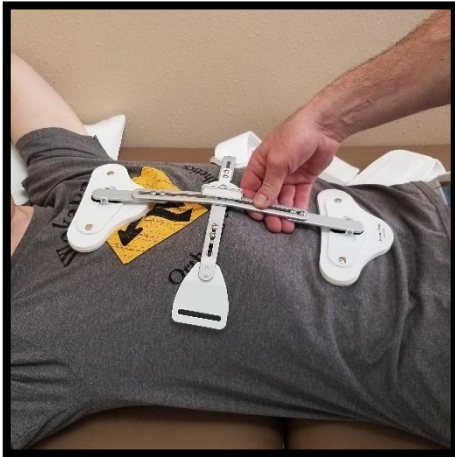




Patient Guide to Wearing a C.A.S.H Brace

Confirm with referring MD regarding use and function



STEP 1: Apply front portion of brace centering it on torso



STEP 2: Depress bed, push posterior strap under back (at small of back)



STEP 3: Pull strap firmly behind back (position at small of back)



STEP 4: Thread strap through side panel of front portion



STEP 5: Pull strap to achieve proper tightness



STEP 6: Secure strap upon itself

Sitting in Chairs

- A chair with arms, a firm seat, and an upright back is best (they aid in getting up/sitting down and encourage proper posture)
- Make sure you sit all the way back in the chair to prevent slouching (improper posture causes the brace to feel uncomfortable)
- Avoid low, deep couches/chairs

General Guidelines

- Wear a T-shirt under the brace to protect your skin and absorb sweat
- Wear your brace as directed by your doctor
- Check for skin irritation and reddened areas after wearing the brace (if the skin demonstrates bright redness/irritation **contact Aljan Co. for an adjustment**)

Moving Safety

Keep in mind that the brace will limit your ability to move in certain directions.

- Use a cane, crutches, walker, handrails, or someone to help you until your balance, flexibility, and strength have improved
- Arrange your household to keep the items you need handy; keep everything else out of the way
- Don't bend or twist at the waist
- Avoid picking up heavy objects until the doctor gives you clearance to do so