# **HOW TO FIT**



## Fitting Brace

- Position brace around your back, with back plastic panel centered on your spine and the curve on back panel directly over your spinal curvature.
- Place left soft belt panel against your abdomen.
- Place right soft belt panel with hook interface over left panel snug and press down firmly.
- Pull ergonomic handles, outward to achieve desired compression and fasten onto front soft panel (With desired compression, pull handles end up near midline).

### MAINTENANCE AND CARE

- Brace may be worn over a cotton shirt
- Fold the brace and attach the handles near the power units when not in use.
- · Before cleaning your brace remove all plastic inserts and panels. Hand wash the fabric with mild soap and cool water. Rinse well and allow the brace to air dry completely

in a shaded area. Do not expose the brace to a direct heat source (heater or direct sunlight). Never iron, dry clean or use any substances containing chlorine. Your practitioner knows your medical status and is using the brace as part of your total care. It is important to follow your practitioner's instructions even if they differ from some of the preceding guidelines.

## SIZE: **SMALL MEDIUM LARGE** X-LARGE 2X-LARGE 3X-LARGE **4X-LARGE**

#### INDICATIONS

- · Chronic Back Pain
- Degenerative, Herniated or Bulging Disc
- Spondylolysis
- Spondylolisthesis
- · Spinal Stenosis
- Facet Syndrome
- Spinal Instability

- Burst FX
- Pre or Post-Op Spinal Lumbar Stabilization
- Pre or Post-Op Disk Surgery
- Pre or Post-Op Laminectomy

Warranty: OPTEC USA products are warranted for free repair or replacement due to manufacturer's defects within 90 days of the date of purchase or the date fitted



