each side through the front buckles to position the Orthosis on your body. (Make sure the Orthosis is not upside down. It may be easier to apply brace while you are lying down.)

Take the bottom pair of straps evenly pull through the front buckles forward and then pull back and attach the Velcro to the strap.

Next, re-attach the center straps with more tension. Evenly pull through the front buckles forward and then pull back and attach the Velcro to the strap.

Lastly, attach the top pair of straps. Evenly pull through the front buckles forward and then pull back and attach the Velcro to the strap.

If necessary repeat the above steps. (Apply the straps from the bottom up.).

**To Remove:** Unfasten the Velcro closures on one side only and reapply Velcro neatly to flat straps.

### **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.*

