

OWNER'S MANUAL
ESSENTIAL 637 LSO

SKU: SUP3061BLK



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ADJUSTING THE BRACE



For a video demonstration
check out coretechortho.link/zhf

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



To Adjust Sizing:

1. Disconnect the panels on each side of the belt.
2. Determine your size by looking at the ranges given on the brace and place the panels accordingly.
3. For 3XL and 4XL sizing use the extenders included. There is one for each side of the belt.



PUTTING THE BRACE ON

1. Position the brace so that the back panel is right side up and centered on your spine, just above the waist and the size labels on the inside are facing right side up. The removable side panels should be positioned so that they lay flat on your obliques.



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2. While keeping the back panel centered, wrap the left-side strap around and hold it against your abdomen.



3. With the left-side panel held firmly in place, wrap the right-side panel over the left and secure it with the fabric fastener at the end of the strap.



4. Grab the compression cords using the thumb loops and slowly pull the cords in unison away from your body until the desired amount of compression is achieved.



5. While keeping the cords pulled to the desired tightness, bring each thumb loop around and secure it to the front of the brace.



CARE INSTRUCTIONS

Spot clean with a damp cloth, air dry. Do NOT machine wash or dry.

WARNINGS

The product is intended for application by a licensed health care practitioner as directed by a physician or other qualified medical authority. Permanent injury may result from use other than as directed by a physician or other medical authority.

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