

BEFORE USING THE DEVICE, PLEASE READ THE INSTRUCTIONS FOR USE COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.

### SIZING:

#### Size the Brace

Begin by measuring the circumference of the patient approximately 1" (2.5cm) above the widest part of the hips. Then, match the patient's size to the sizing chart below. If patient's circumferential measurement is between sizes, select the larger brace.

SIZE	CIRCUMFERENTIAL MEASUREMENT
S/M	Less than 48" (122 cm)
L/XL	49" - 60" (125 cm - 152 cm)

**NOTE:** It is not uncommon for the patient to experience post-surgical swelling, followed by weight loss (10-20+ lbs/4.5-9.1 kg). The LSO brace is designed with two (2) adjustable belts which can be easily sized to achieve optimal fit.

### FITTING:

#### Adjust Waist Belt Circumference

Align the tip of the hook and loop attachment on the rear panel section with the correct circumference. Repeat for opposite side. (Fig. A) For patients whose circumferential measurement is between 60" and 70", (152cm and 178cm), use optional bridge wing (sold separately). Apply hook portion of donning mitt to the loop exterior.

### APPLICATION:

#### Step 1. Loosen the Brace

Detach the pull tab from the loop exterior. Pull the belt-wings in opposite directions. (Fig. B)

#### Step 2. Position the Brace

Center the rear section of the belt at the midline of the lower back, so that the belt is just above the crease of the buttocks. Note: The brace is intended to be worn over clothing.

#### Step 3. Secure the Brace

Secure the hook portion of the donning mitt to the loop exterior. (Fig. C) Before tightening the brace, make sure the rear panel section is positioned evenly on both sides of the patient. Have the patient slip their thumbs through the holes in the pull tabs and pull the tabs away from the body. **NOTE:** The belt wings may be secured to the rear panel section at an angle to accommodate a size differential between the waist and hips. (Fig. D) Secure the pull tabs to the loop exterior. (Fig. E) Adjust the compression as needed.

#### Helpful Tip: Brace Migration

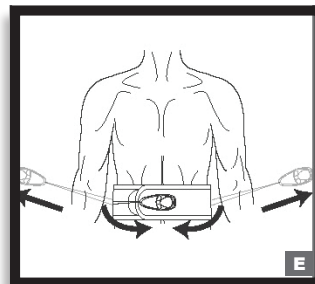
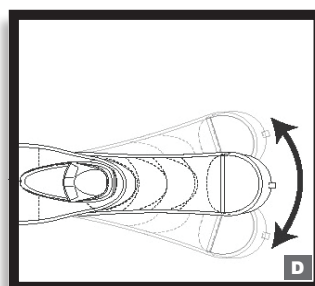
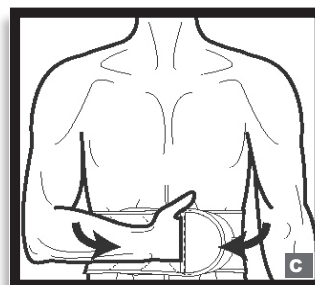
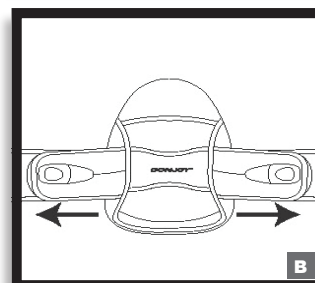
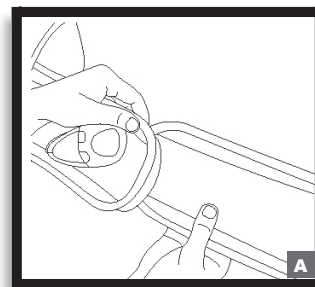
To reduce brace migration, follow these easy steps. Before sitting, loosen the brace by detaching the pull tabs. Once seated, tighten the pull tabs by pulling across the body and re-adhering to the loop exterior. When standing up, readjust pull tabs.

#### Brace Removal

To remove the brace, first loosen it by detaching the pull tab from the loop exterior. Then unhook the donning mitt from the loop exterior and take off the brace.

#### Brace Re-application

Guide the belt by inserting a hand in the donning mitt pocket.



**HOT/COLD PACK (sold separately)**

If patient will use a hot/cold pack with the LO+, follow the instructions on the pack. Insert hot/cold pack into pocket and adhere to back panel.

**PULL TAB LENGTH ADJUSTMENT**

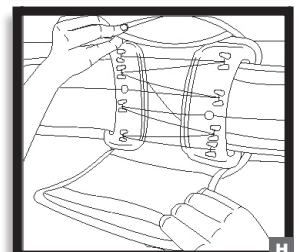
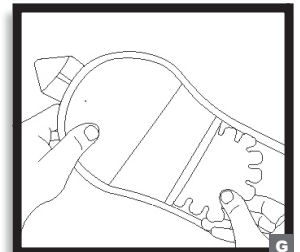
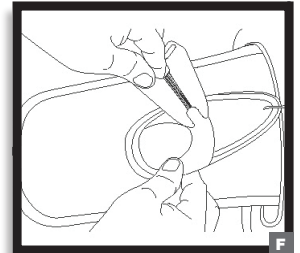
Remove lace spool from the pull tab pocket and wind lace around the spool to shorten the length of the pull tab. Unwind lace from the spool to lengthen the pull tab. (Fig. F) Insert lace spool back into pull tab pocket.

**INSERT/REMOVE FRONT PANEL**

Open inside panel pocket. Remove semi-rigid panel. (Fig. G) Open inside panel and insert semi-rigid panel.

**ATTACH/REMOVE EXTENSION SIDE PANELS**

Adhere the extension side panels on the loop side/inside of the tall rear panel padding; between the padding and the panel. (Figure H)



**INTENDED USER PROFILE:**

The user should be able to: Read and understand the directions, warnings and cautions.

**INTENDED USE/INDICATIONS:**

Acute and chronic low back pain, sciatica, lower back sprains or strains, lumbar disc displacement, osteoporosis, disc herniation and degeneration, post-operative laminectomy, post-operative discectomy, spondylolisthesis, post-operative fusion, spinal stenosis, stable/non-displaced fractures, pre and post surgical care.

**USE & CARE INSTRUCTIONS:**

Only the soft goods can be wet-cleaned. Before cleaning, open the rear panel pouch and detach the waist belt. Remove the rigid rear panel from the pouch. To detach the pull tab section, detach the rear panel section by unlooping the waist belt from lacing guide panel. Follow the same steps in reverse to put the brace back together after washing. Hand wash in cold water, less than 86°F (30°C), using mild soap. Air dry. NOTE: If not rinsed thoroughly, residual soap may cause irritation and deteriorate material.

**Do NOT iron. Do NOT tumble dry. Do NOT bleach.**

**CONTRAINDICATIONS:** Pregnancy and circulation, pulmonary, cardiovascular or skeletal conditions which have risk to be made worse as a result of compression and/or pressure.

**WARNINGS AND CAUTIONS:** If you experience any pain, swelling, sensation changes, excessive discoloration, irritation to the skin or any unusual reaction while using this product, consult your medical professional. If any distortion of the support panels, fraying or deterioration of lace cables is noticed, discontinue use. Do NOT expose to heat over 120°F (49°C) during routine use. Panels may be heated as directed to modify panel shape. Do not heat brace on the body. Check to make sure brace is not too hot prior to application. Brace is intended to be worn over clothing. Brace should be appropriately sized to the patient to ensure proper support and function. If the brace does not fit properly, it may be reshaped and adjusted by a healthcare professional. Care should be taken with patients, especially the elderly, not to apply the brace too tightly, which MAY cause excessive pressure. Patients should be instructed on appropriate tensioning during ongoing use. Patient should see a healthcare professional for a replacement if a product quality issue occurs within the warranty timeframe. Brace should not be exposed to moisturizers, chemicals, or solvents, as they may affect durability.

**MATERIAL CONTENTS:**

Nylon, Polyester, Polyethylene, Polyurethane, Cotton, Acrylic, Polypropylene, Calcium Carbonate, PVC, Synthetic Rubber, Silicone, EVA.

**WARRANTY:**

DJO, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale. To the extent the terms of this warranty are inconsistent with local regulations, the provisions of such local regulations will apply.

**RX ONLY. INTENDED FOR SINGLE PATIENT USE.**

**NOT MADE WITH NATURAL RUBBER LATEX**

NOTICE: WHILE EVERY EFFORT HAS BEEN MADE IN STATE-OF-THE-ART TECHNIQUES TO OBTAIN THE MAXIMUM COMPATIBILITY OF FUNCTION, STRENGTH, DURABILITY AND COMFORT, THERE IS NO GUARANTEE.



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