

1. Lay brace out flat with interior view facing up
2. Ensure belt is sized appropriately by matching label to pleat on belt
3. To resize, remove the right and left belts from back board. Fold right and left belts to desired size and reattach to back board
4. Secure side panels, if desired
5. Wrap around waist at midsection
6. Secure brace at front of body
7. An extender is included to provide additional length to belt if needed
8. Determine if belt is appropriately sized. If not, return to step 1
9. Once belt is appropriately sized, belt can be cut to eliminate excess fabric. Be sure to always allow for two extra sizes when cutting
10. Place arms through shoulder straps – as though you are putting on a backpack. Wrap belt around waist at midsection
11. Tighten brace to desired comfort level using pulley system
12. Secure sternal strap
13. Adjust shoulder straps as needed

Notice side panels can be removed as desired.