

# MOLDABLE INSERT

## Application Instructions

1. Place insert on warming tray, (may be heated to approximately 160°) white side down. Remove from warmer once insert is soft enough to conform to the lower back (approximately 3 minutes).



Figure 1

2. Have patient stand straight with feet a couple of inches apart. Place blue side (tan side on 11") of the insert on patient's lower back. The bottom of the insert should be approximately one inch above the gluteal crease. The top should be straight.

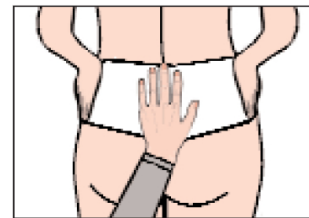


Figure 2

3. Place your hand against the insert and firmly press against patient's back. Have the patient press both sides of the insert against their body (figure 2). Slowly press your thumb on the bottom tip of the insert applying pressure against the coccyx. Massage insert with your thumbs slowly moving up and down the spinal column while contouring outer edges with fingers (figure 3).



Figure 3

4. Place molded insert into lumbosacral or back support (figure 4).

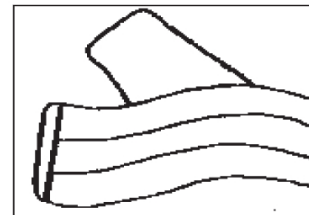


Figure 4

5. Center insert over lower back and sacrum while patient stretches both ends of the support. Wrap support and secure hook and loop while making sure the insert remains in position (figure 5).



Figure 5