



## LSO BACK BRACE w/Front panel

The LSO BACK BRACE W/FRONT PANEL provides stability and support for acute & chronic low back pain/strain, spinal stenosis, spondylolisthesis, disc herniation and degeneration, osteoporosis, osteoarthritis, compression fractures and post and pre-operative use. Effective in providing immobilization of the thoracic and lumbar spine.

### PREPARATION

The LSO BACK BRACE W/FRONT PANEL is designed to fit sizes SMALL to 2XL with minimal adjustment. To adjust sizing, simply separate and remove front (anterior) panel. Set front panel aside while adjusting belt sizing. To adjust sizing, simply remove each side of the belt from its Velcro® tab on the back panel, cut or fold each side of the belt to the desired size, and re-attach to the Velcro® tab on the back panel. (Fig 1)

### APPLICATION

1. With the waist size adjusted, center the brace so that the back (posterior) panel is centered on your spine just above the waist. (Fig. 2)
2. While holding the back (posterior) panel in place, align the front (anterior) panel with the Velcro® fastening strip facing outward. Center the top of the panel to your Xiphoid (lower sternum). (Fig. 3) Make sure the Overlapping Lateral Supports from the Back Panel sit over the ones from the Front Panel.
3. Pull firmly and equally on both sides of the support belt, wrapping over the front (anterior) panel and overlapping them in front of your stomach. Make sure the Velcro® fastening strip is secured on the belt. (Fig. 4)
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 doctor's prescribed specific level. Re-attach both pull tabs. DO NOT OVERTIGHTEN. (Fig. 5)



### CLEANING INSTRUCTIONS

Hand wash using cold water and mild detergent. Air dry. Do not dry clean, iron, or bleach any part of this brace, as it could cause damage and void the manufacturer's warranty.

**NOTICE:** While wearing the LSO BACK BRACE w/Front Panel, there is no guarantee that injury will be prevented through the use of this device.

### CAUTION

The application instructions listed above are intended for the use of qualified professionals only. It is not recommended for patients to attempt to apply or adjust this device unless otherwise instructed to do so by an orthopedic professional. Any questions regarding further adjustment or frequency duration of wear should be directed to your orthopedic professional, as they know the individual condition for which this device was prescribed.

Item#: BB-159

Size	Waist (In Inches)
Small	25" - 32"
Medium	32" - 38"
Large	38" - 44"
X Large	44" - 50"
XX Large	50" - 56"

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