



**ADVANCED  
ORTHO**

## Lumbo Lite Lumbar Orthosis

*W/Anterior and Posterior Support*

### Putting on the Brace

- 1) Before donning your support, loosen the external side-pulls (fig. B) on both sides.
- 2) Attach the front panel (fig. A) to the right interior panel (fig. C) by engaging the hook and loop.
- 3) Holding the support by both left and right interior panels (fig. C), position the support so that the middle is centered on your spine (fig. D) and so the curve of the posterior insert matches the curvature of your spine.
- 4) Engage the hook and loop closure of the left interior panel onto the front panel in a snug but comfortable position.
- 5) Engage the external side-pulls, attaching them to the front panel thereby increasing compression and support. If so desired, you may overlap the external side-pulls, further increasing the compression and support.

### Tip:

You may find it easier to fasten your support while laying down. This will facilitate placing the front panel in its proper centered position.

### Care:

Remove the inserts from the anterior and posterior pockets. Hand wash with mild soap and cool water. Dry flat between bath towels.

It is recommended you mark the position of the inserts before removal to insure their correct position after you have cleaned your support.

<b>Black 8" H</b>	<b>Black 10" H</b>	<b>White 10" H</b>	<b>Size:</b>	<b>Fits:</b>
<input type="checkbox"/> 413-BS	<input type="checkbox"/> 413-B	<input type="checkbox"/> 413-W	Small	26" - 32"
<input type="checkbox"/> 415-BS	<input type="checkbox"/> 415-B	<input type="checkbox"/> 415-W	Medium	30" - 37"
<input type="checkbox"/> 417-BS	<input type="checkbox"/> 417-B	<input type="checkbox"/> 417-W	Large	34" - 41"
<input type="checkbox"/> 418-BS	<input type="checkbox"/> 418-B	<input type="checkbox"/> 418-W	XL	38" - 47"
<input type="checkbox"/> 419-BS	<input type="checkbox"/> 419-B	<input type="checkbox"/> 419-W	2XL	44" - 54"
<input type="checkbox"/> 420-BS	<input type="checkbox"/> 420-B	<input type="checkbox"/> 420-W	3XL	50" - 62"
<input type="checkbox"/> 421-BS	<input type="checkbox"/> 421-B	<input type="checkbox"/> 421-W	4XL	60" - 72"



### Note:

Advanced Orthopaedics does not give medical advice. Contact your orthotist if you have any questions about your Lumbar Orthosis Support.

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