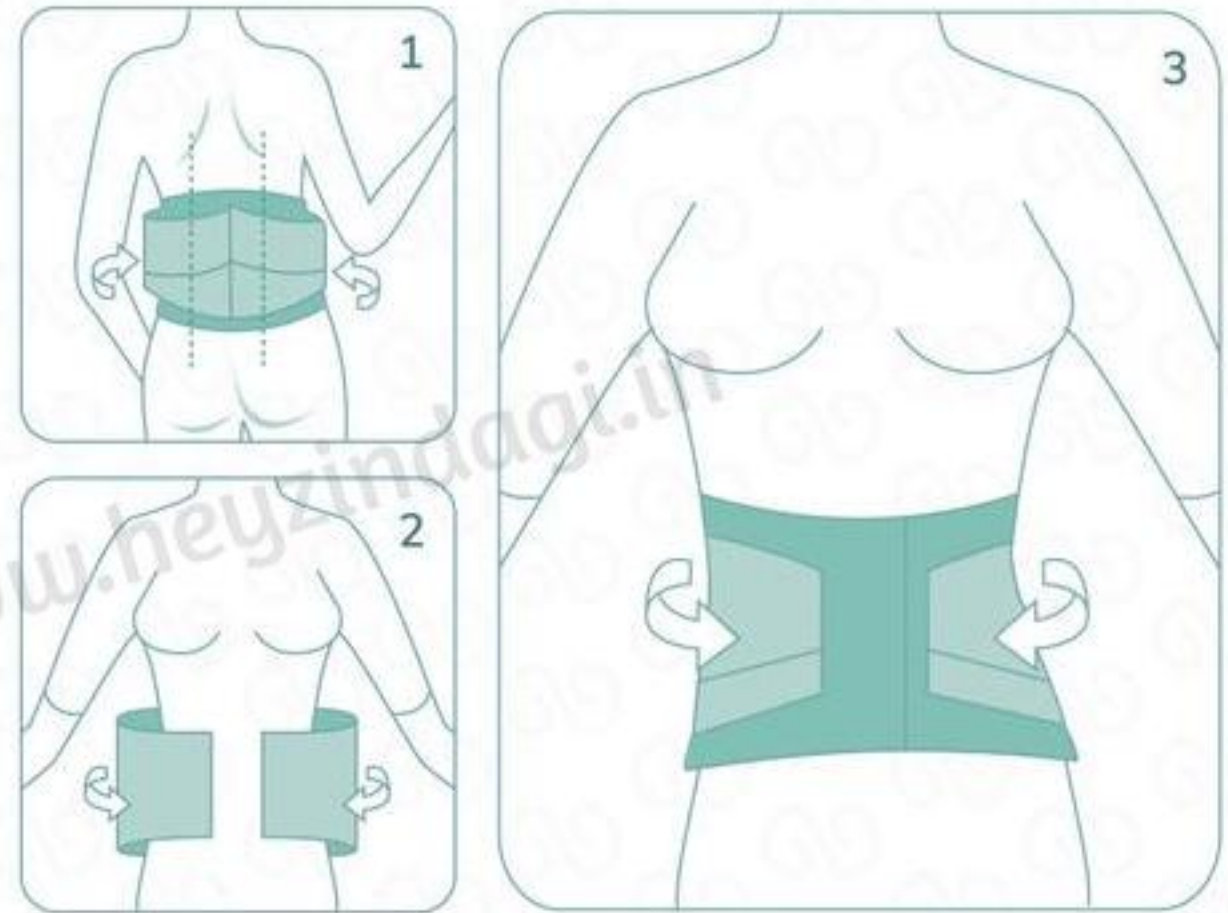


## How to Wear?

- Make sure you order the right-sized Support from the Size Chart below
- Stand in the neutral posture with your back straightened as recommended by the Physician
- Hold the support at your back with the outer elastic straps undone and the Oppo logo facing upward
- Wrap it around your lower spine making sure the metal stays are evenly positioned around the middle and connect the fasteners on your stomach
- Check for all-round comfort
- Now, stretch the overlying side straps to adjust compression and fasten them with the closures on the sides
- Please remember to adjust straps as necessary across the day according to activity



### REMEMBER

- Please wear this support above an inner wear made from a breathable fabric such as cotton to avoid rashes and allergy from day long contact
- Do not rely on the support 100% of the time

- Don't bathe with the support - it will reduce the elasticity and compression quality of the support/belt
- Never share or pass-on your Support - can lead to allergy or transfer of infection

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