

Corflex H&PC-36078

Corflex Disc Unloader Spinal Orthosis H&PC-36078 User Manual

Model: H&PC-36078

1. INTRODUCTION

The Corflex Disc Unloader Spinal Orthosis is designed to provide relief from chronic or acute back pain by reducing pressure on the lumbar disc and transferring the load to the abdominal region. This orthosis is constructed with patient comfort in mind, utilizing breathable, lightweight fabric and a modular design for versatility throughout the care continuum. It aims to offer stability and support without hindering daily activities.

Key Features:

- Unloads pressure from the lumbar disc.
- Shifts load to the abdominal region for support.
- Includes a posterior gel insert for therapeutic cold or heat therapy.
- Constructed from soft, breathable fabric with contoured rigid A.B.S. inserts.
- Features elastic double-pulls and contact closure for secure fit.
- Inserts can be heat molded for individual patient customization.

2. SAFETY INFORMATION AND PRECAUTIONS

Please read all instructions carefully before using the Corflex Disc Unloader Spinal Orthosis. Improper use may result in injury or reduced effectiveness.

- Consult a healthcare professional before using this device, especially if you have pre-existing medical conditions or are pregnant.
- Do not overtighten the orthosis, as this may restrict circulation or cause discomfort.
- Discontinue use and consult a healthcare professional if you experience increased pain, numbness, tingling, or skin irritation.
- Keep out of reach of children.
- This product is intended for external use only.

- 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 medical device, not a dietary supplement.

3. COMPONENTS

The Corflex Disc Unloader Spinal Orthosis consists of the following main components:

1. **Main Body:** The primary wrap-around section made of breathable fabric.
2. **Rigid A.B.S. Inserts:** Contoured inserts providing structural support. These can be heat molded by a professional.
3. **Elastic Double-Pulls:** Straps designed to provide additional compression and adjustability.
4. **Contact Closure System:** Hook-and-loop fasteners for securing the orthosis.
5. **Posterior Gel Insert:** A removable insert for cold or heat therapy, placed at the back of the orthosis.



Figure 1: Corflex Disc Unloader Spinal Orthosis. This image shows the overall design of the orthosis, highlighting the main body and closure system.

4. SIZING AND FITTING

Proper sizing is crucial for the effectiveness and comfort of the orthosis. Refer to the sizing chart provided by your healthcare professional or the product packaging. The product is available in various sizes, including 2X-Large (50-55 inches).

To determine your size:

1. Measure the circumference of your waist at the widest point, typically around the navel.
2. Compare your measurement to the product's sizing chart to select the appropriate size.

Note: If you are between sizes, consult your healthcare provider for guidance.

5. SETUP AND APPLICATION

Follow these steps to correctly apply the Corflex Disc Unloader Spinal Orthosis:

1. **Prepare the Orthosis:** Lay the orthosis flat with the inside facing up. Ensure the rigid A.B.S. inserts are correctly positioned within their pockets. If using the gel insert for therapy, place it in the designated pocket at the back.
2. **Positioning:** Center the orthosis on your lower back, ensuring the bottom edge is just above your hip bones. The rigid inserts should align with your spine.
3. **Initial Fastening:** Bring the left side of the orthosis across your abdomen and secure it with the contact closure. Then, bring the right side over the left and secure it firmly, but comfortably, with its contact closure. The orthosis should feel snug around your waist.
4. **Adjusting Double-Pulls:** Locate the elastic double-pull straps on the sides. Pull these straps forward simultaneously to achieve the desired level of compression and support. Secure the ends of the double-pulls to the front of the orthosis using their contact closures.
5. **Final Check:** Stand upright and ensure the orthosis is comfortable and provides adequate support without restricting breathing or movement. Adjust as necessary.



Figure 2: Application of the orthosis. This image illustrates the general method of wrapping and securing the brace around the waist.

6. OPERATING AND DAILY USAGE

Once applied, the Corflex Disc Unloader Spinal Orthosis provides continuous support. The duration and specific activities for wearing the orthosis should be determined by your healthcare professional.

- **Therapeutic Gel Insert:** The included gel insert can be heated or cooled according to instructions provided with the insert for targeted therapy. Ensure the gel pack is not too hot or too cold to prevent skin injury.
- **Activity:** The lightweight and modular design allows for use during various daily activities. However, avoid strenuous activities that could compromise the orthosis's integrity or your recovery.
- **Comfort:** If the orthosis becomes uncomfortable, loosen the double-pulls or re-adjust the main body. Persistent discomfort should be reported to your healthcare provider.

7. MAINTENANCE AND CARE

Proper care extends the life of your orthosis and maintains its effectiveness.

- **Cleaning:** Hand wash only. Use mild soap and cold water. Rinse thoroughly.
- **Drying:** Air dry completely. Do not machine wash, tumble dry, iron, or bleach. Avoid direct sunlight or high heat, which can damage the materials.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Regularly inspect the orthosis for signs of wear, tear, or damage to the fabric, stitching, or contact closures. Replace if significantly damaged.
- **Gel Insert Care:** Follow the specific care instructions provided with the gel insert for heating, cooling, and cleaning.

8. TROUBLESHOOTING

Issue	Possible Cause	Solution
Orthosis feels too loose or slides down.	Incorrect sizing; insufficient tightening of double-pulls; worn contact closures.	Ensure correct size; re-adjust and tighten double-pulls; inspect contact closures for wear.
Orthosis feels too tight or causes discomfort.	Overtightening; incorrect sizing; improper positioning.	Loosen double-pulls; re-position the orthosis; verify correct size. Consult a professional if discomfort persists.
Skin irritation or redness.	Orthosis too tight; prolonged wear without breaks; allergic reaction to material.	Loosen orthosis; ensure proper hygiene; consult a healthcare professional. Discontinue use if irritation persists.
Gel insert not retaining temperature.	Improper heating/cooling duration; damaged gel pack.	Follow gel pack instructions precisely; replace gel pack if damaged.

9. SPECIFICATIONS

- **Brand:** Corflex
- **Model Number:** H&PC-36078 (Part Number: 35-4005)
- **ASIN:** B0070HRGOE
- **UPC:** 630745045501
- **Target Use Body Part:** Back
- **Age Range Description:** Adult
- **Special Features:** Lightweight, Breathable Fabric, Contoured Rigid A.B.S. Inserts, Elastic Double-Pulls, Contact Closure, Posterior Gel Insert (for hot/cold therapy).
- **Product Care Instructions:** Hand Wash Only
- **Size:** Available in various sizes (e.g., 2X-Large for 50-55" waist).

10. WARRANTY AND SUPPORT

For specific warranty information, please refer to the documentation included with your purchase or contact Corflex customer support directly. General product support and inquiries can be directed to the manufacturer.

Manufacturer: Corflex

Please retain your proof of purchase for any warranty claims.

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ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

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After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question