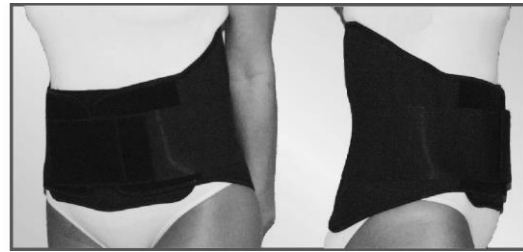


LumboLux™ Patient's Instructions For Use

The following are general guidelines for wearing and caring for the LumboLux™ spinal brace. Your healthcare provider may alter, supersede, or even oppose some of them. He or she knows your medical status and is using the LumboLux as one part of your total care. It is important to follow his or her instructions exactly, even if they differ from some of the following guidelines.



Getting Acquainted with Your New LumboLux Spinal Brace

Your healthcare provider will have chosen the proper size and type of LumboLux when he or she fit you with your brace. Your task is comparatively easy. You merely need to loosen the external elastic straps, then remove one hook and loop panel to take the brace off, and reattach that panel and retighten those external straps to reapply the brace. (see below for details)

Putting the LumboLux on

1. Loosen the external straps in the front of the brace, if they are not already loosened. (They should have been loosened when you last took the brace off, so you can normally ignore this step.)
2. Position the brace so that the back is centered on your spine and so that the lumbar curve of the back polymer insert matches the curve of your spine. (This sounds complicated, but it just means to place the back of the brace in its natural - and most comfortable - position on your back.)
3. Fasten the right side end of the elastic belt to the right side of the front panel by holding the front of the brace in your left hand and the right side end of the elastic belt in your right hand and pressing the hook of the elastic belt onto the loop of the front brace panel.
4. Tighten the external straps, one at a time, by stretching them out away from your body, then bringing them in toward the front of your body while maintaining the tension on them with your arm. Then simply press them into the loop on the front of the brace, fastening one of the opposing outer cinch straps on top of the other. If you have tightened the right exterior strap first, bring the left exterior strap in to fasten on top of the right exterior strap. If you started with the left exterior strap, bring the right exterior strap in to fasten on top of the left exterior strap.
5. Verify brace orientation by making sure that the back of the brace is centered on your spine - usually the front black pocket will be centered as well - and that the brace is at the correct vertical height on your body by making sure the curve of the small of your back is accurately "spooned" by the brace's back polymer insert.

Taking the LumboLux off

1. Loosen the external straps in the front of the brace, placing the hook onto the loop at the outside ends of their respective interior belt straps, but not on the front fabric component.

2. Unfasten the right panel by holding the front of the brace in your left hand and the right interior belt strap's loop in your right hand and pulling the hook of the right interior belt strap from the loop of the front brace panel.

3. Lay the brace down in a safe place. Take care that the hook of the brace straps is not allowed to come into contact with knit-type fabrics, which it could fasten itself to and damage.

Wear a soft under-sleeve

Wearing a cotton t-shirt or similar garment under the brace is recommended. There is nothing wrong with wearing the brace directly on the skin except that you will have to wash the brace much more often. It's better to throw a t-shirt in the wash daily and keep the brace clean as long as possible.

Tip

If putting the LumboLux brace on is difficult for you, an easier method might be to lay the brace flat on the bed with the inside facing up, then lie down on top of it in the correct position. It will be easier to fasten in the front this way for two reasons: 1) You don't have to hold the brace in place against gravity, and 2) the position of lying supine (on your back, facing up) allows gravity to pull your soft tissue inward, thus easing the pressure resisting the tensioning of the straps.

Caution

After you take the LumboLux orthosis off, always make sure that the hook (the part that is rough to the touch) is covered so that it cannot come into contact with delicates or knit fabrics, which it could damage.

Keep in mind that this is an elastic-based orthopedic brace and therefore needs to be kept away from extreme heat.

Care

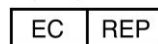
To clean, remove the black polymer (plastic) inserts from the front and back pockets. Hand wash with mild soap and cool water. Dry flat between bath towels.

Before you remove the polymer inserts from their pockets, take care to mark them so you can return them exactly as they were. Replacing them inside-out or upside-down will diminish the careful fit your medical provider has created. If you do not remember how the polymer inserts were, here are some tips: 1) The back insert has an oval cut out of it to create spinal relief. 2) The front insert is flat on top and curved on the bottom. 3) The back insert is wider at the base and narrower at the top. 3) As to the inside/outside, simply match the curves with the shape of the body. 4) On the posterior insert, the foam is on the inside.



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