

Instructions for Use

Thermal Back LSO

Indications for use: Helps to relieve back pain from aches, strains, “pulled muscles,” and chronic conditions. Provides trunk stabilization, and improves posture and torso alignment. Helps to limit side to side movement.

Product Features



Cold/Warm Pack.

Chill it in refrigerator or freezer to reduce inflammation.

Warm it in microwave to soothe tired muscles, and relieve pain from chronic conditions of the back.

- Removable front plastic panel slides inside the soft front apron.
- 14” tall padded plastic back supports the lower spine.
- L0637/L650 version also has removable plastic panels to help to limit side to side movements.
- Available in a variety of sizes to accommodate most patients. Extender available upon request to custom fit larger circumferences.
- 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.



STEP 1: Lay the brace open on a bed or couch. Lie on top of it, centering your back on the center of the brace, with the bottom edge just above your sacrum.



STEP 2: Once the Thermal Back LSO is centered in the back, wrap the left side of the anterior portion of the brace to the front of the body.



STEP 3: Secure the right anterior portion over the top of the left side and secure the blue hook for a snug fit.



STEP 4: Find the attached straps and pull for final tightening.



STEP 5: Secure one of the attached straps to front of brace.



STEP 6: Secure second strap. If you put the brace on lying down, roll to your side and push your body upright with your arms.

Instructions for Use, continued

Thermal Back LSO

Cleaning Instructions:

Remove all plastic inserts and cold/warm pack. Hand wash brace 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 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.
- Follow heating, cooling and application instructions printed on the enclosed cold/warm pack.

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 plastic or fabric parts.



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



Prevent • Protect • Restore

332 East Broadway • Brandenburg, KY 40108
(800) 793-5544 • 270-422-5454 • Fax: (270) 422-5453
www.restorativemedical.com



RM- Thermal Back LSO Support Brace IFU v1.0 (KB) - 8/26/20