

## ALICE IMPROVED STERNUM STRAP INSTRUCTIONS



1. Place the angle-cut end of the adjustable side of the sternum strap under one of the shoulder straps. If right handed, place on the right shoulder strap; if left handed, the left shoulder strap.



2. Slide the angle-cut strap end through the plastic slider.



3. Grabbing the plastic slider and strap end, walk the plastic slider towards the shoulder strap until snug. The foam on the shoulder strap should be slightly deformed.

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4. Slide the angle-cut strap end over and back through the plastic slider, doubling the strap back on itself to eliminate the possibility of slippage.



5. Snug the angle-cut end tightly.



6. Repeat steps 1-5 for the fixed side of the sternum strap to complete installation. The sternum strap should be positioned about 2" below the two protruding points of your collarbone.