

## G-FORCE Braces

### Cryo Back Brace

BEFORE USING THIS DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THIS DEVICE.

#### INDICATIONS:

The G-FORCE Braces Cryo Back Brace provides soothing, cool comfort for sprains and strains of the lower spine, spinal stenosis, displacement of intervertebral discs, and chronic lower back pain. It is effective in providing cryotherapy, compression, and support for the lower lumbar area.

#### CAUTION:

The application instructions listed above are intended for the use of qualified professionals only. It is not recommended for patients to attempt to apply or adjust this device unless otherwise instructed to do so by an orthopedic professional. Any questions regarding further adjustment or frequency/duration of wear should be directed to your orthopedic professional, as they know the individual condition for which the device was prescribed.

#### PREPARATION:

1. The Cryo Back Brace is designed to fit sizes from small to 4XL with minimal adjustment. To adjust sizing, simply remove each side of the belt from its Velcro tab on the back panel, cut or fold each side of the belt to its desired size, and re-attach to the Velcro tab on the back panel. (Fig. A)

2. Remove gel pack and place in freezer for a minimum of two hours (see warning below).

#### APPLICATION:

1. Remove gel from freezer, re-attach gel pack inside brace, making sure seams line up appropriately. (Fig. B)

2. Place the brace so that the back panel is centered on your spine just above the waist, making sure the G-FORCE logo on the back panel is facing up. (Fig. C)

3. While keeping the back panel centered, wrap the left side panel around your abdomen. (Fig. D)

4. With the left panel held tight to your abdomen, wrap the right side panel around and secure it to the left side panel. Check to see that the back panel is still centered on your spine and adjust if needed. (Fig. E)

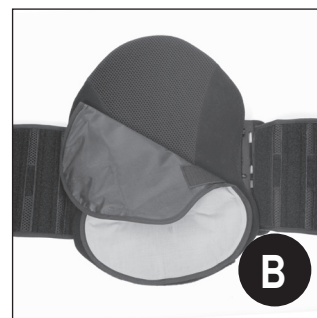
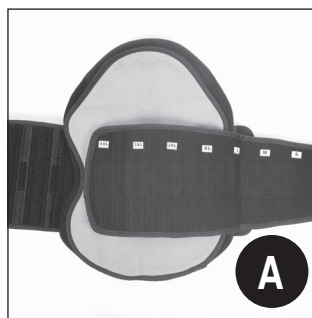
5. Grab the compression straps using the thumb loops and simultaneously pull the compression straps away from your body until the desired level of compression is achieved. (Fig. F)

6. While keeping the compression straps tight, bring each strap around and secure to the front of the brace. For maximum compression, lie on a flat surface once the brace is secured and re-adjust the compression straps. (Fig. G)

**Recommended cold therapy treatment: 20 minutes on patient, 20 minutes off.**

#### EXTRA PANEL APPLICATION (Optional):

Once the Cryo Back Brace has been fit, if more compression is desired, simply remove the brace, lay it on a flat surface with the inside facing up, and apply the side panels to the belt portion of the brace, on either side of the back panel. (Fig. H)



#### CLEANING INSTRUCTIONS:

Remove all panels before cleaning. Hand wash with warm water and mild soap and rinse well, making sure to remove all soap residue, as it can cause skin irritation as well as deterioration of the orthosis. Air dry. Do not expose to direct heat or sunlight while drying to prevent shrinkage and damage of the Cryo Back Brace.



#### CAUTION:

1. Use only after following directions for use.
2. Do not use gel pack on area of sensitive skin.
3. Cold therapy should not be used by people with circulatory problems unless prescribed by a physician.
4. Gel pack is non-toxic; not intended for ingestion.
5. Discard gel pack if punctured or torn.