



# BACK BRACE

Owner's Manual  
SUP1040

## WHAT'S INCLUDED

- Back Brace
- Removable Lumbar Pad

## OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Vive Back Brace as easy as possible. Check out the included link and QR code to help you through the process.



To see all of the FAQs in one place visit [vhealth.link/93a1f](https://vhealth.link/93a1f)

## HOW TO PUT ON

### Step 1:

Insert the removable lumbar pad, if desired.





### Step 2:

Wrap the brace around your lower back and secure the inner straps. The brace should be supportive but not too tight. Ensure the secondary straps are detached from the inner straps to allow for maximum stretch and compression.





### Step 3:

Attach the two outer straps around your waist securely. Make sure the brace is not so tight that you can't breathe.





## CARE INSTRUCTIONS

- Hand wash in cold water with mild detergent
- Rinse and air dry
- Do not iron
- Do not bleach

## WARNING

- Do not tighten the brace so much that you can't breathe.
- If you feel pain or discomfort, stop wearing the brace and call a doctor.
- Make sure the secondary stretch straps are loose before tightening the main straps.