

Contoured back Support

Indications

- Support for low back pain
- low back sprains or strains

Contra Indications

- Severe back injuries.

Precautions

- The support should fit snugly and comfortably without interfering with respiration.
- If discomfort occurs, use should be discontinued and a healthcare professional consulted.
- Ensure appropriate wound care procedures are undertaken prior to application over open wounds or infected areas.

Application

1. Unwrap support and release the hook closure of the bi-lateral side pulls first.
2. Centre the support behind the lower back, the front hook piece facing to the body and to the right. Grasp each end of the support and pull towards the front. Fingers of the right hand can be put in the loop for easier application
3. Maintain slight tension while wrapping the left end onto the abdomen first. Hold in position.
4. Then wrap the other end towards the front and fasten the hook closure.
5. Grasp the elastic side pulls, pull them forward and attach them to the hook sensitive closure, first left, then right.

Care & Cleaning

Fasten closure prior to washing. Machine-wash at 30°C (delicate fabrics) or hand-wash in lukewarm water and a mild soap. Dry at room temperature and be sure the support is completely dry before re-applying.