

Patient Application Instructions

BEFORE USING THE DEVICE, PLEASE READ THE **INSTRUCTIONS FOR USE COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.**

APPLICATION INSTRUCTIONS

The product is designed to be worn during normal everyday activities.



1. Open the belt and loosen the lateral straps.



2. Place the belt around the waist, placing your hands in the finger loops located on the front closures. Make sure that the lumbar belt is correctly centred over your spine (the stays should be positioned on either side of the spine). Position the bottom part of the belt at the top of the gluteal cleft.



3. Pull the finger loops to extend the main fabric and wrap it around your waist.



4. Fasten the belt with the right side over the left.



5. Pull the lateral straps forward equally with gentle force until the desired level of support is achieved. Then fasten them to the front closure using the hook-and-loop fasteners.



6. The 2 front stays can be removed through the slots.



7. The level of compression can be readjusted as needed during the day.

ACCESSORIES

- The DonJoy Actistrap 2.0 has been designed to be used with the following optional accessories:
- Massaging back pad. The dots should face the back’s curvature. Fasten the pad to the back of the belt using the hook-and-loop fasteners (arrow symbol pointed upwards).
 - Shoulder straps. These allow you to open the belt when support is not needed without having to remove the entire belt. Attach the shoulder straps to the belt using the hook-and-loop fasteners.
 - Hot/cold pack with pouch. Fasten the pouch to the back belt using the hook-and-loop fasteners.

INTENDED USE / INDICATIONS

The DonJoy Actistrap 2.0 is designed to provide comfort and support of the lumbar spine. It may be suitable for the symptomatic relief of acute and chronic low back pain. Provides compression without significant restriction of mobility, can be adjusted as and when required by the adjustable strap. Acute lower back pain, chronic low back pain, muscular weakness.

WARNINGS AND PRECAUTIONS

- We recommend that the first application be made under supervision of a healthcare professional.
- If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, consult a healthcare professional immediately.

CLEANING INSTRUCTIONS

Machine washable at gentle cycle (max 40°C) with a mild detergent.

INTENDED FOR SINGLE PATIENT MULTIPLE USE

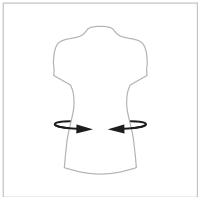
NOT MADE WITH NATURAL RUBBER LATEX

NOTICE: While every effort has been made in state-of-the-art techniques to obtain the maximum compatibility of function, strength, durability and comfort, there is no guarantee that injury will be prevented through the use of this product.

Individual results may vary. Neither DJO, LLC nor any of its subsidiaries dispense medical advice. The contents of this document do not constitute medical, legal, or any other type of professional advice. Rather, please consult your healthcare professional for information on the courses of treatment, if any, which may be appropriate for you.

ORDERING INFORMATION

PART NUMBER		WAIST CIRCUMFERENCE	SIZE
HEIGHT 21CM	HEIGHT 26CM		
82-0072-1	82-0073-1	56 - 68 cm	XS
82-0072-2	82-0073-2	68 - 82 cm	S
82-0072-3	82-0073-3	82 - 98 cm	M
82-0072-4	82-0073-4	98 - 116 cm	L
82-0072-5	82-0073-5	116 - 136 cm	XL
82-0072-6	82-0073-6	136 - 156 cm	XXL



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