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## Wear and Care Instructions for a Wrap Around Back Brace

### Putting on the Brace

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1. Before putting on this brace you need to put on a shirt. This brace should never be worn against your skin.
2. Your practitioner may provide you with an additional piece of material that slips into the back of this brace for added support. It's optional to use this piece unless otherwise instructed.
3. Put on the brace by opening both side panels and positioning the brace in the center on your back. The bottom of the brace should rest on the top of your hips.
4. Wrap the side panels around your waist. Put the tension strap through the D-ring and pull it across your waist until you reach the desired tension. Stick the velcro on the strap back to the brace.

### Removing the Brace

Unstick the tension strap and pull it out of the D-ring. Open the side panels and remove the brace from your back. Re-stick the tension strap to the brace to keep the velcro from sticking to anything else.

**HELPFUL TIP** - Check your skin every day. If your skin has a red spot that lasts more than 15 minutes after you take off your brace it could mean the brace is too tight. If the redness doesn't go away or if you feel soreness, take a picture of the redness and contact our office right away.

### Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again. Do not use bleach or other harsh chemicals to clean the brace.

### Wearing Schedule

In general you should wear this brace while you're awake and out of bed. Typically, you will not sleep with this brace on. Ask your practitioner or doctor what your wear time should be based on your diagnosis.