Abdominal belt

Product description
Designed to support weak abdominal muscles after surgery or child birth. The Abdominal Belt may also be used to relieve lower back pain due to weak abdominal muscles.

Characteristics
- Velcro®-type closures
- Moderate support
- Easy adjustment
- Unisex
- Two models: 23 cm (9”) elastic band without stays and 30 cm (12”) elastic band with three flexible stays in the back
- Colour: beige

Indications
- Lumbar pain
- Post-surgery
- Post-childbirth

Made of: 60% Polyester, 27% Elastic, 13% Nylon

Available sizes

<table>
<thead>
<tr>
<th>HEIGHT 23 CM (9”)</th>
<th>HEIGHT 30 CM (12”)</th>
<th>CHEST CIRCUMFERENCE</th>
<th>SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>9581</td>
<td>9588</td>
<td>64 - 94 cm (25” - 37”)</td>
<td>SMALL/MEDIUM</td>
</tr>
<tr>
<td>9582</td>
<td>9589</td>
<td>94 - 125 cm (37” - 49”)</td>
<td>LARGE/XLARGE</td>
</tr>
<tr>
<td>9583</td>
<td>9590</td>
<td>125 - 150 cm (49” - 59”)</td>
<td>XXLARGE</td>
</tr>
</tbody>
</table>

To determine proper size, measure the circumference of the chest. If the result is between two sizes, choose the largest.

Adjustment
Unroll the belt. Keep the central strip at your lower back and the curved side above the sacrum. Keep belt sides in your hands, bring the left hand toward your abdomen, and hold. Stretch the right side of the belt, and attach the Velcro® ensuring adequate pressure on abdominal muscles.
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.