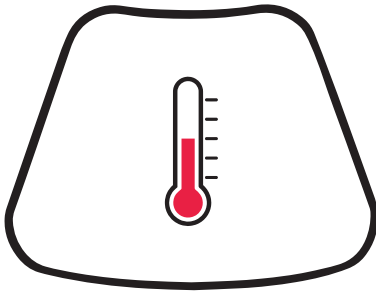


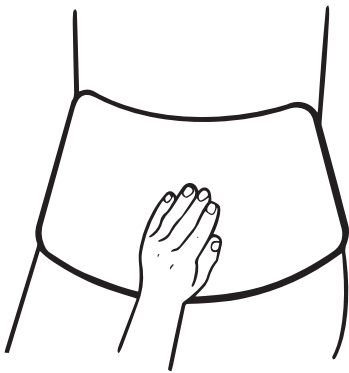
INSTRUCTIONS FOR USE

MOLDABLE LUMBAR INSERT, L10/L11

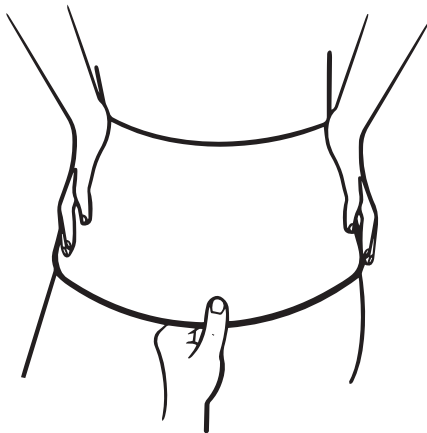
 NewOptions



1. Plug in warming tray and preheat for approximately 3 minutes. Place insert on tray RIGID SIDE DOWN. Leave on warming tray until pliable, but not limp (approximately 1½ minutes).



2. With the patient standing straight, stomach against a table and with feet together, place the softened insert against the patient's back RIGID SIDE OUT. Make sure the bottom of the insert is approximately 1 inch below the top of the gluteal crease and that the top of the insert is level. Place hand as shown and press firmly against the patient's back.

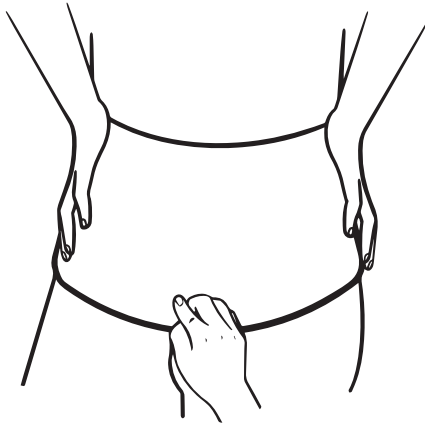


3. Bring the patient's hands back so they press the ends of the insert firmly against the body as shown. Now slide the thumb down to the bottom of the insert and press gently against the coccyx.

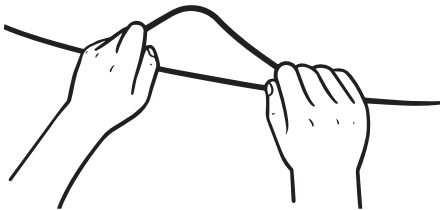
INSTRUCTIONS FOR USE

MOLDABLE LUMBAR INSERT, L10/L11

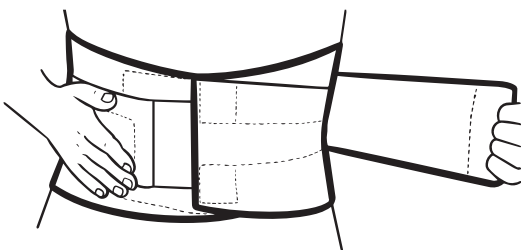
 NewOptions



4. Massage the insert firmly up and down against the spine with the thumb or the first two fingers of the dominant hand. Continue to massage up and down until insert becomes hard (takes a set). Remove and allow additional time while instructing patient regarding the wear and care of the lumbar support and insert.



5. To place insert in lumbar support, place one end in pocket with soft, foam side toward the patient. Stretch the lumbar support so insert may be placed inside pocket. Make sure the insert is all the way down in the pocket and does not extend above the top of the lumbar support.



6. Follow the directions included with the lumbar support.