

General questions and answers about your Biofeedbac Support Belt

Q. How long can I wear the Biofeedbac Support Belt for?

A. You can wear it as long you feel you need to support your back. We suggest that you first wear the belt initially for 30 minutes to get used to wearing the Biofeedbac Support Belt. Then, wear the belt as often as you require.

Q. Can I wear the Biofeedbac Support Belt whilst sleeping?

A. Yes, the Biofeedbac Support Belt has been designed to be comfortable and can be worn whilst sleeping or during activities.

Q. How do I clean my Biofeedbac Support Belt?

A. We suggest you to use a damp cloth and wipe clean as necessary

Q. Can I wear the Biofeedbac Support Belt under my clothes?

A. Yes, the Biofeedbac Support Belt is designed to be discreet so you can wear it under your clothing.

Q. Can I also wear on top of my clothing?

A. Yes, as long as the clothing is thin such as T-shirt or undergarment.

Safety information

- i. Keep away from heat
- ii. Do not expose to chemicals
- iii. Keep away from naked flames
- iv. Do not expose to humidity
- v. When not in use, store in a cool, dry area
- vi. If wearing the belt causes irritation, simply remove and try again 24 hours later but tighten the belt so it's comfortable around your waist
- vii. Not suitable for children under 12 years old
- viii. Do not wear for excessive long periods of time; remember to take the belt off after wearing it for a few hours
- ix. If you are in any doubt about the severity of your injury or the best way to treat it, you should seek professional medical advice

Care instructions

Clean with damp cloth. Do not machine wash or immerse in water.

Composition of materials

Polyester, Elastic Polyester, 600D Polyester, EVA.



Designed in the UK



HOW TO FIT
AND WEAR YOUR

BIOFEEDBACTM
BACK SUPPORT BELT

CORRECTLY

BIOFEEDBACTM
BACK SUPPORT BELT

Designed and developed in the UK
by Bioenergiser Ltd. ©

Made in People's Republic of China (PRC).

How to fit and wear your **Biofeedback Support Belt** correctly

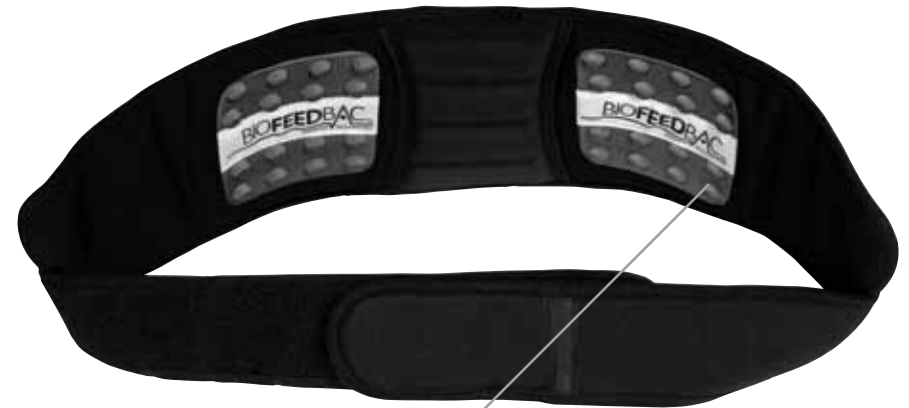


(A): Wrap the inside of the belt to your lower back

(B): This should be aligned on your spinal column.

(C): The Biofeedback sensory pads should be touching your back muscles - either side of your spinal column.

1. Remove or hitch-up your top clothing so you expose your lower back and tummy.
2. You do not need to remove your trousers/skirt; keep these on while fitting the **Biofeedback Support Belt**.
3. Place the **Biofeedback Support Belt** around your lower back **(A)**, ensuring that the biofeedback pads are on the inside on the belt so they are touching your back **(C)**. Please note that the Lumbros logo should be facing the right way when you fasten the belt.
4. Position the belt so the centre panel is aligned correctly with your spinal column **(B)** - the protective centre piece should be placed against the spinal cord so the biofeedback pads are on either side of the spine.
5. Close the **Biofeedback Support Belt** using the velcro tabs. Ensure that it is a snug fit but remains comfortable. Do not over tighten the belt as this may cause discomfort. Ensure the Biofeedback logos are facing your back the correct way round **(D)**.



(D): Ensure the Biofeedback logos are facing your back the correct way round

Important note

If you are in any doubt about the severity of your injury or the best way to treat it, you should seek professional medical advice.

BIOFEEDBACTM
BACK SUPPORT BELT