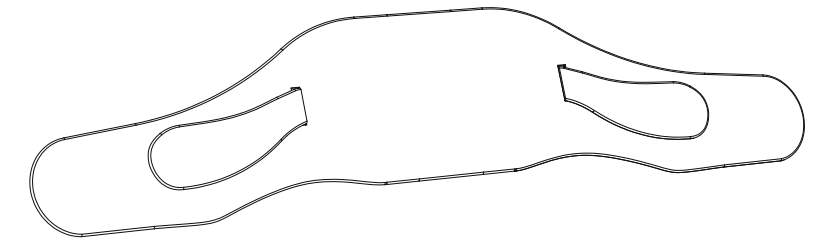




Table 1

XS	S	M	L	XL
27.5 - 39.1 inches	28.5 - 43.1 inches	30.4 - 47.1 inches	33.3 - 52.4 inches	36.5 - 57.6 inches



**LUMBOSACRAL GESTATIONAL/
POST-NATAL ORTHOSIS**

Model Number : VMH-01

**Instruction Manual for
BabyBrace®**

U.S.A. and International Patent Pending

VMH BRACING, LLC

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Figure 4



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10



Figure 11



Figure 12



Figure 13

PATENT PENDING

BABYBRACE® fitting and adjustments to be performed by a licensed medical professional only.

Please, do not use this brace until you have read the entire instruction manual on the appropriate use of the brace. **The correct application of the device is essential to its proper functioning and safety** It is also important that you should have a thorough understanding of the brace prior to using it.

This brace should **NOT** be a substitute for sound medical advice from a spinal specialist and/or OB/GYN. Please consult with your physician to ensure you do not have one of the potentially dangerous causes of back pain.

INDICATIONS

Gestational lower back pain. Post-natal lower back pain.

CONTRAINDICATIONS

Do **NOT** use before ruling out potentially dangerous causes of back pain. In cases of preeclampsia, eclampsia, ectopic pregnancies, abnormal fetal genetic testing, or any high risk pregnancy, do **NOT** use the brace. Do **NOT** use if the patient presents circulation problems. In cases of displaced fractures, do **NOT** use the brace. In cases of cardiovascular, pulmonary, or skeletal conditions that are sensitive to compression or pressure, do **NOT** use the brace. It is up to the physician to exclude any medical conditions that would be a contraindication to the brace use.

WARNINGS AND PRECAUTIONS

This brace is intended for two distinct purposes: gestational support and post-natal support.

The front and back attachable panels are part of the post-natal kit. Do **NOT** over-tighten the brace to the extent where it becomes uncomfortable and/or restrictive. Do **NOT** use the front and back attachable panels during late stages of pregnancy. It is up to the prescriber's discretion whether they recommend use of front and back attachable panels during early stages of pregnancy. This brace should be used in conjunction with a healthy back exercise program. This brace serves as a protective crutch to reduce the forces of stressful activities throughout maternity. The reduction of stress on the lower back can prevent muscle imbalances that cause back pain during maternity. In case of pain, irritation to the skin, swelling, prolonged discoloration, or any unusual reaction, immediately remove the brace and consult your physician (spine specialist or OB/GYN). Care should be taken to avoid the excess pressure points from the panel edges when sitting or bending. Do not expose to heat over 130°F (55°C). **Warning: Do not use front panel over un-healed C-section wound.**

GESTATIONAL KIT COMPONENTS

- | | |
|------------------------------|-----------------------------------|
| Figure 1 (Front View) | 1. Main Support |
| | 2. Inner Midline |
| | 3. Main straps |
| Figure 2 (Back View) | 1. Adjustable Arms (on each side) |

SIZING

Start by taking a circumferential measurement of the patient at the waist, starting from the hips to the umbilicus (Figure 10). Match the patient's size to the Brace Size Selection table (Table 1). A fitter should be present to obtain the appropriate size and fitting.

•If the brace is being used during the 1st or 2nd trimesters, we recommend that you step up to the next size from the Brace Size Selection table to allow for growth.

•If the brace is being used during the 3rd trimester, we recommend you follow the Brace Size Selection table.

APPLICATION

•**Step 1**- Main straps are held in both hands (Figure 4) and they will GENTLY be pulled snug with the left main strap being placed under the belly (Figure 5). The right main strap will then overlap the left main strap being attached via the velcro. This should be placed in a position of comfort (Figure 6).

•**Step 2**- The adjustable arms will allow you to apply varying degrees of tension. **DO NOT OVERTENSION THE ADJUSTABLE ARMS OF THE SUPPORT**, the support should be snug but never TIGHT and/or restrictive.

•The adjustable arms can also be overlapped and attached to one another allowing for the arms to be placed in different positions on the belly (Figures 7,8 & 9).

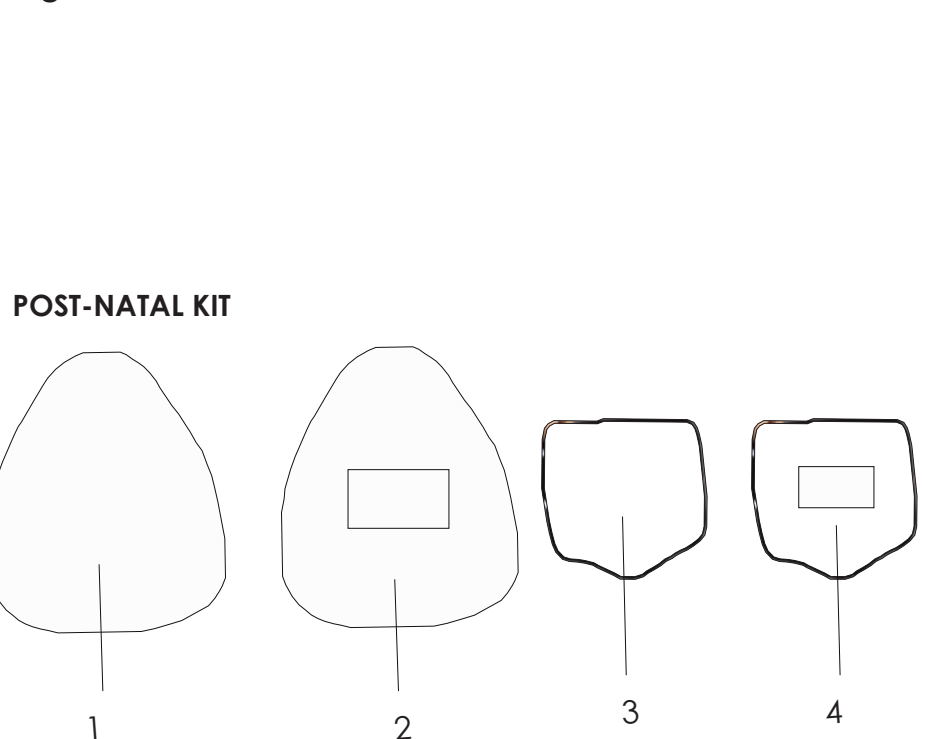
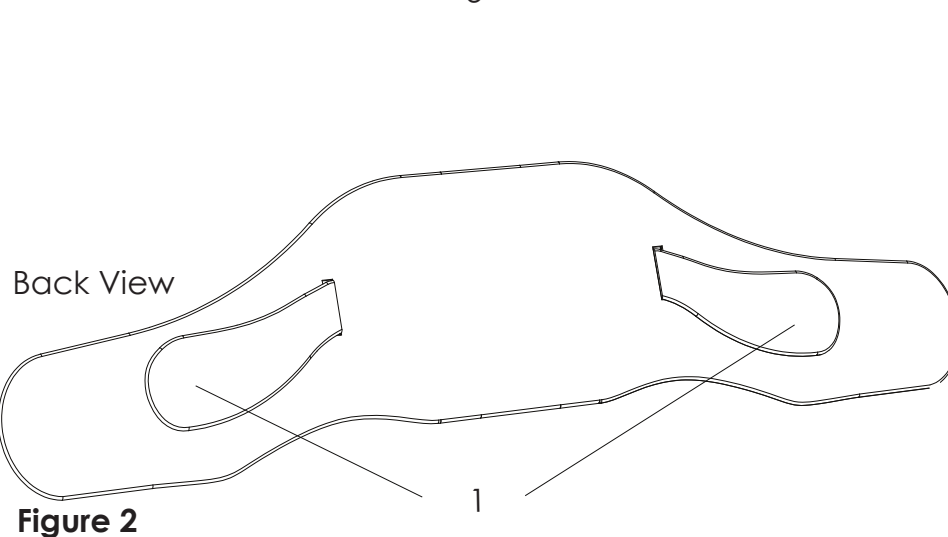
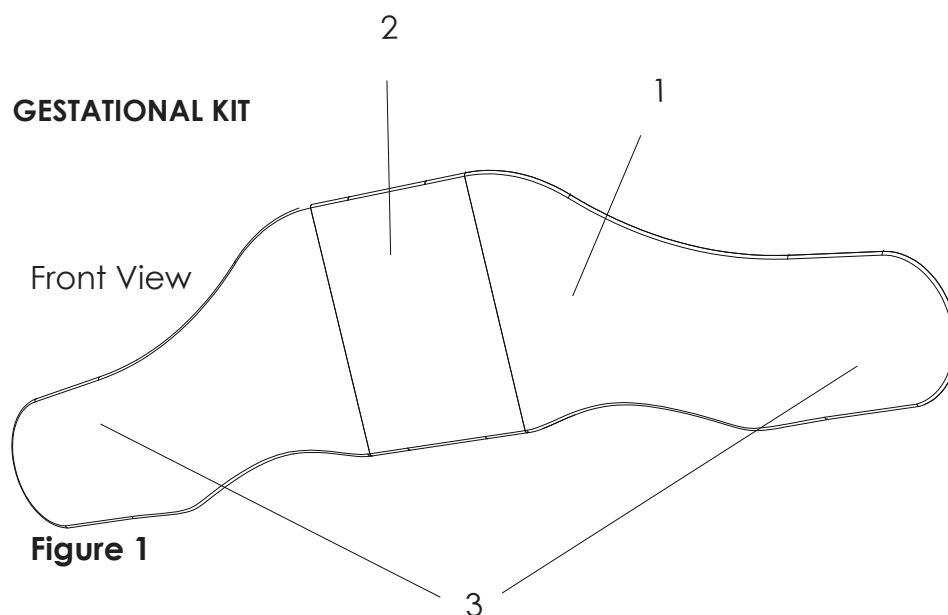


Figure 3

PATENT PENDING

POST-NATAL KIT

WARNING- Do not use the panels during late stages of pregnancy. Any use of the anterior and/or posterior panel should be performed under the advisement of a trained medical professional. Use of the anterior panel should be post-natal and directed by a physician and/or trained medical professional. It is recommended that the anterior panel only be used after complete healing of a C-section wound.

COMPONENTS

- Figure 3**
1. Large Rigid Padded Back Panel - Padded Side
 2. Large Rigid Padded Back Panel - Velcro Side
 3. Small Rigid Front Panel - Padded Side
 4. Small Rigid Front Panel - Velcro Side

FITTING

- Brace panel fitting and adjustments to be performed by a licensed medical professional ONLY.
- Panels are pre-molded but may need to be contoured to appropriately fit patients with different body habitus.
- If there is any discomfort while using the panels, assistance from a trained medical professional will be required to make adjustments to the brace panels.
- The anterior/front panel should never be placed directly on a C-section wound unless directed to do so by prescribing physician.
- For any questions, please contact your physician for further instruction.

ASSEMBLY

- The velcro side of the panels (Figures 3.2 & 3.4) should be attached to the brace (Figure 1.1).
- The large back panel (Figure 3.1) can be directly attached to the inner midline (Figure 1.2) of the front view of the brace. It is recommended that use of panels be under the supervision of a medical professional.
- The small front panel (Figure 3.3) can be attached to the brace in 2 positions, but should only be used under the direction of a medical professional.
- It can be attached directly to the inner side (Figure 1) of the main support straps and also be attached to the inner surface of the adjustable arms (Figure 2.1) after the main straps are fastened. In this position the front panel will be in-between the adjustable arms and the main straps.

USE AND CARE

Hand wash in cold water, less than 86°F (30°C), using mild soap. Air dry.
NOTE: If not rinsed thoroughly, residual soap may cause irritation and deteriorate material.

Do NOT iron. Do NOT tumble dry. Do NOT bleach. Do NOT expose to heat over 130°F (55°C).

INTENDED FOR USE ON A SINGLE PATIENT

MATERIAL CONTENTS

Main brace: 25% cotton, 40% polyester, 35% spandex
 Front and back panels : thermoforming plastic, 80%polyester padding, 20% spandex

WARRANTY

VMH Bracing, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of three years from the date of the sale.