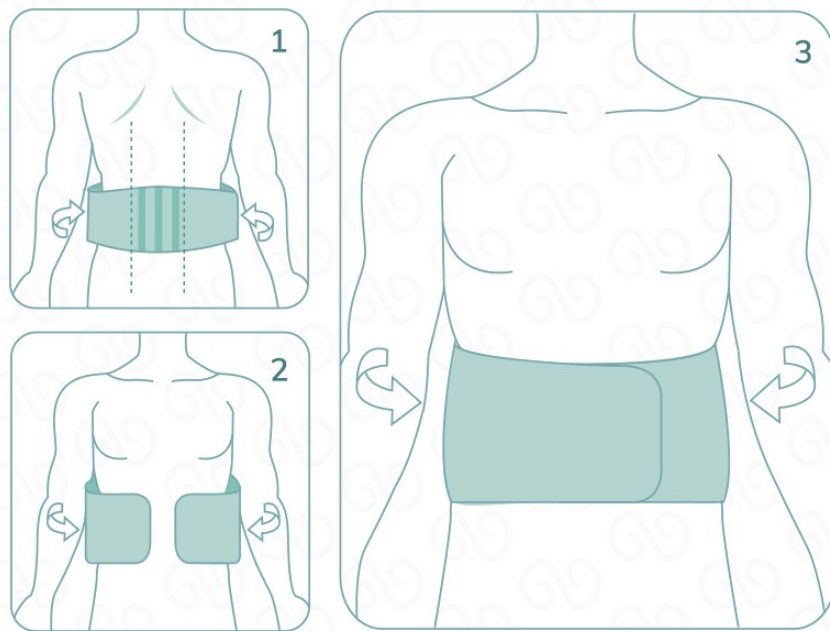


## How to Wear?

- Please check your Waist Size is between 597 mm - 1118 mm before ordering (as measured an inch (2.5 cm) above the navel)
- Stand in the neutral posture with your back straightened as recommended by the Physician
- Wrap the Belt around your back and hold it's inner layer close to the abdomen
- With the other pull the other end until you've reached desired compression and comfort
- Close the Hook and Loop Fastener securely
- Check for all-round comfort including breathing and mobility. Readjust if necessary as per activity



---

### REMEMBER

- Please do not wear this support continually - remove it to dry the accumulated sweat
- Wash it regularly to get rid of sweat body odors and unclog the neoprene pores

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

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