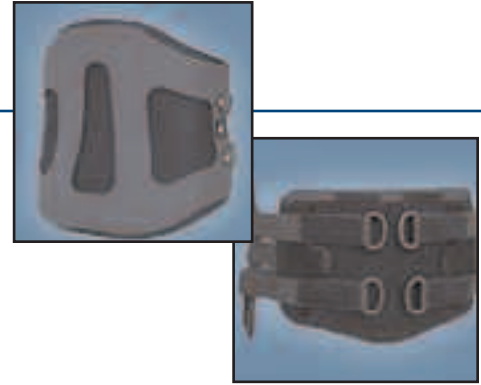


# TorsoLux™



## General Guidelines

The following are general guidelines for wearing and caring for the TorsoLux™ spinal brace. Your doctor may alter, supersede, or even oppose some of them. He or she knows your medical status and is using the TorsoLux 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 Acquainted With Your New VertaLux Spinal Brace

Your orthotist will have chosen and assembled the proper components when he or she fit you with your TorsoLux brace. Your task is comparatively easy. You merely need to reset two straps on one side of the front and remove one Velcro “bullet” to take the brace off, and reattach that bullet and re-tighten those straps to reapply the brace.

## Putting The TorsoLux On

1. Loosen the straps on the front of the brace, if they are not already loosened. (They should have been loosened when you last took the brace off, so you can normally ignore this step. )
2. Position the brace so that the back is centered on your spine and so that the lumbar curve of the back piece 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. Fasten the right-side strap panel (“bullet”) by holding the front of the brace in your left hand and the right bullet in your right hand and pressing the Velcro hook of the bullet onto the edge of the Velcro loop of the front brace panel. No need to tighten the brace during this process. Just apply the bullet. The tightening will come next.
4. Tighten the straps, bringing opposing straps together simultaneously. Pull one pair of opposing straps snug but not tight, then tighten the second set, then return to the first set and re-tighten it.
5. Verify the brace orientation by making sure that the back of the brace is centered on your spine - usually the front black pocket 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 TorsoLux 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 TorsoLux off, then re-tighten the strap after putting it back on.

## Taking The TorsoLux Off

1. Loosen the straps in the front of the brace, placing the Velcro hook of the side strap with D-rings onto the bullet.
2. Unfasten the right strap panel by holding the front of the brace in your left hand and the right strap panel's loop in your right hand and pulling the Velcro hook bullet away from the Velcro loop of the front brace panel. (Note: You can remove both bullets, but it will be easier to reattach if you leave the left bullet - or the right, if you are removing the left - in place. You might want to loosen the straps, however, on the left and tack them onto the bullet, so you can re-tighten the brace with even pressure from both right and left side.)
3. Lay the brace down in a safe place. Take care that the Velcro hook of the brace straps does not come in contact with knit fabrics, which it could damage.

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## 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 TorsoLux 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 TorsoLux 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.

Be sure to fasten the Velcro hook to the Velcro loop. Try not to fasten the Velcro hook to the soft fabric. This Velcro fabric is indeed "hook compatible," but it is not as aggressive in its adhesion to the Velcro loop.

## Care

Remove the front polymer (plastic) insert from the front pocket. Remove the back fabric padding from the back plastic/foam frame. Hand wash the black padded fabric 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 black padding and alternate your two sets of padding with each cleaning. Wipe the polymer (plastic/foam) sections with a damp cloth, using a mild soap solution.

Before you remove the polymer insert from its pocket, 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 TorsoLux spinal brace.

<b>Symbol Legend</b>	<b>Consult Instructions:</b>	<b>Authorized Representative in the European Community:</b>	<b>Manufacturer:</b>
			