

## POSTURE PLUS™ support belt

### Product description

Designed to improve intra-abdominal tension and decrease the strain on the spine. The Posture Plus™ belt relocates the center of gravity and limits the torsion movements of the lumbo-sacral region. Supports the spine in sacrum and lumbar and keeps the abdominal muscles compact to strengthen the core of the body. Recommended to support lumbar region while lifting objects as well as to help relieve lumbar pains caused by poor posture in long-hours sitting positions.

### Characteristics

- Light and comfortable
- Includes a removable compression pad
- Supports the spine in sacrum and lumbar and keeps the abdominal muscles compact to strengthen the core of the body
- Does not restrain muscle contraction
- Light support
- Easy adjustment
- Velcro®-type closures

### Indications

- Lower chronic back pain
- Discopathy
- Postural compensation
- Do not use the pad at sacrum if spondylosis or spondylolisthesis known

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

### Available sizes

CODE	HIP CIRCUMFERENCE	SIZE
92822	64 - 94 cm (25 - 37")	SMALL/MEDIUM
92832	94 - 125 cm (37 - 49")	LARGE/XLARGE
92833	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 stretching and attaching the two elastic straps. Position the compression pad in the belt pouch to add more support.





**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.