

# Lumbar Back Brace VI

The ISO Preferred Lumbar Back Brace VI reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your orthopedic professional’s instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.



ISO Preferred Lumbar Back Brace VI (BA206) has a heat moldable posterior panel, lateral support panels and a rigid front plate. It is intended to provide support for mild disc herniation of the lumbar, strain or sprain of the lower back, Spondylosis, Spondylolisthesis, Lumbago, Spinal Stenosis, Facet Syndrome, Burst fracture, and Post-op disc surgery.

1. The belt is designed to fit waist sizes Small to 2XL. To apply, lay out the back brace on a flat surface. Ensure the pull tabs are nearest to the middle of the back of the brace without the cords bunching up.

2. Position the center of the lumbar back brace over your spinal region at your desired height. Pull firmly and equally on both sides of the support belt, wrapping and overlapping them in front of your stomach. Then secure together with fastening fabric.

**Adjust Belt Length:**

- If the belt is too long or too short, turn belt to inside.
- Unfasten the belt overlap at position “2A”.
- Adjust the length on each side.
- Adjust both belts equally to position front and back plates properly. Excess belt may be cut as desired.

**Position Lateral Side Panels:**

- Place lumbar brace on waist and note the desired position of the Lateral Side Panels.
- Remove the brace and attach the lateral panels to each side of the brace.

**Fasten the Brace:**

- Proceed to apply the brace by overlapping and fastening the belt as instructed above.

3. **Adjust the Tension:** Detach both pull tabs (attached to the cords) from the support belt. While pulling slowly towards the front of your stomach, firmly and evenly increase the compression support to your doctor’s prescribed specific level. Re-attach both pull tabs.

**DO NOT OVERTIGHTEN.**

**ISO Lumbar Belt Extension: Universal (Optional- BA202)**

For additional length at the waist securely fasten the (optional) ISO Lumbar Belt Extension: Universal to each side of the ISO Lumbar Belt.





## INTRODUCTION

Your **ISO Preferred Lumbar Back Brace VI (BA206)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at [www.ISOpreferred.com](http://www.ISOpreferred.com) so that this device can provide you with superior long-term usability and care.

## USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Lumbar Back Brace VI (BA206)**. The brace is intended for application by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

## CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Lumbar Back Brace VI (BA206)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry.
- Allow all parts to air dry prior to reassembling the device.

## CAUTION

The **ISO Preferred Lumbar Back Brace VI (BA206)** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through the use of this device, especially if the instructions are not followed correctly. **DO NOT OVERTIGHTEN.**

## LUMBAR BELT SIZE CHART

Size	Waist Measurement in Inches
Small	25"-32"
Medium	32"-38"
Large	38"-44"
X-Large	44"-50"
XX-Large	50"-56"
Extension (Optional)	56"-74"