

Double-Cross Back Support

Indications

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

Contra Indications

- Severe back injuries.
- Patients known to be sensitised to natural rubber

Precautions

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

Application

1. Unroll support 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.

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.