



Instruction Manual

Please read this Instruction Manual carefully before use

Back Brace CM-102M

Non-Sterile Medical Device

Intended Use

This Back Brace is manufactured for medium duty use and should not be worn any longer than 4 hours in one session or 12 hours per day.

For support in the event of:

1. Pain in the lower spine (lumbar region, lumbar spine)
2. Wear and tear in the small vertebral joints (lumbar facet syndrome)
3. Muscle tension
4. Athletic and physical strain
5. Dystonia in the lumbar spine

Only use after consulting your physician in the event of:

1. Higher-grade instability of the lumbar spine
2. External injuries
3. Neurological deficiencies (emanating nerve pain or paralysis of lower extremity)
4. Circulatory disorders

If back pain persists please consult a physician.

Safety Information



Risk of injury!

- Should problems arise remove the Back Brace immediately and consult a physician.
- Do not apply the Back Brace so tight that it limits your blood supply.
- Before each use, please check the Back Brace for tears and damages.
- This Back Brace may only be used in a flawless condition.
- Do not wear the Back Brace while sleeping or during longer rest periods.



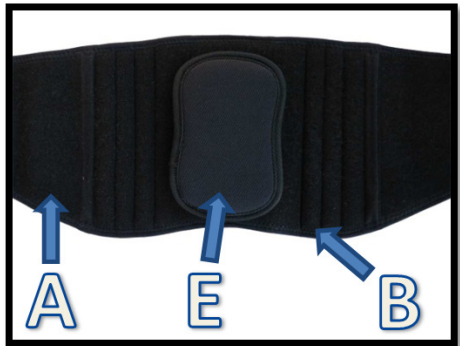
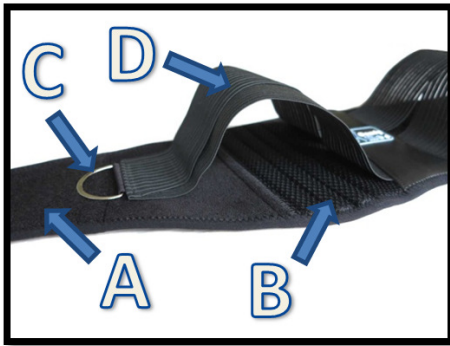
Risk of skin irritations!

- In individual cases – very rarely - skin reactions and irritations may result.
- Do not wear this item longer than 8h daily as well as no longer than 3h in one session
- Wash body parts covered by the brace regularly in order to avoid skin irritations.
- In order to avoid allergic skin reactions, the skin must be free of gels, greases, ointments, oils or similar substances.

Should problems arise, please consult a physician immediately.

Applying the Back Brace

The Back Brace explained



- (A) The elastic main belt
- (B) Vertical polypropylene spines
- (C) Steel handles
- (D) Outer compression band
- (E) Removable Lumbar (Compression) Pad

The brace itself (A) can be tightened as it is highly elastic.

The outer compression band (D) with the convenient steel handles (C) will achieve additional stabilisation of the lumbar region.

The tighter the compression band (D) the better the vertical spines (B) will support your back.

The optional Removable Lumbar Pad (E) can be positioned anywhere or not be used at all.

Step by Step Instructions



- (1) Loosen the outer compression band and reattach it to the belt as shown.
- (2) Position the Back Brace centrally on your back.
- (3) Fold the side of the belt without Velcro (left) over your stomach first.
- (4) Then fold the side with Velcro (right) to overlap so that it sits comfortably and is only slightly tight. Rearrange if necessary to achieve maximum comfort.
- (5) Use the steel handles to tighten the compression band to achieve the desired level of back support.
- (6) Using the steel handles, the compression bands tightness and support level can be adjusted at any time. The handles will also help to remove the super strong Velcro with ease.

The Removable Lumbar Pad

The ComfyMed Lumbar Pad is designed to provide additional pressure to the Lumbar Region if so desired. It attaches and detaches easily via Velcro. It can be positioned anywhere inside the Brace, where it is needed the most. We recommend you try your Back Brace with and without the Pad and decide for yourself what gives you the best results in support and comfort.

Technical Data

The Back Brace is available in two sizes:

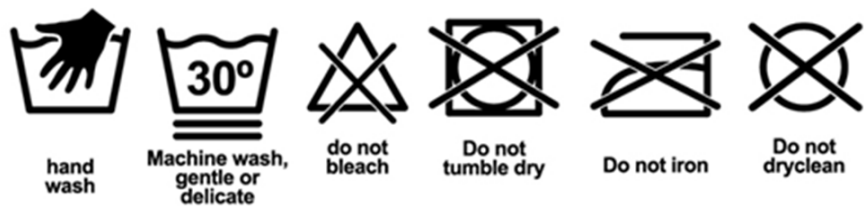
		Belt Size	To suit Belly Size		
		inches	cm		
REG	26 - 37	65 - 95	S - L		
LGE	38 - 50	96 - 125	XL - 4XL		

Please note that the waist size must be measured at or above navel level and the measuring tape not to be pulled tight. Do not measure at your trouser belt line.

Materials of Construction:

Neoprene Rubber, Highly Elastic Nylon Fabric, Polypropylene, Steel Alloy
100% Latex and Chemical Free

Cleaning and Care



- Before using the Back Brace for the first time wash it thoroughly.
- It is advisable to carry out a further wash after 2 or 3 times of use.
- For machine washing keep the Back Brace inside a cotton bag.
- Wash separately

Warranty

This product is manufactured with the greatest care and from the highest quality materials available and comes with a 12 Month Warranty from the date of purchase. The Warranty will cover material and production errors and will not cover improper use or inappropriate handling. Proof of purchase is required and shipping costs are excluded.

Please contact Enquiries@ComfyMed.com.au and let us assist you.