

MOLDABLE INSERT



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5

Please read the following instructions carefully and completely before use. Correct application is required to ensure proper function of the device.

Intended for single patient use.



WARNING: If your pain increases or persists or you experience any unusual reactions while using this product, consult your healthcare provider immediately.



WARNING: Do NOT microwave.

APPLICATION INSTRUCTIONS

1. Place insert on warming tray, (may be heated to approximately 160°) white side down. (Figure 1) Remove from warmer once insert is soft enough to conform to the lower back (approximately three minutes).
2. Have patient stand straight with feet a couple of inches apart. Place blue side of the insert on patient's lower back. The bottom of the insert should be approximately one inch above the gluteal crease. The top should be straight.
3. Place your hand against the insert and firmly press against patient's back. Have the patient press both sides of the insert against their body. (Figure 2)
4. Slowly press your thumb on the bottom tip of the insert applying pressure against the coccyx. Massage insert with your thumbs slowly moving up and down the spinal column while contouring outer edges with fingers. (Figure 3).
5. Place molded insert into lumbosacral or back support. (Figure 4).
5. Center insert over lower back and sacrum while patient stretches both ends of the support. Wrap support and secure hook and loop while making sure the insert remains in position. (Figure 5)

NOTE: Please refer to sew-in label on device for care instructions.

NOTICE: This device is only one element in the overall treatment program administered by a medical professional. While every effort has been made to obtain the maximum compatibility of function, strength, durability and comfort, there is no guarantee that injury will be prevented through the use of this product.