

## Application Instructions:

### Placement

- A. Extend the device flaps out and position the center of the device over your lumbar (low back) area.
- B. Wrap the device around your stomach snugly and fasten them, one over the other.
- C. The two sides should cross over the center of your abdomen. To accommodate different body shapes the sides can be angled to improve the fit.

### Tightening

- A. Grab the pullstring on each side of device and pull them away from your body.
- B. Wrap the pullstrings around your stomach and fasten them by pressing down.

## Instructions for Use:

- Tighten the brace as tightly as you can tolerate.
- Wear the brace during all periods of activity unless otherwise specified by your physician.
- Wear a snug fitting t-shirt or undergarment beneath the brace at all times to provide an interface between you skin and the device.
- Keep the device clean and dry.
- Wash only by hand with mild detergent. Be sure to rinse the device thoroughly. Allow the device to air dry completely before applying it.
- Bath regularly to keep skin clean. Use lotions and moisturizers as needed to keep skin in good condition. All excess lotion, etc should be rubbed in well or wiped off prior to applying brace.

