

ObusForme BB-FM1-SM

ObusForme Back Support Belt (Female Physique) Instruction Manual

Model: BB-FM1-SM

1. PRODUCT OVERVIEW

The ObusForme Back Support Belt is specifically designed to conform to the female physique, offering optimal support and comfort for the lower back and abdominal muscles during various activities. It features a unique built-in, ventilated lumbar pad for additional postural support and breathable nylon mesh to minimize perspiration buildup. Elastic abdominal side panels allow for adjustable compression. This belt is lightweight, sleek, and can be worn either over or under clothing.



Figure 1: ObusForme Back Support Belt for Women. The image displays the ObusForme Back Support Belt designed for women, worn around the lower back. The belt features a light gray, breathable mesh material with vertical stripes and an integrated lumbar pad. The ObusForme logo is visible on the belt. The belt is secured with a hook and loop closure system, providing adjustable compression.

2. SETUP AND APPLICATION

1. **Select the Correct Size:** Ensure you have the appropriate size for your waist measurement. This model is Small/Medium. Refer to the product details for waist size ranges.
2. **Positioning:** Place the back support belt around your lower back, ensuring the built-in lumbar pad is centered over your spine.
3. **Secure the Main Closure:** Bring the main ends of the belt together at the front of your abdomen and secure them using the hook and loop closure. Adjust for a snug, comfortable fit that provides support without restricting breathing.
4. **Adjust Compression:** Utilize the additional elastic abdominal side panels to apply desired compression. Pull these panels forward and secure them over the main closure. You can adjust these panels to increase or decrease the level of support based on your activity.

The belt can be worn either on top of or underneath clothing, depending on personal preference and activity.

3. OPERATING AND USAGE GUIDELINES

The ObusForme Back Support Belt is designed to promote proper posture and body mechanics during various activities. It is suitable for use during:

- Gardening
- Painting
- Renovating
- Golf
- Hockey
- Other sports and activities requiring lower back and abdominal support.

Important: Adjust the elastic side panels to achieve the desired level of compression. Avoid overtightening, which can cause discomfort or restrict movement. The belt should provide firm support while allowing for natural movement.

4. MAINTENANCE AND CARE

To ensure the longevity and hygiene of your ObusForme Back Support Belt, follow these care instructions:

- **Cleaning:** Hand wash in cold water with mild soap.
- **Drying:** Air dry flat. Do not machine wash, tumble dry, bleach, iron, or dry clean.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Regularly inspect the belt for any signs of wear and tear, especially the hook and loop closures and elastic panels, to ensure continued effectiveness.

5. TROUBLESHOOTING

- **Discomfort or Restricted Movement:** If the belt feels too tight or causes discomfort, loosen the main closure and adjust the elastic side panels. Ensure the lumbar pad is correctly positioned.
- **Belt Slipping or Riding Up:** Re-adjust the belt to ensure it is securely fastened and positioned correctly on the lower back. Ensure the correct size is being used.
- **Reduced Support:** Over time, elastic materials may lose some of their stretch. If the belt no longer provides adequate support, it may need to be replaced.

If you experience persistent discomfort or issues, consult with a healthcare professional.

6. SPECIFICATIONS

Brand	ObusForme
Model Number	BB-FM1-SM
Size	Small/Medium
Color	White
Product Dimensions	38 x 1.3 x 8.3 inches
Item Weight	4.8 ounces
Department	Women's






Age Range	Adult
Manufacturer	Obus Forme

7. SUPPORT INFORMATION

For further assistance or inquiries regarding your ObusForme Back Support Belt, please refer to the manufacturer's official website or contact their customer service department.

Legal Disclaimer: Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is a support device and not a medical treatment.

Related Documents - BB-FM1-SM

	<p>ObusForme UltraForme Universal Backrest - User Guide and Warranty</p> <p>Learn how to use, care for, and understand the warranty for your ObusForme UltraForme Universal Backrest. Designed for ergonomic spinal support and pain relief.</p>
	<p>ObusForme Backrest Supports: Features, FAQs, and Warranty Information</p> <p>Learn about ObusForme Backrest Supports by HoMedics, including product features, how to use the lumbar support, adjustment instructions for CustomAIR models, cleaning tips, and the one-year limited warranty.</p>
	<p>ObusForme Ortho-Pedic Ultimate Pillow User Manual and Care Guide</p> <p>Detailed instructions for washing and care of the ObusForme by Homedics Ortho-Pedic Ultimate Comfort Pillow and Ultimate Neck Pillow, including warranty information and contact details.</p>
	<p>HoMedics ObusForme Ultra Premium Backrest Support (OFUF-BLK) - Ergonomic Comfort Guide</p> <p>Learn how to use and care for your HoMedics ObusForme Ultra Premium Backrest Support (OFUF-BLK). Features an 'S'-shaped frame for comfortable sitting and a one-year limited warranty.</p>
	<p>ObusForme Lumbar Support with Massage User Manual</p> <p>User manual for the ObusForme Lumbar Support with Massage by HoMedics (model OFSS-BLK). Learn about features, usage, care, safety, and warranty for this portable back support cushion with massage function.</p>