

Patient Back Brace (LSO) Use Sheet

INSTRUCTIONS FOR USE

1. While in a standing position, locate the top of the hip bone on either side of your back. Place the top of the Ultra Support (LSO) Back Brace here so that the posterior (back) panel is centered in the low back area. Loosely secure with Velcro straps. (Note: the blue material represents the inside of the brace.)



2. Lie in a supine position with your knees comfortably bent and your hips parallel with your shoulders. Adjust the Ultra Support (LSO) Back Brace so the closures are equal distance from the center.



3. While still in supine position, open the brace and firmly secure the anterior (front) panel to the brace by attaching it to the front Velcro panel. At each side of the brace are pull straps. Pull each strap forward at the same time to tighten the brace evenly and to prevent any excess force to the lumbar area of the spine. Once a comfortable level of compression is achieved, secure the pull straps onto the front Velcro panel of the brace. This compression is fully adjustable and can be released or tightened depending on activity.



INTENDED USE

Used for lower lumbar strains and sprains, postural control and reinforcement of proper body ergonomics.

INDICATIONS

Ideal for chronic low back pain, lumbar sprains or strains, lumbar weakness or instability, postural support, post operative rehabilitation and mechanical or discogenic lumbar pain.

PRECAUTIONS

~ This product is to be fitted by a physician (or properly licensed practitioner) who is familiar with the purpose for which they are responsible. The physician or practitioner is responsible for providing wearing instructions and precautions to other healthcare practitioners or healthcare providers involved in the patient's care and the patient.

~ Consult your physician (or properly licensed practitioner) immediately if you experience sensation changes, unusual reactions, swelling or prolonged pain while using this product.

~ Follow the instructions of your physician (or properly licensed practitioner) for length and duration of use.

Ultra
Support
Lumbar Spinal Orthosis