

Foothills Prosthetics

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Lumbar (Back) Support Care and Use Guide



Application

- Loosen all straps before application and apply lying down on your back or in a standing position.
- Tighten the lower side pull-straps slightly, pulling equally on both sides.
- With the garment fitting loosely, adjust it to its proper position. Make sure the bottom edge is where the thigh meets the torso in front, and the garment extends over the buttocks in back
- Tighten the side pull-straps from the bottom up so the garment fits snug around the hips and comfortably and snug at the ribs. Be sure the pull-straps are pulled straight and evenly through the buckles, never upward or downward, as this will cause the straps to fray and wear unnecessarily.

Tips and Problem Solving

- If the brace is migrating upwards when sitting up straight- Brace may be positioned too low.
- If the brace is rotating on the body – Tighten pull straps evenly.
- If the brace is rubbing or uncomfortable against skin – Place a tight fitting undershirt between skin and brace.

Care and Maintenance

- To wash: remove pads, stays, and any removable metal parts before washing.
- Mark top of stays and determine right or left so you can reinsert them correctly after washing.
- Hand wash with mild soap in cool or lukewarm water and rinse thoroughly. Squeeze gently to remove excess water.
- Stretch fabric in vertical direction of garment and smooth out wrinkles and folds while still damp.
- Line or air dry. Avoid direct heat, NO DRYER. Elastic corsets should lay flat on a towel to dry.
- Reattach any pads, stays and metal parts that were removed before washing. Make sure the top of each stay is secured behind the flap or small pouch in each stay casing to prevent the stay from riding out.

Wearing Schedule

Brace should be worn when you are up and moving around, but should be removed to sleep.

If at any time you have questions or concern, please contact Foothills Prosthetics.

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