



**CORFLEX®**

Designed for life.

# Disc Unloader Lumbo Sacral Orthosis

## APPLICATION INSTRUCTIONS

### Fitting and application:

**Note:** Rigid inserts are located in anterior and posterior panels. They may be removed or molded by a medical professional. Use of gel pack is optional, follow directions for gel pack on reverse side or on pack.

1. Release hook-and-loop closures, open orthosis and detach anterior panel. Remove gel pack from posterior pocket.



2. Place anterior panel on center of abdomen making sure loop portion is facing outward and curve is face down.



3. Place posterior panel on center of back making sure logo is on top. Grasp both ends of posterior panel and bring forward attaching to loop on anterior panel.



4. Grasp both ends of elastic double pull closure. Pull one side across abdomen and attach to loop area. Repeat process for other double pull. Adjust to desired tension making sure not to over tighten.



## Care instructions:

The Disc Unloader Lumbo Sacral Orthosis may be hand washed after removing rigid inserts using warm water and detergent for delicate fabrics. Repeatedly rinse and line dry. Do not bleach or line dry. Rigid inserts may be wiped with a damp cloth with a disinfectant or mild soap.

## Caution:

This product has been designed and tested based on single patient usage. Since it is a single use device it should never be used by multiple patients. If additional pain or symptoms occur while using this device, seek medical attention.

## Indications:

For chronic or acute low back pain, discogenic disc disease, post surgical application, strains/sprains to lumbar muscles/ligaments, non-displaced spinal fractures (L2-L5), and for postural support.

## Contraindications:

Not for use on patients with circulatory or sensation issues. If swelling, pain, skin irritation, or an unusual reaction occurs, discontinue use and consult your medical professional.

## Warranty:

Products manufactured by Corflex are warranted to the original purchaser against defects in workmanship and material for the life of the product. The foregoing warranty shall not apply to normal wear and tear; or if the product has been subjected to mis-use or application the warranty will be voided at the discretion of Corflex.

## To Reorder:

### Product Number

	XS	S	M	L	XL	2XL	3XL	4XL
6" Standard	35-4200	35-4201	35-4202	35-4203	35-4204	35-4205	35-4206	35-4207
30" Extended	35-4300	35-4301	35-4302	35-4303	35-4304	35-4305	35-4306	35-4307

### Sizing Guide\*

25"-30"	30"-35"	35"-40"	40"-45"	45"-50"	50"-55"	55"-60"	60"-65"
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\* Measurement is waist circumference.



## Gel Pack Instructions

### Directions for hot therapy use

1. Lay gel pack flat in microwave. Heat at full power for 75 seconds, based on a 1200W microwave.
2. Remove pack from microwave and check temperature to suit your comfort level. Temperature will continue to rise slightly. If additional heat is desired, return to microwave and heat for maximum (10) seconds.
3. Wrap Gel Pack in towel and apply to target area. If gel pack feels uncomfortably hot, remove pack from the body and re-apply when temperature becomes acceptable.

### To boil

1. Bring pan of water to boil and remove from heat.
2. Carefully place in hot water.
3. Using tongs, carefully remove compress from hot water after 8 to 10 minutes.
4. Wrap in towel and apply to desired area.

### Directions for cold therapy use

1. Place gel pack in freezer for at least one hour.
2. Remove gel pack from freezer and wrap in a towel. Test temperature for comfort level, then apply.

**CAUTION:** Read instructions and warnings before use. Heat and cold affects individuals differently. Let body comfort be the guide. Individuals with circulatory problems should consult a physician before using this product. Assistance is required when used by children or incapacitated adults. This product is non-toxic and non-edible. Discard pack if punctured or leaking.

**WARNING:** Use only as directed. Watch the Gel Pack while heating. If the gel pack expands, turn off microwave. Heating time is based on initial product condition at room temperature. If Gel Pack has been in freezer before use, let it thaw to room temperature and follow recommended heating time. DO NOT REHEAT PRODUCT FOR MORE THAN TWICE IN ONE HOUR. If additional heat treatment is required, wait for an hour before reheating pack. EXCESSIVE HEATING MAY CAUSE GEL PACK TO RUPTURE, OR LEAK, OR CAUSE BURN. Some body parts may be more sensitive to heat. Test product for heat comfort before applying to target area. Some parts in the pack may get too hot after heating in the microwave. Apply caution when removing pack from the microwave oven.