

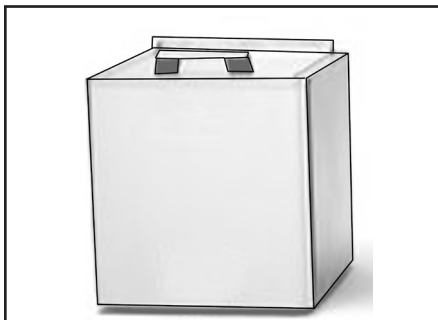
Thermo-Moldable Back Support

Warnings and Instructions: Review carefully, proper application is required

⚠Warning: This device will not prevent or eliminate risk of injury. Do Not Overtighten. If swelling, pain, skin irritation, or an unusual reaction occurs, discontinue use immediately and consult your medical professional.
Care: Hand wash using mild soap. Rinse thoroughly. Air dry only. Do not tumble dry.

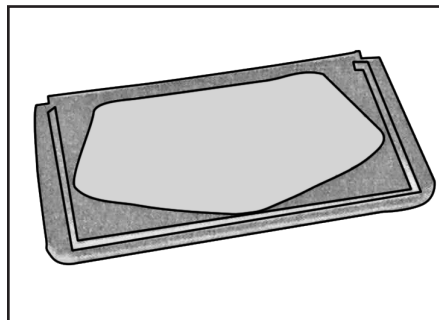
The insert is to be heated so that it can be molded to form to the contours of the patients back. A warming tray or a hydrocollator can be used to heat the insert. A retaining belt may be used to assist with the molding of the insert. Options for proper application of the insert are described in detail below. Please read through the entire procedure before applying the insert.

THIS BAG IS DESIGNED TO BE SUBMERGED IN A HYDROCOLLATOR



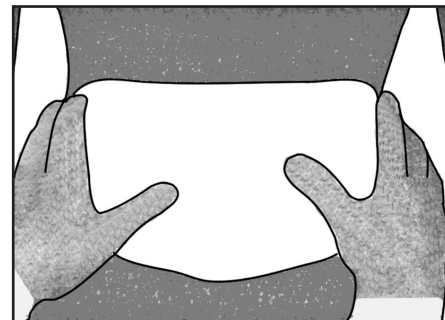
HEAT INSERT USING A HYDROCOLLATOR

1. Submerge the insert in a hydrocollator, in its sealed bag, for about 3 minutes, or until the insert is soft enough to conform to the contour of the lower back. **DO NOT OVERHEAT**
2. Remove the insert from the hydrocollator and take it out of its sealed bag.
3. Have the patient stand in as normal a position as possible, with feet slightly apart. To prevent excessive leaning, stand about 4 inches from a wall.



HEAT INSERT USING A WARMING TRAY

1. Pre-heat warming tray to 140 Degrees F.
2. Remove insert from its sealed bag.
3. Place the insert **WHITE SIDE DOWN** on a warming tray.
4. Heat for about 3 minutes, or until the insert is soft enough to conform to the contour of the lower back. **DO NOT OVERHEAT**
5. Have the patient stand in as normal a position as possible, with feet slightly apart. To prevent excessive leaning, stand about 4 inches from a wall.



OPTION 1: Mold Insert Without Using a Retaining Belt

- A. Center the insert against the patient's spine with the **WHITE SIDE FACING OUT**. Position the insert one inch below the top of the gluteal crease with the top level.
- B. Press your thumbs slowly up and down the spinal column while contouring the outer edges of the insert with your fingers.



- C. While keeping the insert in position, gently mold along the spinal column with gloved hands for approximately 1 to 2 minutes until the insert is firm.

- D. Enclose insert in a retaining belt pocket, and secure retaining belt properly.

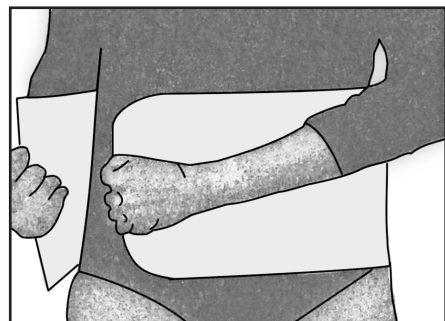


OPTION 2: Mold Insert Using a Retaining Belt

- A. Fully enclose the insert in a retaining belt pocket, with the **WHITE SIDE FACING OUT**. Center the insert on the spine, one inch below the top of the gluteal crease with the top level. Stretch the elastic of the retaining belt snugly around the patient.

- B. Check inside the retaining belt pocket to make sure the insert is centered on the spinal column with its bottom edge just above the tailbone. The elastic of the retaining belt will mold the edges.

- C. Keep the insert and the belt centered over the patient's lower back and sacrum. While applying abdominal support with one hand, gently mold along the spinal column with other hand for approximately 1 to 2 minutes until the insert is firm.



- D. Keep the insert properly positioned on the lower back, while the patient firmly fastens the retaining belt hook and loop fasteners.

HELY & WEBER

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