

# Low Back Brace Support

SKU: BKB117

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## Instructions For Use

**Step 1.** Lay support flat with back exterior of brace facing upward. Open the back cover, unfasten the velcro on each side and remove both side panels.

**Step 2.** Size indications are marked on each panel. Fold panels to the proper size marker, reinstall panels to the support, secure with Velcro, and close the back cover.

**Step 3.** Reinstall panels to the support, secure with Velcro, and close the back cover.

**Step 4.** Position the back support around the waist making sure the back panel is centered on the spine. Fasten the waist panel snugly.

**Step 5.** Take a deep breath in and pull the hand loops simultaneously until desired compression is achieved.

**Step 6.** Lateral panels may be removed or installed for less or more side support as needed.



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### Care Instructions

- Remove all panels before cleaning.
- Spray with 50% alcohol, wipe clean and let air dry.
- Do not expose to direct heat.

