

How to fit your BioPosture Back Corrector properly



General notes:

- 1.** You can wear your belt over clothes or next to your skin, depending on your preference.
- 2.** Place the shoulder straps comfortably over your shoulders as shown, ensuring it is not too tight.
- 3.** When you fasten the belt around your waist, please ensure that the green nodules are against your back.

[More details inside >](#)

Fitting and wearing your E

1. Remove your upper clothing, or wear something light, so that your lower back and front is clear of bulky clothing.

2. Put your arms through the arm straps and adjust the each strap (D) so that the waist band is in the correct position.

NB: You may need help with strap adjustment.

3. You do not need to remove your lower body clothing. Keep these on when fitting your BioPosture Back Corrector.

4. Place the BioPosture Back Corrector to your lower back, making sure that the side with green pads faces your skin.

5. Position the belt so that the protective centre panel (A) is placed against your lower spine and the green nodules (B) are at either side of your spine.



(A) Protective centre panel. Aligned to your lower spine

(D) Shoulder strap adjustment

(B) Nodule pads placed either side of your spine

(C) Velcro pads

6. Close the belt around your waist using the velcro pads (C) to the front. Ensure it is a snug fit, but not so tight as to be uncomfortable.

NB: The belt should be just above the belt line.

WARNING: Ensure the belt and shoulder straps are not too tight



POSITION: Belt and strap positions should be as the image above when fitted properly.

BioPosture Back Corrector

General questions and answers:

Q. What size is the BioPosture Back Corrector?

A. The adjustable BioPosture Back Corrector will fit from 22” to 55” when stretched

Q. How long can I wear the BioPosture Back Corrector for?

A. You can wear it as long you feel you need to support your back. We suggest that you first wear the belt initially for 30 minutes to get used to wearing the BioPosture Back Corrector. Then, wear the belt as often as you require

Q. Can I wear the BioPosture Back Corrector whilst sleeping?

A. Yes, the BioPosture Back Corrector has been designed to be comfortable and can be worn whilst sleeping or during activities

Q. How do I clean my BioPosture Back Corrector?

A. We suggest you use a damp cloth and wipe clean as necessary

Q. Can I wear the BioPosture Back Corrector under my clothes?

A. Yes, the BioPosture Back Corrector is designed to be discreet so you can wear it under your clothing.

Q. Can I also wear on top of my clothing?

A. Yes, as long as clothing is light, such as T-shirt or undergarment

IMPORTANT: If you are in any doubt as to the severity of your injury, or the best way to treat it, you should seek medical advice before using BioPosture Back Corrector.

BIOPOSTURE
BACK CORRECTOR