



Spinal Orthosis Instructions for Use

CONSIDERATIONS PRIOR TO USE

- This product is intended for application by healthcare practitioners as directed by a physician or other medical authority.
- A medical professional must fit and apply this product in a controlled medical environment.
- This orthosis is not intended for use following hospital discharge.
- These directions are guidelines only and are not offered as medical recommendations.

APPLYING THE ORTHOSIS

1. When possible, the orthosis should be applied over an undershirt to keep the underlying skin cool and protected.
2. Ensure the orthosis is oriented correctly (not upside down) and center the posterior support of the orthosis against the patient's lower back.
3. Loosely attach the center strap from each side through the front buckles to position the orthosis on the patient's body.
4. Pull the bottom pair of straps evenly forward through the front buckles. Then, pull back and attach the VELCRO® to the strap.
5. Next, release and tighten the center straps with more tension. Pull forward evenly through the front buckles, then pull back and attach the VELCRO® to the strap.
6. Lastly, attach the top pair of straps. Evenly pull through the front buckles forward, then pull back and attach the VELCRO® to the strap.
7. When applying the orthosis, the closure straps should always be pulled backward simultaneously to apply even pressure.
8. If necessary, repeat the above steps, tightening the straps from the bottom up.

REMOVING THE ORTHOSIS

Loosen all straps symmetrically before unfastening the VELCRO® closures on one side. This will leave the orthosis ready to reapply.

WASHING INSTRUCTIONS

As this orthosis is intended for short-term use, washing is rarely indicated. However, should the orthosis become soiled, consider the following:

- Before washing, remove plastic inserts and wipe them clean with a cloth.
- The orthosis can be hand washed in mild, soapy, cool water, rinsed thoroughly, and air dried.
- The VELCRO® front closures can be cleaned with a toothbrush when necessary to gently remove any debris.
- **Do not** use solvents or chlorine bleach.
- **Do not** put in the dryer.
- **Do not** iron.

NOTE: This orthosis may lose its shape if in prolonged contact with temperatures greater than 200 degrees.

CAUTIONS

- This orthosis should never be worn directly against the skin. Always have an undershirt or similar article of clothing between the orthosis and the patient's body.
- Persons with broken skin or known susceptibility to dermatitis should avoid contact with this material.
- If a rash or skin irritation develops, discontinue use immediately and consult the referring physician.
- The orthosis should not be worn by persons with phlebitis or circulatory problems.
- The orthosis should never be worn over an open wound.

