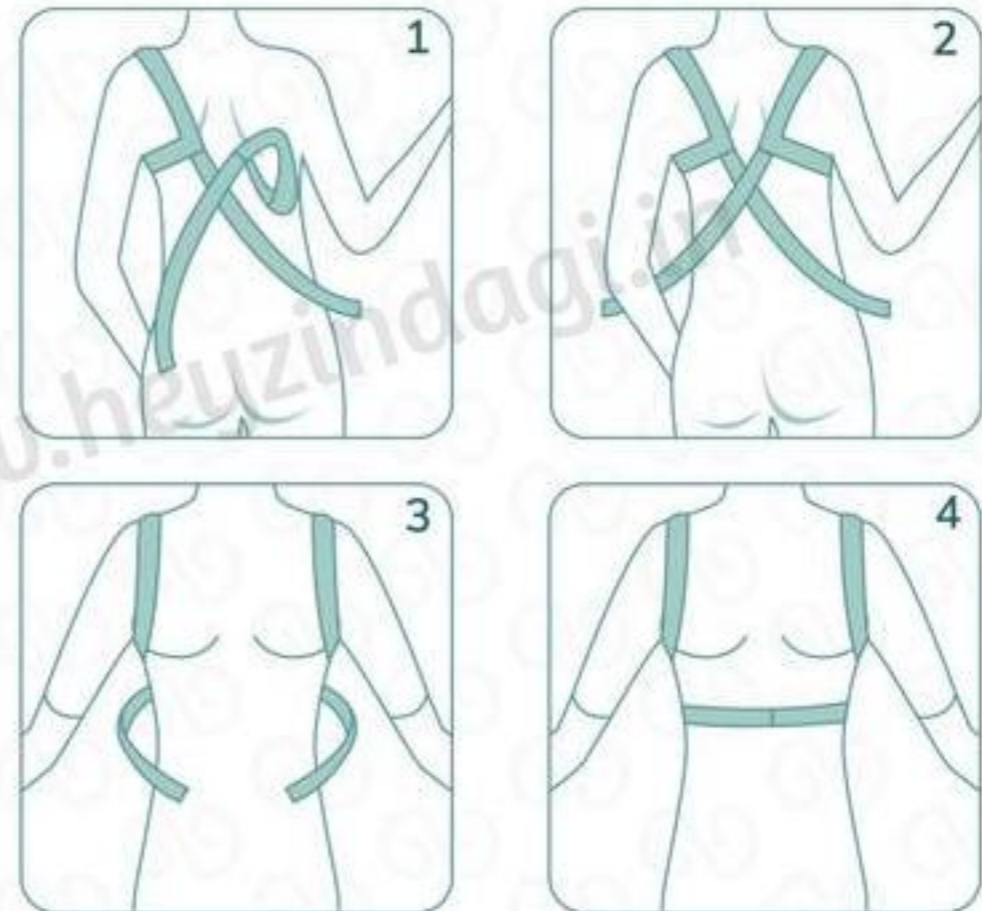


# QUICK START GUIDE

- Please ensure you order the right brace as per the Size Chart below
- Make sure you are wearing comfortable but fitted clothing in a fabric like cotton
- Sit comfortably and open the hook and loop fasteners on the lower straps
- Layout the brace in front of you to identify the correct side to wear: the one with the crossed elastic bands in the center will be worn on the outer side
- In case you are affected only on one side of the body first put on the shoulder loop of that side - simply slide it across the arm like a shirt sleeve Now slip on the other shoulder loop similarly
- Now slip on the other shoulder loop similarly
- Once settled equally across both shoulders, pull the lower straps across both sides of your chest from under the arms and fasten the hook and loop closures

- Seek help in case of any mobility limitation
- Check for discomfort especially blood circulation, breathing or numbness and readjust as necessary



## REMEMBER

- Please do not wear this support continually unless recommended by a doctor
- Wash it regularly to get rid of sweat and body odors

- Don't bathe with the brace on - it will reduce the elasticity and compression quality of the support/belt
- Ensure you seek physiotherapy and exercise intervention to strengthen your muscles

**P.S.:** Kindly consult your Physician or Orthopaedic Specialist before using this product