

## How to Wear?

- Stand straight in a comfortable position
- Wrap the belt around the waist
- Keep the belt upright and in correct position as per directions of the “up inside” label
- Ensure that the lower edge of the belt coincides with the base of the spine
- Fasten the hook tape with the loop tape to a comfortable compression
- 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

- 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