

LYNX MP & SP SPINAL BRACES

INSTRUCTIONS FOR USE



PUTTING ON YOUR LYNX BRACE

1. Tack the outer cinch straps far enough back so that they are loose. If you did this when you last took the brace off, skip this step.
2. Press the left belt end to the left part of the front panel. This also will probably already have been done.
3. Position the brace so the back is centered on your back and stretch both sides of the elastic belt moderately, then press the right end of the belt to the right part of the front panel. At this point, the belt should be snug but not tight.
4. Using the handles provided, stretch the two outer cinch straps and press them onto the front of the brace. They should be tight yet comfortable. They may cross so that one fastens to the other.

TIPS ON WEARING YOUR LYNX BRACE

1. We recommend wearing a cotton t-shirt under the brace. You may wear the brace directly on the skin but it's easier to throw a t-shirt in the hamper than to hand wash and air-dry a Lynx brace.
2. If donning the Lynx brace as we've suggested is difficult for you, an alternate method is to lay the brace flat on the bed, lie down on top of it with the back plate in the correct position, then bring the straps over your shoulders.

It will be easier to fasten the front this way for two reasons:

- You won't have to hold the brace in place against gravity.
- This supine position allows gravity to pull your soft tissue inward, making it easier to tighten.

TAKING THE YOUR LYNX BRACE OFF

1. Loosen the cinch straps in the front of the brace, placing the Velcro hook far enough back so that it is loose.
2. Lift the either side of the belt off of the brace.
3. Lay the brace down taking care that the Velcro does not come in contact with knits or other fabrics as it could cause damage.

CLEANING YOUR LYNX BRACE

1. Remove the plates from your Lynx brace.
2. Hand wash with mild soap and cool water.
3. Dry flat between bath towels.

DISASSEMBLING YOUR LYNX BRACE

1. Remove the polymer plate from the front and back pockets.
2. When you remove the plates from their pockets, note how the "TOP OUTSIDE" text faces away from the body. If the text is not visible, mark the plate in some way so that you know which side is which. (A silver permanent marker works well

for this purpose.) Replacing the polymer plates incorrectly will cause the brace to fit improperly.

3. In the event a polymer plate has lost its markings, here are some tips:
 - The front plate is flat on top and curved on the bottom.
 - The back plate is wider at the base and narrower at the top.
 - Match the contours of the plate(s) with the shape of your body.
4. Detach the front panel from the belt.

REASSEMBLING YOUR LYNX BRACE

1. Slide the front and back polymer plate into their pockets.
2. Reattach the front panel to the left side of the brace

If you experience pain or swelling while wearing this brace, or for guidelines on when to wear your brace, contact your physician. If a component of this brace fails, contact your orthotic fitter for assistance.

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