

Lumbar Back Brace I

The **ISO Preferred Lumbar Back Brace I** includes lateral support panels and reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your orthopedic professional's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.



ISO Preferred Lumbar Back Brace I (BA201) has a heat moldable posterior panel and two lateral side panels. It is intended to provide support for the sacrococcygeal junction to the T9 vertebra and supports conditions such as mild disc herniation of the lumbar, strain or sprain of the lower back, Spondylosis, Spondylolisthesis and Lumbago.

1. The belt is designed to fit waist sizes Small to 2XL. To apply, lay out the back brace on a flat surface. Ensure the pull tabs are nearest to the middle of the back of the brace without the cords bunching up.
2. Position the center of the lumbar back brace over your spinal region at your desired height. Pull firmly and equally on both sides of the support belt, wrapping and overlapping them in front of your stomach. Then secure together with fastening fabric.
 - If the belt is too long or too short, turn belt to inside, unfasten the belt overlap at position "2A" and adjust the length on each side. Adjust both belts equally to position front and back plates properly. Excess belt may be cut as desired.
 - Proceed to apply and fasten the belt as instructed above.



3. Adjust the firm removable lateral lumbar pads (one on each side), to the appropriate position (per your doctor's instructions) for maximum stabilization and support.
4. Detach both pull tabs (attached to the cords) from the support belt. While pulling slowly towards the front towards the front of your stomach, firmly and evenly increase the compression support to your doctor's prescribed specific level. Re-attach both pull tabs. **DO NOT OVERTIGHTEN.**
A pocket on the inside of the lumbar back plate will allow you to add a hot or cold pack to aid in relieving any muscle discomfort.



ISO Lumbar Belt Extension: Universal (Optional- BA202)

For additional length at the waist securely fasten the (optional) **ISO Lumbar Belt Extension: Universal** to each side of the ISO Lumbar Belt.



INTRODUCTION

Your **ISO Preferred Lumbar Back Brace I (BA201)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at www.ISOpreferred.com so that this device can provide you with superior long-term usability and care.

USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Lumbar Back Brace I (BA201)**. This brace is intended for application by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Lumbar Back Brace I (BA201)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry.
- Allow all parts to air dry prior to reassembling the device.

CAUTION

The **ISO Preferred Lumbar Back Brace I (BA201)** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through the use of this device, especially if the instructions are not followed correctly. **DO NOT OVERTIGHTEN.**

LUMBAR BELT SIZE CHART

Size	Waist Measurement in Inches
Small	25"-32"
Medium	32"-38"
Large	38"-44"
X-Large	44"-50"
XX-Large	50"-56"
Extension (Optional)	56"-74"