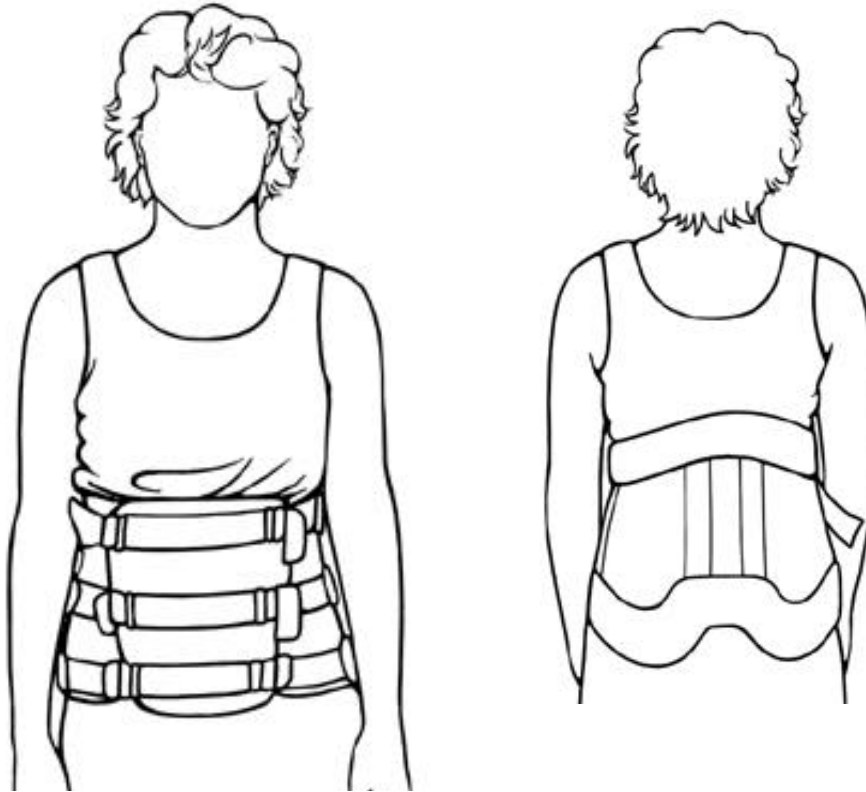


Lumbar Sacral Brace/Chairback



What is the brace / why is it used:

A spinal brace used to limit spinal motion.

How to apply:

We suggest you have someone help you remove and reapply your brace.

- Lying:**
1. Log roll onto your side, place the back section behind you.
 2. Roll onto the brace, place the front section on.
 3. Connect the straps loosely.
 4. Begin tightening the straps from the bottom to the top. Remember to wear this brace low on your abdomen. This brace tends to migrate upward. If this happens, pull the brace down and retighten straps. (You may stand to apply brace, if your doctor allows.)

Bathing:

You may remove brace to shower, if your doctor approves.

Cleaning Brace:

Use mild soap and warm water to clean padded abdominal apron and all vinyl sections. Air dry.

Dressing:

A tee shirt should be worn under the brace. An easy to slip on shirt should be worn over the brace. Elastic waist shorts, sweat pants, etc.

Skin Care:

Monitor your skin for any red areas. If they continue, contact your orthotist (the person who brought/made the brace).

Activity:

Car rides should be limited to doctor's appointments unless otherwise permitted by your doctor. Absolutely NO driving a car until your doctor allows. Further activity precautions are explained in the precaution section of this book.