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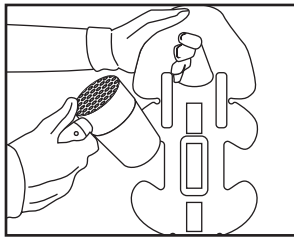
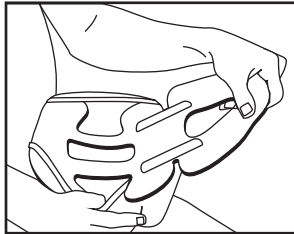
# ReAlign™ Spinal Orthosis LO, LSO and LSO PLUS Versions Application Instructions

## Adjusting and sizing the brace:

The ReAlign Spinal Orthosis incorporates a back panel that is preset at 5° of lordosis and can be adjusted using a heat gun for individualized fit. Adjustments should be made by a therapist or orthotist trained in fitting and molding high temperature plastics.

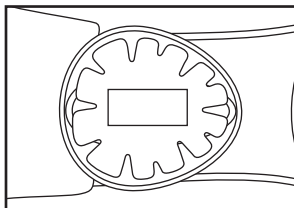
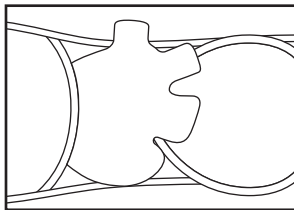
### 1. Adjusting the back panel

- A. Fabric cover must be removed prior to adjusting. Flexing/bending the back panel will aid in removal and reapplication of the fabric cover.
- B. Hold heat gun 3"-5" from the surface and apply heat to the plastic back panel for 30-45 seconds, moving the gun back and forth continuously. Adjust curvature as needed and hold until cool (approx. 30 seconds).
- C. Never mold the back panel directly to the patient. Allow to fully cool before reapplying fabric cover.



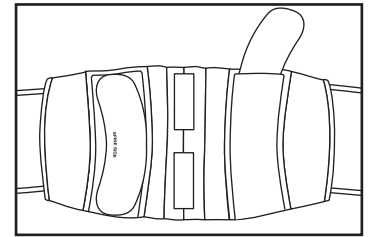
### 2. Individualized panel fit

- A. To mold anterior and lateral (LSO Plus only) panels, remove from fabric before heating. Hold heat gun 3"-5" from the surface and apply heat to the plastic panel for 15-20 seconds, moving the gun back and forth continuously. Adjust curvature as needed and hold until cool (approx. 30 seconds).
- B. Lateral and anterior panels can also be trimmed or bent for a custom fit.



Lateral Panels (LSO Plus Only)

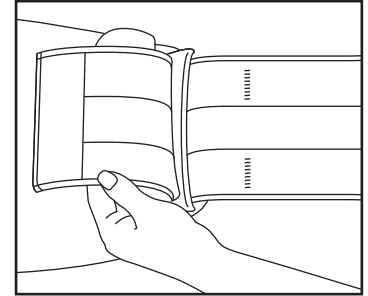
- C. Crescent Stays in back panel can be removed, heated and molded for additional customization. Move heat gun back and forth, 3"-5" from the surface for 15-20 seconds. Adjust curvature as needed and hold until cool (approx. 30 seconds).



Back Panel Crescent Stays

### 3. Setting belt length

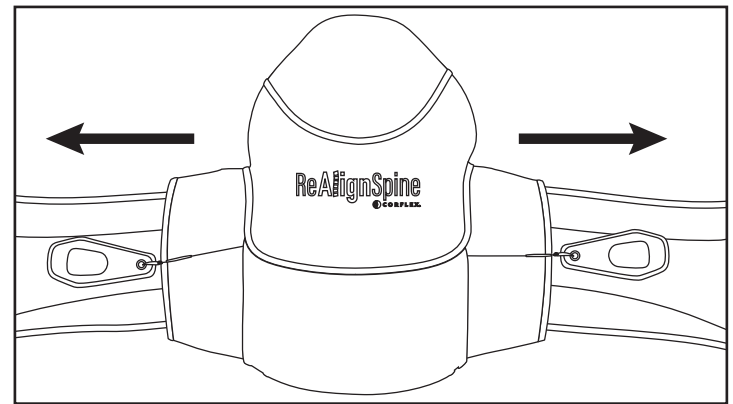
- A. Brace is preadjusted to fit a 35" waist/hip circumference. If adjustment is needed open brace and lay flat. Remove Lateral Panels (not shown, LSO Plus model only).
- B. Peel up edge of belt and slide until the desired length is achieved.
- C. Fold belt end over and press to secure hook and loop closure. Repeat for opposite side, both right and left must be adjusted equally for proper brace performance.
- D. **LSO Plus Only:** Reapply Lateral Panels to the inside of the belt at midline. The tip of the Lateral Panels should point towards front of belt.



## Brace application:

### 1. Preparing/resetting the brace

- A. Prior to each application make sure the brace is extended.
- B. Place the pull-tabs 2" from each side of the back panel and pull the ends of the belt away from each other to ensure it is fully lengthened.



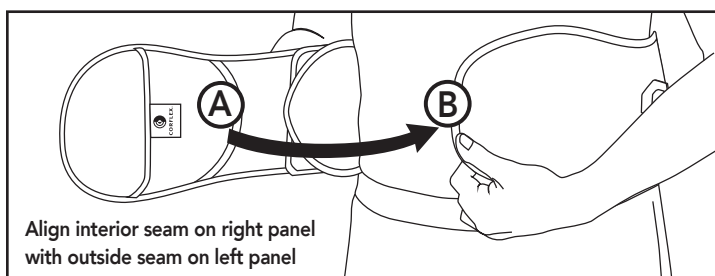
### 2. Positioning the brace

- A. Center the back panel on the lower back.
- B. Slide fingers through the loop on the right-hand belt end to assist with application.

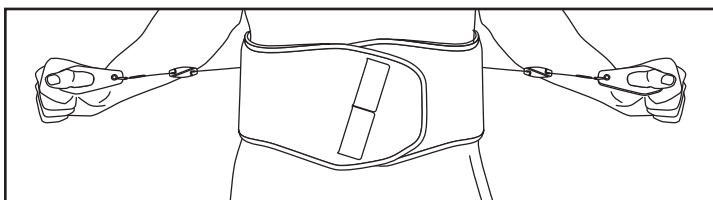


### 3. Applying the belt

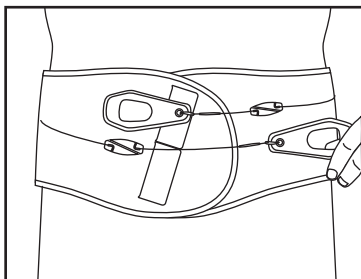
- A. Wrap belt around abdomen and overlap ends, right over left. Right panel should overlap at interior seam of Anterior Panel (A) and seam at the end of Anterior Panel (B) on left side. Press firmly to engage hook and loop closure.
- B. When applied correctly, brace should fit snug at top and bottom. If there is a gap, reapply and angle ends to ensure a snug fit at upper/lower edges.
- C. **LSO Plus Only:** Lateral panels should be located on the midline of the belt, above the iliac crests, with the narrow end pointing forward.



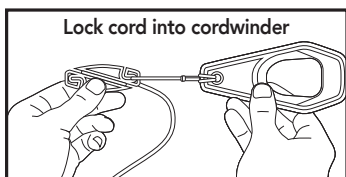
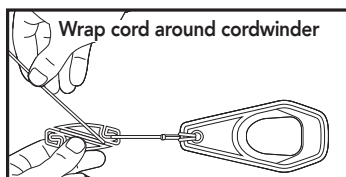
### 4. Tightening the brace



- A. Slide thumbs through pull-tab holes and pull them away from the body. Right pull-tab controls lower compression and left pull-tab controls upper compression.
- B. Wrap pull-tabs around the front of the brace, securing to loop on the outside of the brace. Overlap main closure for a secure fit.
- C. Apply tension until desired support is achieved.



### 5. Adjustment and removal



- A. Cordwinder Adjustment - If pull-tabs do not overlap properly as shown in photo 4B, you will need to tighten or release cord. See illustration for instruction on cord adjustment and locking.
- B. For comfort while seated, lessen tension on the upper portion of the back panel (left pull-tab). Reapply tension upon rising.
- C. When removing the brace, lift pull-tabs to release tension and relocate them to the ready position as shown in Step 1.

### Care Instructions

Product should be hand washed only using warm water and detergent for delicate fabrics, repeatedly rinsed and line dried only. Do not use bleach or place in a dryer. Do not immerse brace in liquids.

### Caution

This product has been designed and tested based on single patient use only. It should never be used by multiple patients. If additional pain or symptoms occur while using the device, seek medical attention.

### Indications

Indicated for acute and chronic low back pain, lumbar muscle weakness, lumbar strains and sprains, postural support and disc herniation.

### Contraindications

Contraindicated for unstable, displaced fractures, women who are pregnant, persons with circulatory, pulmonary, cardiovascular or other conditions where increased abdominal pressure could worsen risks.

### 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 misuse or misapplication the warranty will be voided at the discretion of Corflex.

### To Reorder

Product Number	UNIV
ReAlign - LO	35-3430
ReAlign - LSO	35-3440
ReAlign - LSO Plus	35-3450

Sizing 30" - 50"

Sizing: Measurement taken from waist or hip circumference.



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