

MIAMI LUMBAR LSO

BRACE APPLICATION – STANDING

1. Wrap the lumbar belt around the waist and secure with the overlapping closures.
2. Adjust the posterior and/or anterior panel as needed to achieve correct fit and positioning. The rigid posterior panel should be centered on the spine with the bottom of the rigid posterior panel at approximately the sacrococcygeal joint. The rigid anterior panel should be centered on the abdomen with the bottom edge just above the symphysis pubis while still allowing the patient to sit comfortably.
3. Slide thumbs through the holes in the two compression system handles and pull until the brace is at the appropriate tightness.

Please note that the best placement for the handles on the belt front is within the oval area designated with the lighter gray color.

BRACE REMOVAL

1. Detach compression system handles slowly from the belt to loosen and attach them at the original position.
2. Detach the overlapping closures and remove brace.

Note: To ensure a proper fit, be sure the compression system is stretched to its full width before re-applying the brace.

PATIENT INSTRUCTIONS TO TIGHTEN AND LOOSEN

Simply slip thumbs in the compression system handles and detach from the belt. At this point the handles can be pulled for a tighter fit or relaxed for a looser fit.

Caution: Do not over tighten the compression system to the point where it causes discomfort or difficulty breathing. For sitting, the patient may find it desirable to slightly loosen the compression system. Warning: If brace causes discomfort or irritation, contact your healthcare provider for further instructions.

BRACE MAINTENANCE: The Miami Lumbar brace is designed for minimum maintenance and care.

- The padded covers may be removed from the rigid panels for washing.
- Hand-wash using mild soap and rinse thoroughly.
- Air dry flat.
- Do not machine wash or place in tumble dryer.