



LSO BACK BRACE w/Front panel

The LSO BACK BRACE W/FRONT PANEL provides stability and support for acute & chronic low back pain/strain, spinal stenosis, spondylolisthesis, disc herniation and degeneration, osteoporosis, osteoarthritis, compression fractures and post and pre-operative use. Effective in providing immobilization of the thoracic and lumbar spine.

PREPARATION

The LSO BACK BRACE W/FRONT PANEL is designed to fit sizes SMALL to 2XL with minimal adjustment. To adjust sizing, simply separate and remove front (anterior) panel. Set front panel aside while adjusting belt sizing. 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 the desired size, and re-attach to the Velcro® tab on the back panel. (Fig 1)

APPLICATION

1. With the waist size adjusted, center the brace so that the back (posterior) panel is centered on your spine just above the waist. (Fig. 2)
2. While holding the back (posterior) panel in place, align the front (anterior) panel with the Velcro® fastening strip facing outward. Center the top of the panel to your Xiphoid (lower sternum). (Fig. 3) Make sure the Overlapping Lateral Supports from the Back Panel sit over the ones from the Front Panel.
3. Pull firmly and equally on both sides of the support belt, wrapping over the front (anterior) panel and overlapping them in front of your stomach. Make sure the Velcro® fastening strip is secured on the belt. (Fig. 4)
4. Detach both pull tabs (attached to the cords) from the support belt. While pulling slowly towards the front of your stomach, firmly and evenly increase the compression support to your doctor's prescribed specific level. Re-attach both pull tabs. DO NOT OVERTIGHTEN. (Fig. 5)



CLEANING INSTRUCTIONS

Hand wash using cold water and mild detergent. Air dry. Do not dry clean, iron, or bleach any part of this brace, as it could cause damage and void the manufacturer's warranty.

NOTICE: While wearing the LSO BACK BRACE w/Front Panel, there is no guarantee that injury will be prevented through the use of this device.

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 this device was prescribed.

Item#: BB-159

Size	Waist (In Inches)
Small	25" - 32"
Medium	32" - 38"
Large	38" - 44"
X Large	44" - 50"
XX Large	50" - 56"

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Lumbar Belt Extension: Universal

The ISO Preferred Lumbar Belt Extension: Universal provides an extension to the lumbar belt for waist sizes over 56 inches. Lumbar braces require (2) extensions that are placed on each side of the back plate to provide up to 18 additional inches on the waist.



ISO Preferred Lumbar Belt Extension: Universal (BA202) Applies to two different types of Lumbar Back Braces using a plastic guide or clam shell mechanism. Use the guide below to determine how to apply the extension.

PLASTIC GUIDE MODELS - Belt attaches to back through plastic loop guide

ISO PREFERRED ISO-BA201

ISO PREFERRED ISO-BA203

BEFORE APPLICATION: You will be applying 2 Belt Extensions, one on each side of the back brace. Detach and extend one side of the lumbar back belt at a time. **WHEN COMPLETE, MAKE SURE THE FRONT SIDE WITH THE HOOK AND LOOP FASTENING IS ON THE RIGHT SIDE OF THE PATIENT'S BODY WHEN WORN.**

1. **APPLY THE EXTENSION:** After removing one side of the belt, slide the Belt Extension through the plastic guide, make sure the Extension (when folded) is even on both sides. Now open the Extension and lay flat, with the plastic loop at the midpoint.
2. Extend one side at a time, adding the original belt to each Extension so that together the number of additional inches needed is divided equally between the left and right side.
 - a. Now with the extension open as shown in Fig.1, attach the original belt to the right side of the open extension (Fig.2a), positioning and securing it (leftward or rightward) to get the proper number of additional inches needed on that side.
 - b. Once secured, fold over the left side of the Extension (that was open) onto the original belt (Fig.2b), securing the Extension to both sides of the original belt. Apply Extension to the other side of the brace making sure both sides are even. Apply lumbar brace as instructed on product instructions.

1



2a



2b



CLAM SHELL MODELS - Belt attaches to back with clamshell gripping material

ISO PREFERRED

ISO-BA204

ISO-BA205

ISO-BA206

ISO-BA210

ISO-BA220

DR. MEDICAL

BB-157

BB-159

BB-160

BEFORE APPLICATION: You will be applying 2 Belt Extensions, one on each side of the back brace. Detach and extend one side of the lumbar back belt at a time. **WHEN COMPLETE, MAKE SURE THE FRONT SIDE WITH THE HOOK AND LOOP FASTENING IS ON THE RIGHT SIDE OF THE PATIENT'S BODY WHEN WORN.**

1. **APPLY THE EXTENSION:** On one side, open up the clam shell fastener, detach the lumbar belt and apply Extension Belt, facing down.
2. Attach the original lumbar belt to the Belt Extension by positioning leftward or rightward to add the desired number of inches for this side. Secure original belt to the Extension. Apply Belt Extension to the other side of the brace making sure both sides are even. Apply brace as instructed on product instructions.

1



2





INTRODUCTION

Your **ISO Preferred Lumbar Belt Extension: Universal (BA202)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility or pain concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at www.ISOpreferred.com so that this device can provide you with superior long-term usability and care.

USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Lumbar Belt Extension: Universal (BA202)**. The brace is intended for application by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions regarding to adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Lumbar Belt Extension: Universal (BA202)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry. Allow all parts to air dry prior to reassembling the device.

CAUTION

Th **ISO Preferred Lumbar Belt Extension: Universal (BA202)** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through the use of this device, especially if the instructions are not followed correctly. **DO NOT OVERTIGHTEN.**