

# ProLux™ Patient's Instructions For Use

The following are general guidelines for wearing and caring for the ProLux™ spinal brace. Your doctor may alter, supersede, or even oppose some of them. He or she knows your medical status and is using the ProLux as one part of your total care. It is important to follow his or her instructions exactly, even if they differ from some of the following guidelines.



## Getting To Know Your New ProLux Spinal Brace

Your orthotist will have chosen and assembled the proper components when he or she fit you with your ProLux brace. Your task is comparatively easy. You merely need to disengage the Velcro hook of the right end of the belt in the front from the Velcro loop of the left end of the belt in the front to remove the brace, and reattach those two (right & left) belt ends to put the brace on again.

## Putting the ProLux on

1. Before donning the brace, make sure the mesh belt's pull tab is on the left, as close to the back string mechanism as possible.
2. Position the brace so that the back shell is centered on your spine and so that the lumbar curve of the back shell matches the curve of your spine. (This sounds complicated, but it just means to place the back of the brace in its natural - and most comfortable - position on your back.)
3. Snugly fasten the right end of the mesh belt snugly to the left end of the belt in the front. Right now you are just applying the belt. The tightening will come next.
4. Tighten the belt by pulling on the tab on the left. It is a six-times mechanical advantage system, so very little pressure will be required, but you might have to move the tab a long way. You may have to cross it over the front and fasten it on the right side, if necessary. When it is tight, adhere it to the Velcro loop running circumferentially on the mesh belt.
5. Verify the brace orientation by making sure that the back of the brace is centered on your spine - usually the front pouch will be centered as well - and that the brace is the correct vertical height on your body (by making sure the curve of the small of your back is accurately "spooned" by the brace's back).
6. If your ProLux has a chest plate (Extender™) with shoulder straps, you can either put the brace on like a shirt, slipping your arms through the straps, or, if that is too difficult for you, you may release the buckle on one of the straps before you take the ProLux off, then re-tighten the strap after putting it back on.

## Taking the ProLux off

1. Loosen the pull tab in the front of the brace, placing it on the left side in the back, as close as possible to the back string mechanism.
2. Unfasten the right end of the belt from the left end of the belt in the front.
3. Lay the brace down in a safe place. Take care that the Velcro hook at the end of the brace strings does not come in contact with knit fabrics, which it could damage.

## Wear a soft under-sleeve

We recommend wearing a cotton t-shirt or similar garment under the brace. There is nothing wrong with wearing the brace directly on the skin except that you will have to wash the brace much more often. It's better to throw a t-shirt in the wash daily and keep the brace clean as long as possible.

### **Tip**

If putting the ProLux brace on is difficult for you, an easier method might be to lay the brace flat on the bed with the inside facing up, then lie down on top of it in the correct position. It will be easier to fasten the front this way for two reasons: 1) You don't have to hold the brace in place against gravity, and 2) the position of lying supine (on your back, facing up) allows gravity to pull your soft tissue inward, thus easing the pressure resisting the tensioning of the straps.

### **Caution**

After you take the ProLux orthosis off, always make sure that the Velcro hook (the part that is rough to the touch) is covered so that it cannot come into contact with delicates or knit fabrics, which it could damage.

### **Care**

Remove the front polymer (plastic) insert from the front pouch. Remove the back fabric padding from the back plastic/foam frame. Hand wash the back blue padding with mild soap and cool water. Dry flat between bath towels. Dry the back padding thoroughly before putting it back on the brace. (Note: If you need to wear the brace before it is dry, you should obtain an extra set of the padding and alternate your two sets of padding with each cleaning. Wipe the polymer (plastic/foam) sections and the mesh belt with a damp cloth, using a mild soap solution.

Before you remove the front polymer insert from its pouch, take care to mark it so you can return it exactly as it was! Replacing it in-side out or up-side down will destroy the careful fit your orthotist has created. If you do not remember how the polymer insert was, look for the label. The polymer insert has a small label placed in the inside (toward the body), centered near the top end. In the event an insert has lost its label, remember that the front insert is flat on top and curved on the bottom.

**Notice:** HOPE Orthopedic does not give medical advice! We are an orthopedic brace manufacturer, not a patient care giver. Contact your orthotist if you have any problems with - or questions about - the function or comfort of your ProLux spinal brace.