

## Instructions for Use

### Restorative Stringback Lumbar Sacral Orthosis (LSO)

**Indications for use:** Provides support, helps manage trunk stabilization, and improves posture and torso alignment. Helps to limit side to side movement.

#### Product Features



- Unique string weave back adjustment works similar to tightening shoe laces.
- Easily reposition the rigid panels on both sides to the best therapeutic position with hook and loop closures.
- Front plastic panel slides inside the soft front apron.
- 14" tall padded plastic back supports the lower spine.
- Wide side straps are adjustable to allow custom fitting.
- Breathable fabric allows air flow to the skin to help keep the body cool and dry during exertion and physical activities.

#### Instructions for Use:

Please read all of the instructions before use. Use as directed by your clinician. If used within a healthcare facility, follow its protocol for skin care. Unless contraindicated, consider placing the orthosis on a flat surface such as a bed and then let the patient lie over it before following the instructions below. After completing these instructions, the patient should roll to their side and sit up slowly. Wait several minutes before standing up.

#### Initial Fitting



1. For the initial fitting, open the brace and put it on **inside out**. While standing, line up the LSO in the center of the back with its bottom resting just above the sacrum.



2. Bring the left side forward and centered over abdomen. Bring the right side over it and secure onto the hook closures. The LSO should be tight enough to stay in place on its own.



3. Pull both sides first forward away from the body and then attach them to the sides making as snug a fit as is comfortable. Push hooks into loops to secure the fit.

4. Once it is properly adjusted, it is ready to be removed and put on with the **right-side out**.

#### Daily Donning



1. For daily donning, bring the opposite ends forward, wrap around the torso and attach the hook end over the loop end. Adjust as needed to create a snug fit around your body.



2. Hook either a thumb or finger in each finger pull that is attached to the string. Pull out away from the body to pull the strings through the back adjustment (similar to tightening your shoe laces).



3. While maintaining the pull on both strings, bring the end of one of the strings around the body and attach the hook to any of the fuzzy loop fabric.



4. Then repeat the process with the other string. Adjust them until you feel the desired compression at your lower back.



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[www.restorativemedical.com](http://www.restorativemedical.com)



RM- Restorative Stringback (LSO) IFU v1.1 - 6/24/2019

Product	Product Size	Waist Circumference	Product Code
Restorative Stringback 637 LSO	Standard	Up to 42"	RM10037S
Restorative Stringback 637 LSO	X-Large	Up to 60"	RM10037XL

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#### Cleaning Instructions:

Remove all plastic inserts. Hand wash straps with a mild detergent then rinse. Squeeze between towels to remove excess water – do not wring or twist. Line dry. Wipe off other parts of the brace with a damp cloth as needed. Do not use chlorinated products such as bleach.

#### Warranty:

See [restorativemedical.com](http://restorativemedical.com) for warranty information.



#### Warnings:

- This device is for single patient use only.
- Consult a clinical professional before using this device.
- Check all skin areas each time the device is removed. If any discoloration does not return to normal within 3-5 minutes, discontinue use and report to your health professional. Do not use the brace until this situation has been resolved.

#### Recommended Wear Time:

Apply the brace initially for 30 minutes. Remove and check the skin for redness or breakdown. If skin integrity is compromised, discontinue use and contact your clinician. Otherwise, gradually increase wearing times to the duration recommended by your clinician to no more than 6 hours at a time. Restorative Medical's wear times are suggested and should be discussed with your clinician.

#### Cautions:

- Not user repairable. Consult your clinician or Restorative Medical if damaged.
- No hazardous material present. Follow local environmental codes for waste disposal.
- Do not autoclave or microwave.



This product is not made with natural rubber latex (NRL) and di-(2-ethylhexyl)phthalate(DEHP).



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