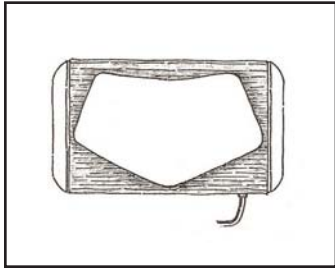


New Options Sports Moldable Lumbar Insert

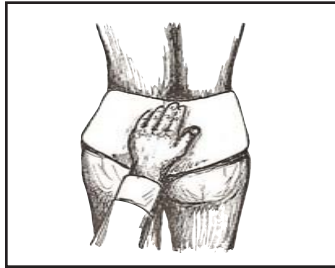
DO NOT MICROWAVE

To fit the Individually moldable low back support see instructions below:

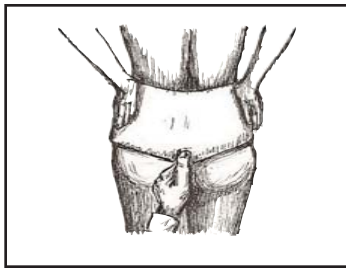


1. Plug in warming tray and preheat for approximately three (3) minutes. Place insert on tray **WHITE SIDE DOWN**. Leave on warming tray until pliable. (approximately 1½ minutes).

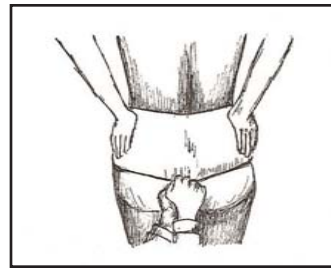
Note: It is not necessary for insert to be "limp" - only soft enough to conform to gentle contour of the lower back.



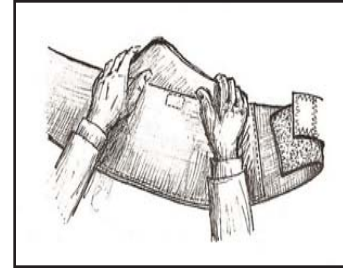
2. With the patient standing erect, stomach against a table and with feet together, place the softened insert against the patient's back **WHITE SIDE OUT**. Make sure 1) the bottom tip of the insert is approximately one (1) inch **BELOW** the top of the gluteal crease and that 2) the top of the insert is level. Place hand as shown and press firmly against the patient's back.



3. Bring the patient's hands back so they press the ends of the insert firmly against the body as shown. Now slide the thumb down to the bottom (tip) of the insert and press gently against the coccyx.



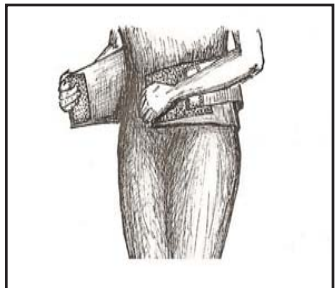
4. Massage the insert firmly up and down against the spine with the thumb or the first two fingers of the predominant hand. Continue to massage up and down until insert becomes hard (takes a set). Remove and allow additional time while instructing patient regarding the wear and care of the lumbar support and insert.



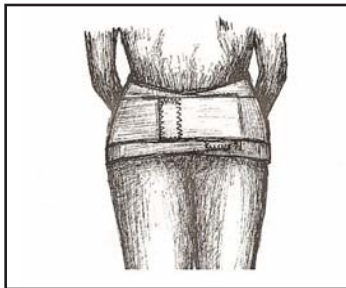
5. To place insert in lumbar support, place one end in pocket with tan-colored (soft) side toward the patient. Stretch the lumbar support so insert may be twisted into pocket. Make sure the insert is all the way down in the pocket and does not extend above the top of the lumbar support.



6. With insert in place have the patient wrap the lumbar support around body. (with hands in center of the lumbar support, as shown). Stretch evenly right and left making sure insert remains in proper position against the back.



7. With lumbar support stretched evenly right and left, bring left hand around and hold firmly against the stomach. Bring right hand over and attach to Velcro. If the insert is misaligned after fastening, have patient adjust to a comfortable position. Then use side pulls for desired intra-abdominal pressure.



8. This illustrates how lumbar support should look after final fitting.

LUMBAR SUPPORT		
Measure around waist.		
X-SMALL	22" - 26"
SMALL	26" - 30"
MEDIUM	30" - 34"
LARGE	34" - 38"
X-LARGE	38" - 42"
2XLARGE	42" - 46"
3XLARGE	46" - 50"
4X-LARGE	50" - 54"
CUSTOM.	54"+ UP

For Professional Use Only



New Options Sports, Inc. ph:800-872-5488 fx: 800-455-5488

PLACE SEALED BAG IN HYDROCOLLATOR TO WARM