

# INSTRUCTIONS

## 01

### WHERE DO I WEAR THE BELT?

Wearing the Dainely™ Belt wrong will provide little to no benefits, that's why it's very important to pay attention to how you wear it.

The belt should be worn around your SI Joint, and the easiest way to do this is by lifting one of your legs, and checking where the crease is – that is where the bottom of your belt should be.

## 02

### HOW TIGHT SHOULD I WEAR IT?

Wearing the belt should not increase pain, or other symptoms, it should help you feel better while wearing it. Also, wearing it tighter doesn't mean it will work better. It should be snug, but not too tight, you should be able to put your fingers in between the belt and your hip.

If your belt is hanging out, or if you find crinkles/wrinkles in the material, it means that you either have too much tension on the adjustable straps, or that you don't have enough tension on the belt before tightening the adjustable straps.

You can wear the belt either underneath your clothes, or on top of them, it will work both ways.

# F.A.Q.

## WILL WEARING THE BELT WEAKEN MY MUSCLES?

No, the Dainely™ Belt will not weaken your muscles the same way a lumbar corset brace would. A lumbar corset brace is designed to take over for your core, and if you wear it for too long, it makes your muscles weaker, putting you at more risk for injuring your back, getting a disk bulge, or a muscle strain.

The Dainely™ Belt doesn't actually take over for any muscles, all it does is help to hold your SI Joints together, and therefore allow your ligaments to come back to their normal tension.

So you can wear it for weeks, or months without worrying about atrophy.

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## CAN I EXERCISE WHILE WEARING THE BELT?

Yes, you can exercise with the belt on, just avoid activities that are shearing your SI Joint.

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## CAN I WEAR IT WHILE SLEEPING?

Yes, you can wear it while sleeping, especially if you experience pain at night, or you wake up in the morning feeling pain.