

## Therapeutic Sports Belt

### Product description

Designed to support lower back and abdominal muscles during intense activities and sports. The Therapeutic Sports Belt is recommended to reduce muscle spasms and relax the joints while reducing risks of injury and soreness.

With its pouch for a compress, specially designed to maximise the therapeutic benefits of cold treatment (cryotherapy) or heat treatment (thermotherapy) while leaving your hands free.

### Fonction / role:

- Compensate for a deficient abdominal exercise
- Abdominal compression
- Lumbar support
- Helps prevent recurrence or new injuries

### Characteristics

- Hot/cold therapy: relieves back pain (compress 401 included)
- Flexible stays provide support
- Effective support to the lower back and abdominal region
- Velcro®-type closures
- Neoprene covered with brushed tricot and terry cloth interior
- Removable and adjustable tension strap
- Easy fit
- Colour: black

### Indications

- Intense activities
- Hockey
- Snowmobile

**Cold therapy:** Recommended in the treatment of inflammation caused by: tendonitis, strains, sprains, as well as for minor burns.

**Hot therapy:** Increases the flexibility of soft tissues, including muscles and connective tissue. Recommended to ease pain due to: arthritis, spasms and cramps.

**Made of:** neoprene covered with brushed nylon and terry cloth interior lining.



## Available sizes

CODE	HIP CIRCUMFERENCE	SIZE
9960	64 - 94 cm (25 - 37")	SMALL/MEDIUM
9961	94 - 125 cm (37 - 49")	LARGE/XLARGE
99611	125 - 155 cm (49 - 61")	XXLARGE

To determine proper size, measure the circumference of the hips at the navel level. If the result is between two sizes, choose the largest.

## Adjustment

Unroll the belt. Position the belt on your lumbar arch. Keep sides in your hands and bring left hand toward your abdomen and hold. Stretch the right side of the belt and attach Velcro® band. Attach the belt first and add extra support by stretch and attach the tension strap. Use the Formedica® gel compress GEL-PAK™ to relieve pain.

## Cleaning

Wash by hand with mild soap and air-dry.

## Recommendations

Unless followed by a professional, we always recommend wearing the lumbar support intermittently to prevent the weakening of muscles (remove the support few hours every day).

**Caution:** If pain should persist, or if you wish to know more about how to use this product, consult a health specialist.