

Instructions for Users

Model: Helix-51

EXTEND LUMBAR BACK BRACE

Extend Lumbar Back Brace has a heat moldable posterior panel, lateral support panels and an extended anterior panel. It is intended to provide support for mild disc herniation of the lumbar, strain or sprain of the lower back, Spondylosis, Spondylolisthesis, Lumbago, Spinal Stenosis, Facet Syndrome, Burst fracture, and Post-op disc surgery.



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. Adjust Belt Length: Unfasten the belt overlap. Adjust the length on each side to find your size. Adjust both belts equally to position front and back plates properly. Excess belt may be cut as desired.



3. Position Lateral Side Panels: Place lumbar brace on waist and note the desired position of the Lateral Side Panels. Remove the brace and attach the lateral panels to each side of the brace.



4. 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. Add the anterior panel and center on abdomen. Wrap and overlap them in front of your stomach. Then secure together with fastening fabric.



5. Adjust the Tension: 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.



CARE AND CLEANING INSTRUCTIONS

Hand wash with a mild soap and let air dry.

BACK BRACE SIZE CHART

Size	Waist Measurement in Inches
Small	25" - 32"
Medium	32" - 38"
Large	38" - 44"
X-Large	44" - 50"
XX-Large	50" - 56"
Extension(Optional)	56" - 74"