These instructions contain general guidelines for using and caring for your Panther brace. If your physician’s instructions differ in any way, those orders must supersede these guidelines.

If you experience pain or swelling while wearing your Panther brace, immediately contact the medical professional who supplied it.

Your Panther brace may have been provided off-the-shelf (OTS) or it may have been custom fitted by a medical professional.

CLEANING THE PANTHER

Hand wash the brace with mild soap and cool water. Dry flat between towels.

Hand Wash  Do Not Bleach  Dry Flat  Do Not Tumble Dry  Do Not Iron

TIPS FOR WEARING THE PANTHER

Wear a cotton t-shirt or similar garment under the brace.

You may wear the Panther directly against your skin, but this is not recommended. It’s much easier to wash a t-shirt than to clean your brace.

If you need to use the restroom frequently, you may choose to wear the Panther outside your clothing.

If donning the brace as suggested is difficult for you, an alternate method is to lay the brace flat on the bed and lie face-up on top of it. This will make it easier to tighten.

WARRANTY

Blue Diamond Orthopedic warrants its spinal braces for one year from the date delivered.

INSTRUCTIONS FOR USE
**PUTTING YOUR BRACE ON**

1. Loosen the Pull Handles and tack them near the rear of the belts. Pull to extend them.
2. Put the brace on like a jacket, one arm at a time. Position the brace so the back panel aligns with your spine’s curve and is centered on your spine.
3. Holding the left belt against your stomach, touch the right belt down on top of the left belt.
4. Pull the right and left Pull Handles forward to compress the body, then place them on the front.

**TAKING YOUR BRACE OFF**

1. Loosen the Pull Handles, placing them towards the rear of the belts.
2. Unbuckle the chest strap and loosen the shoulder straps (if necessary).
3. Detach the right belt from the left belt in the front.
4. Pull the right and left Pull Handles forward to compress the body, then place them on the front.

**CLEANING YOUR BRACE**

To clean your Panther TL brace, you must take it apart. Please refer to your Panther TL Disassembly Instructions.

If your Panther TL Disassembly Instructions are not available, you can find them at: www.bluedortho.com

**Panther TL**

**Blue Diamond Orthopedic**

**WE GOT YOUR BACK**