

QUICK START GUIDE

- Make sure you order the right-sized product as per the Size Chart below
- Stand in the **neutral posture** with your back straightened
- **Detach the lace handles** and place both them on the flaps **without stretching**
- Carefully **separate** the **pulley-holding panels** to loosen the laces
- Attach the **front panel** with the **left flap** of the belt
- Place the **back panel** on the patient's **lower back** and wrap the brace tightly around the waist
- Make sure that the **front panel** lies near the **centre of the belly**
- With your **thumbs** in the lace handles, pull both the laces **simultaneously** to get a tight compression and immobilization
- Pull the **right lace** to compress the **top**, and the **left lace** to compress the **bottom**
- Adjust the top and bottom of the back to the desired **compression level**
- Re-adjust in case of any discomfort

REMEMBER

- Discontinue use and consult the doctor in case of impaired blood flow, allergic reactions on skin and persistence or increase of pain
- Consult the doctor in case of using the device during excessive physical exertion as it might impact the proper functioning of the heart and lungs leading to rise in blood pressure and other complications

- Wear the brace over a cotton lining or undergarment
- Improper use of the device may lead to adverse effects or decreased effectiveness. Follow the instructions on the packaging carefully before using
- Keep it out of reach of children

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