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by **vive health**

OWNER'S MANUAL  
456 TLSO

SKU: SUP2054



To see all FAQs in one place, visit [coretechortho.link/rze](https://www.coretechortho.com/rze)

## 456 TLSO

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The TLSO Back Brace helps relieve acute lower back pain caused by sprains, disc displacement, Osteoporosis, disc herniation, surgery, and common back injuries. Professional design encourages proper thoracic posture alignment during daily activities and increased support during movement. Greater core stability reduces pain and discomfort typically associated with back recovery and provides lumbar spine reinforcement during the healing process. Adjust the brace's fit depending on your changing needs for personalized reinforcement.



### SIZING:

Size(s): S - 4XL (range below)  
no extenders included

- |                 |                  |
|-----------------|------------------|
| • S: 25" - 32"  | • 2XL: 50" - 56" |
| • M: 32" - 38"  | • 3XL: 56" - 62" |
| • L: 38" - 44"  | • 4XL: 62" - 68" |
| • XL: 44" - 50" |                  |

## APPLICATION



For a video demonstration, check out [coretechortho.link/cyl](https://coretechortho.link/cyl)

Before putting the brace on, it's important to adjust the brace to a suitable size. The upper left and upper right are labeled so that the user can identify the correct orientation when adjusting or putting on the belt. There is a size range representing waist size printed on the inside the belt.



### TO ADJUST SIZING:

1. Disconnect the fabric fasteners on each side of the belt from its tab on the back panel.

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2. Fold each side of the belt to the desired size. The fold in the strap will determine the functional length of the straps.
3. Reattach the strap to the fastener tabs on the back panel.
4. To adjust the overall length of the TSLO to accommodate the length of your spine, open the back panel and detach the hook and loop strap.
5. Slide the shoulder strap in or out to adjust the height of the strap to fit.



When satisfied with the fit, reattach the hook and loop strap at the back panel and close the panel.



6. Loop the straps through the arms and onto the shoulders like a backpack.



7. Secure the waist strap.



8. Readjust and tighten the waist strap. Use the hook and loop tabs to tailor the fit.



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9. Tighten the shoulder straps by pulling down, adjust the underarm pads for comfort.



10. Secure the chest strap, slide it up or down for a comfortable fit.



### CARE

Remove pads and spot clean with a damp cloth. Air dry. Do NOT machine wash or dry.

### WARNINGS

- Consult with your doctor or physician prior to use.
- Discontinue use if pain worsens.
- Do NOT machine wash splint parts.
- Assistance may be required.

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