

## Instructions for Use

### VertebrEase Lumbar Sacral Orthosis (LSO)

**Indications for use:** Provides support, helps manage trunk stabilization, and improves posture and torso alignment.

#### Product Features

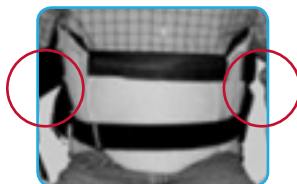


- Elastic circumference belts provide comfortable support and self-adjustment.
- High-temperature plastic inside the back panel can be remolded by your health professional to custom fit and provide support to the lumbar region.
- High-temperature plastic inserts can be added to the front and sides (and removed as needed) to support the body's core.
- Breathable, comfortable padding helps to keep the skin cool and dry, allowing prolonged use.
- Optional padded shoulder straps can be ordered with the LSO.

#### Instructions for Use:

Please read all of the instructions before use. Use as directed by your clinician. Always follow your facility protocol for skin care.

1. Open the black belts and the blue flaps on each side of the LSO. Place its back on a bed or another flat surface capable of withstanding the patient's weight, with the black side up.
2. Assist the patient to lie back onto it, making sure the LSO's bottom is low at the coccyx area, as it will work itself up during the application.
3. Center the LSO's front panel low across the patient's lower abdominal area. Bring up each side flap from the back and attach it to the front panel to secure the LSO to the patient's body.
4. Slide the end of each black circumference belt through the rectangular ring and attach the end back onto the same strap. Start with the lowest one and work up. Adjust the fit to apply firm support, but make sure it is not uncomfortably tight.
5. Teach the patient to sit up by rolling onto his/her side and bringing up his/her torso, while dangling the legs over the side of the bed/couch. Then, let the patient stand up by him/herself.
6. If the optional shoulder straps were ordered, bring one forward under the arm, up in front of the body, and over the shoulder to attach to the LSO's back. Repeat the process with the other shoulder strap.
7. Check proper fit by: (a) verifying that the patient can breathe normally; and (b) running 2 fingers between each belt and the patient's skin/clothing to make sure they are not too tight.



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Back Size	Back Panel	Front Panel	Waist/Hip Size	Waist/Hip Circumference	Product Code
X-Short	11"	6-7½"	Regular	35-40"	20729XSR
Short	12"	7-8½"	Regular	35-40"	20729SR
Average	13"	8-9½"	Regular	35-40"	20729AR
Tall	14"	9-10½"	Regular	35-40"	20729TR

\* Additional sizes and customization available upon request.

### Cleaning Instructions:

Remove all hard-plastic inserts from the back, front, or side panels before laundering. Use hospital-approved disinfectant or household antimicrobial cleaner/disinfectant according to the label instructions for hard plastic. Padding can be laundered by hand or on gentle cycle of home type washer with mild soap. Rinse. Squeeze between towels to remove excess water. Line dry. 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 orthosis is removed. If any discoloration does not return to normal within 3-5 minutes, discontinue use and report to your clinician. Discontinue use of the orthosis until this situation has been resolved.

### Recommended Wear Time:

Apply the orthosis 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.



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



Prevent • Protect • Restore

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RM - VertebraEase Lumbar Sacral Orthosis IFU v1.0 - 03/09/2017