



Thermoskin AP Rigid Lumbar Support Application Instructions

Step 1

Place posterior (back) rigid panel in the center of the Lumbar Support as shown.



Step 2

While standing, secure the brace around your back and abdomen so the middle of the two internal stays are on either side of the spine and inside size label is at the top. The posterior rigid panel should be positioned against your lower back with a small portion of the panel resting on the top of the buttocks. Position posterior panel as needed.



Step 3

Open the brace and secure the smaller anterior (front) rigid section of the brace as shown. This anterior rigid section should be centered on your abdomen.



Step 4

Secure the brace with the hook and loop closure. Re-position anterior panel as needed.



Step 5

Secure the elastic side straps for extra compression.



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