

How to Wear?

- Make sure you order the right-sized product as per the Size Chart below
- Stand in the neutral posture with your back straightened as recommended by the Physician
- Wrap the belt around the waist ensuring the “up inside” label is upright
- Place the back panel of the belt at the centre of the vertebral column
- Make sure the lower edge of the belt coincides with the base of the spine
- Close the hook loop fasteners to a comfortable compression
- Re-adjust in case of any discomfort



REMEMBER

- This is a general purpose lumbar immobilizer. One size fits all
- 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
- 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

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- 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