



## 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) Center the support on your back.
- 2) Make sure the Orthosis is not upside down. It may be easier to apply brace while you are lying down.
- 3) Take the bottom pair of straps evenly pull through the front buckle forward and then pull back and loosely attach the Velcro back to the strap.
- 4) Then take the top strap and evenly pull through the buckle and then pull back and loosely attach the Velcro back to the strap.
- 5) Lastly, take both straps and evenly with one smooth pull, cross-pull them to apply even compression.
- 6) Make sure no straps are twisted. Always apply the straps from the bottom up.

**To Remove:** Unfasten the Velcro closures and reapply Velcro neatly to flat straps for 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.*

