

# READY BACK & READYlite BACK BY MOBILITY BRACES

The **READY BACK** Lumbar-Sacral Orthosis (LSO) and **READYlite BACK** Lumbar Orthosis (LO) are designed to help stabilize and support your lower back.

## FITTING INSTRUCTIONS

1. Open all straps. Position the posterior (back) panel of the brace in the middle of the lower back (**A**).
2. Pull the left end of the belt across your abdomen and hold in place. Pull the right end of the belt across your abdomen (**B1**) and fasten it down on the left end of the belt. For patients with limited dexterity, use the zippered palm pocket on the right side of the belt (**B2**) to help achieve better control and a more secure fit. Belt should be comfortably snug to allow optimal support.
3. With the belt properly positioned and securely in place, simultaneously pull the compression straps away from your body by using the thumb loops (**C**). Once desired level of compression is achieved, fasten the straps down to the front (abdominal) portion of the belt via hook (belt) and loop (belt).



READY BACK brace shown here - same steps apply for READYlite BACK

## WARNINGS

- The READY BACK & READYlite BACK are not designed to prevent injury.
- If you experience skin irritation, pain or discomfort while using this product, immediately remove and contact your local healthcare provider.

## CARE INSTRUCTIONS

- Hand wash in warm water with mild soap - do not machine wash or dry.
- Lay flat or line dry only - do not expose to direct heat sources such as heaters, hair dryers, direct sunlight, etc.

## PARTS INCLUDED

- One (1) single-piece lumbar-sacral orthosis brace with attached closure system.
- Two (2) rigid lateral support panels (removable). **Note: READY BACK only.**
- Two (2) rigid abdominal support panels (removable).
- One (1) cushioned, breathable back pad (removable).

## WARRANTY

- READY BACK & READYlite BACK braces are warranted to be free of material or workmanship defects.
- Any defective components may be replaced or credited at the discretion of Mobility Braces, LLC.
- READY BACK & READYlite BACK braces are warranted for one year from date of purchase.