



ISO Preferred Lumbar Back Brace

The **ISO Preferred Lumbar Back Brace** reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your doctor's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.

ISO Preferred Lumbar Back Brace is intended to provide support for mild disc herniation of the lumbar, strain or sprain of the lower back, Spondylosis, and Lumbago.

1. Lay out the back brace on a flat surface. Ensure the pull tabs are nearest to the middle of the back of the brace without the cords bunching up.
2. Position the center of the lumbar back brace over your spinal region at your desired height. Pull firmly and equally on both sides of the support belt, wrapping and overlapping them in front of your stomach. Then secure together with fastening fabric. If the belt is not long enough, attach the belt extender securely into place using the fastening fabric attachment. Proceed to fasten the belt as instructed above.
3. Adjust the firm removable lateral lumbar pads (one on each side), to the appropriate position (per your doctor's instructions) for maximum stabilization and support.
4. Detach both pull tabs (attached to the cords) from the support belt. While pulling slowly towards the front of your stomach, firmly and evenly increase the compression support to your doctors prescribed specific level.

There is a pocket on the inside of the lumbar back plate that will allow you to add a hot or cold pack to aid in relieving in any muscle discomfort you have.





Introduction

Your **ISO Preferred Lumbar Back Brace** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your doctor's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. Please read the enclosed instructions and watch the applicable video when available so that the device can provide you with the superior long-term assistance and care you require.

Usage Recommendations

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Lumbar Back Brace** that is included here within. It is intended for the use of qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without a doctor's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your doctor, as they are familiar with your needs and conditions, for which this device was prescribed.

Cleaning Instructions

- Remove the pulley system and pull tabs from the adjustable one size fits all belt.
- Hand wash the fabric parts in cold water with a mild detergent, rinse and lay flat to air dry.

Care Instructions

It is imperative that you do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Lumbar Back Brace**, you will want to separate the parts where applicable and care for them individually. Hand wash each section in water with a mild detergent. Allow all parts to air dry prior to reassembling the device. Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace, as it will damage your brace; voiding its manufacturer's warranty and no longer working for you correctly.

CAUTION

The **ISO Preferred Lumbar Back Brace** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through while using device, especially if the instructions are not followed correctly.