



## ORTHOTIC REHAB

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### Use and Care of the Max-D™ LSO

Putting on the Max-D™ LSO (Note that the worn either :

- a) over a t-shirt and under the patients outer garment
  - b) over or under the outer garment
1. Disengage the hook and loop closures to separate the front abdominal panels of the brace.
  2. Determine correct top to bottom alignment by assuring that the center peak of the larger abdominal panel is pointed toward the legs. Additionally, the label inside of the larger abdominal panel displays the correct alignment.
  3. Wrap the brace around the back so the rigid lumbar support panel is centered over the lumbar sacral spine.
  4. Pull the ends of the abdominal panels around the waist so the center peak of the larger abdominal panel is approximately centered over the abdomen.
  5. Press the smaller abdominal panel over the larger panel to engage the hook and loop closure.
  6. Release each of the narrow compression straps from the brace and firmly grasp the end of each compression strap with either hand.
  7. Pull the ends of the compression straps forward and away from the body to increase the abdominal compression as tightly as comfort will allow. (Note: Maximum compression may be achieved with the least effort if this step is performed while lying on a bed or other flat surface).
  8. Press first one then the other compression strap to the abdominal panel to firmly engage the hook and loop closures thereby maintaining compression. Note that one adequately secures the Max-D™ LSO.

Readjusting the Max-D™ LSO to either tighten or loosen compression.

1. Grasp the ends of each compression strap and disengage them from the abdominal panel.
2. To tighten, pull the ends of the compression straps forward and away from the body to increase compression and then re-secure the compression straps across the abdominal panel.
3. To loosen, sit down to expand the brace and then re-secure the compression straps across the abdominal panel.

Removing the Max-D™ LSO

1. Grasp the ends of both compression straps and disengage them from the abdominal panel.
2. Grasp the small loop on the smaller abdominal panel and pull to disengage it from the larger abdominal panel.
3. After removing the Max-D™ LSO place it on a flat surface (inner side toward the surface).
4. Fully extend the ends of the abdominal panels apart to loosen the compression straps.
5. Attach the hook ends of the compression straps to the bottom rear edge of the corresponding abdominal lumbar panel to prevent tangling and make the next brace application easy to perform.

**Laundry Instructions:**

**NOTE:** The Max-D™ LSO may be laundered as needed to maintain good hygiene and integrity of the product.

1. Fasten all hook and loop closures to prevent tangling and degradation of the fasteners.
2. Hand wash with mild detergent. Do not use bleach or fabric softeners.
3. Rinse thoroughly in clear water.
4. Air dry

Question regarding the use or care of the Max-D™ LSO should be directed to Orthotic Rehab at 800-597-2547