

Adjustable Lumbar Lower Back Support Brace

SKU: BKB121

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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.



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