

Back Brace Care

- 1. Place Back Brace between you and a light t-shirt.**
- 2. Wear while up walking around. Includes walking inside and walking outside.**
- 3. Place Back Brace with the triangle in the back facing right side up Velcro in the front at waist.**
- 4. Remove back brace before showering and or bathing.**
- 5. Hand wash the brace with gentle soap in sink or bath tub.**
- 6. Length of need depends on your doctor. Everyone will be under a little different circumstance.**