

ASPEN 580103

ASPEN Lumbar Support Back Brace Instruction Manual

Model: 580103

Brand: ASPEN

INTRODUCTION

The ASPEN Lumbar Support Back Brace is designed to provide support and help alleviate lower back discomfort. This medical-grade brace incorporates a patented 4:1 tightening system to deliver targeted compression and enhanced support for conditions such as acute flare-ups, muscle spasms, or fatigued muscles.

- **Targeted Compression:** Features a patented 4:1 tightening system for precise and adjustable support.
- **Comfortable Design:** Engineered for extended wear and can be worn discreetly under clothing.
- **Durable Material:** Inelastic panels are constructed from 100% polyester for flexibility and long-term use.
- **Clinically Researched:** Developed based on extensive clinical research, biomechanical analyses, and rigorous testing.

SAFETY INFORMATION

While a prescription is not required for purchase, individuals with serious medical conditions are strongly advised to consult with a licensed healthcare professional before using this product. Improper use may result in permanent injury. Proper fitting is essential for the brace to be effective. In certain circumstances, this product may be prescribed by a physician.

SIZING AND FIT

The ASPEN Lumbar Support Back Brace is available in six sizes. It is important to select the correct size for optimal support and comfort. If you are between sizes or prefer a looser fit, consider sizing up.

US Regular Sizing Chart

Brand Size	US Size (inches)	EU Size (cm)
X-Small	21-27 in	53-69 cm
Small	23-31 in	66-79 cm
Medium	31-36 in	79-91 cm
Large	36-42 in	91-107 cm
X-Large	41-48 in	104-122 cm
XX-Large	43-52 in	109-132 cm



Size XS Brace



Size S Brace

M



Size M Brace

S



Size L Brace

L



Size XL Brace



Size XXL Brace

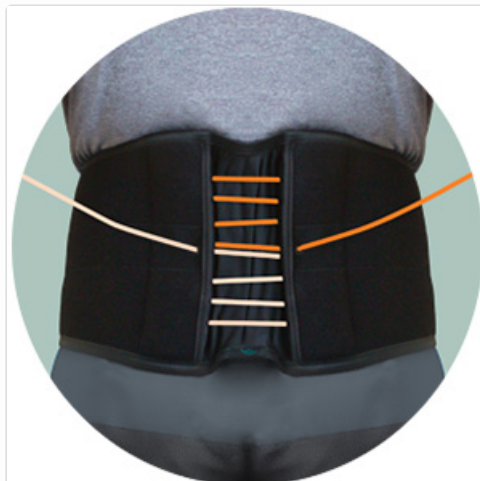
PRODUCT FEATURES

Patented 4:1 Tightening System

The brace features a patented 4:1 tightening mechanism that allows for independent adjustment of the top and bottom sections. This enables users to apply localized compression precisely where it is needed for optimal support and comfort.



Adjusting the pulley system for compression.



Internal cords for structural integrity.

Reliable Structural Integrity

Integrated vertical stays within the brace provide robust structural integrity. These stays offer necessary support while maintaining flexibility, allowing for comfortable movement during daily activities.

Integrated Anterior Panels

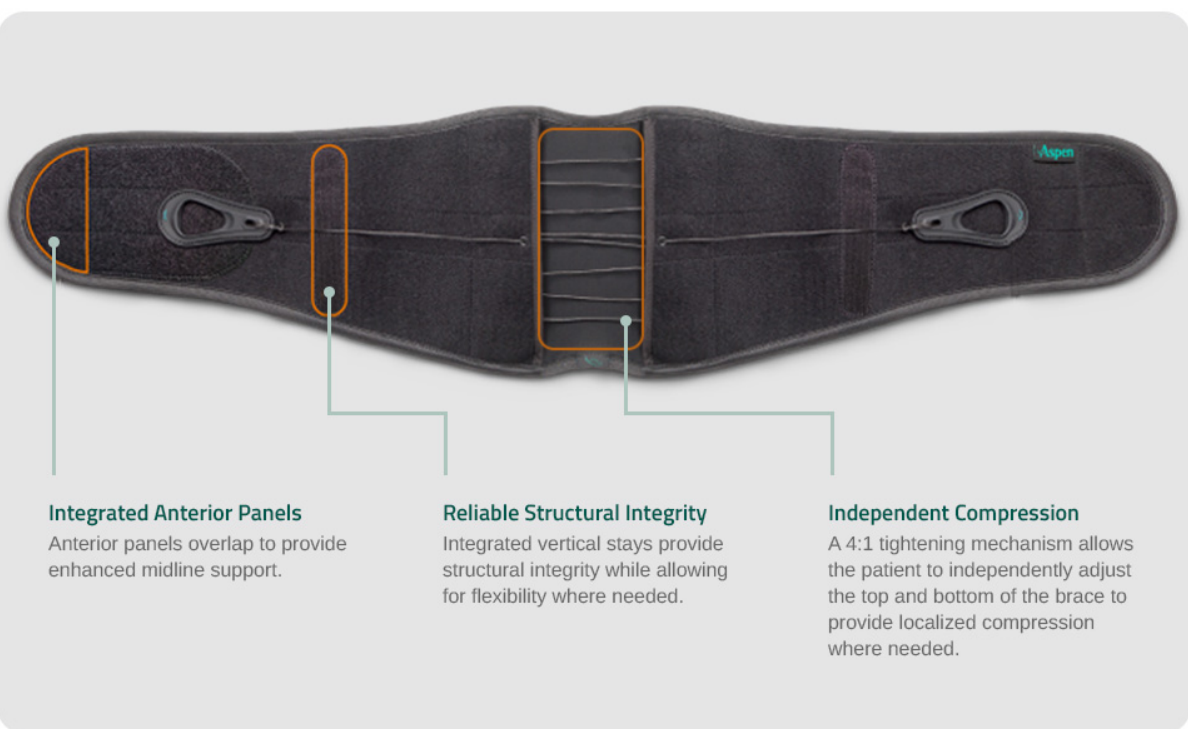
The brace includes integrated anterior panels that overlap to provide enhanced midline support. This design contributes to overall stability and effective compression across the lower back region.



Front view showing integrated anterior panels.

Material Composition

The inelastic panels of this brace are made from 100% polyester. This material is chosen for its flexibility, comfort, and durability, making it suitable for long-term use.



Detailed diagram of the brace's key features.

WEARING INSTRUCTIONS

Follow these steps for proper application and adjustment of your ASPEN Lumbar Support Back Brace:

1. **Positioning the Brace:** Place the brace around your lower back, ensuring the center panel is aligned with your spine. The bottom edge of the brace should sit just above your hips.
2. **Secure the Main Panels:** Bring the main front panels together and secure them firmly with the hook-and-loop fasteners. Ensure a snug but comfortable fit around your waist.
3. **Adjusting Compression:** Locate the two pull tabs on the sides of the brace. Gently pull these tabs forward to engage the patented 4:1 tightening system. This will apply compression to your lower back. Adjust the tension by pulling the tabs until you achieve the desired level of support and comfort.
4. **Final Adjustment:** Once the desired compression is achieved, secure the pull tabs to the front of the brace using their hook-and-loop fasteners. Ensure the brace feels secure and provides consistent support without restricting breathing or movement.



Proper application of the ASPEN Lumbar Support Back Brace.

CARE AND MAINTENANCE

To ensure the longevity and hygiene of your ASPEN Lumbar Support Back Brace, follow these care instructions:

- **Cleaning:** Hand wash the brace in cold water with mild soap. Do not use bleach or harsh detergents.
- **Drying:** Air dry completely. Do not machine dry or expose to direct heat, as this can damage the materials and elastic components.
- **Storage:** Store the brace in a clean, dry place away from direct sunlight when not in use. Ensure all hook-and-loop fasteners are closed to prevent them from snagging on other fabrics.
- **Inspection:** Regularly inspect the brace for any signs of wear, tear, or damage to the fabric, stitching, or pulley system. Discontinue use if significant damage is observed.

TROUBLESHOOTING

If you encounter issues with your ASPEN Lumbar Support Back Brace, consider the following:

- **Discomfort or Pinching:** Re-evaluate the sizing. The brace might be too small, or it may be positioned incorrectly. Adjust the main panels and the compression tabs for a more comfortable fit.
- **Insufficient Support:** Ensure the brace is snug against your body and the compression tabs are pulled sufficiently. If the brace feels loose, it might be too large, or the fasteners may not be fully engaged.
- **Difficulty Adjusting:** Check if the pulley system cords are tangled or obstructed. Ensure the tabs are clean and free from debris that might hinder their attachment.
- **Skin Irritation:** If skin irritation occurs, ensure the brace is clean and dry. Consider wearing a thin, breathable layer of clothing underneath the brace. If irritation persists, discontinue use and consult a healthcare professional.

SPECIFICATIONS

Model Number: 580103

Product Dimensions: 7.3 x 9.65 x 3.6 inches

Item Weight: 9.92 ounces

Material: 100% Polyester (inelastic panels)

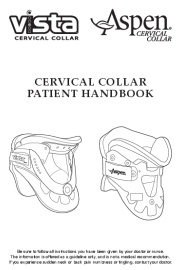

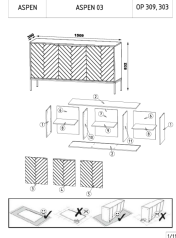
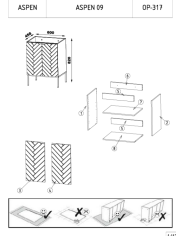
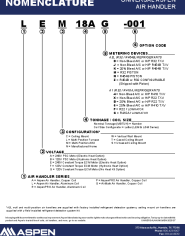

Specific Uses: Lumbar Support

Target Area: Back

Age Range: Adult

LEGAL DISCLAIMER

Health regulations prohibit returns unless the item is unused, in the same condition that you received it, and in its original packaging. A prescription is not required for purchase, but if you suffer from a serious medical condition, we strongly suggest that you consult with a licensed healthcare professional before using this product. Permanent injury may result from any improper use of this product. Proper fitting is required for this product to be effective. Under some circumstances, this product may be prescribed by a physician.

 <p>Aspen Vista Cervical Collar Patient Handbook</p>	<p>Aspen Vista Cervical Collar Patient Handbook and Guide</p> <p>This patient handbook provides essential information for using the Aspen Vista Cervical Collar, including instructions on motion restriction, skin care, pad replacement and cleaning, at-home care, and fitting guidelines. It also details different types of cervical collars and nursing procedures for their care.</p>
 <p>Aspen Multipost Collar Cleaning and Care Guide</p>	<p>Aspen Multipost Collar Cleaning and Care Guide</p> <p>Comprehensive guide for cleaning and maintaining the Aspen Multipost Collar. Learn how to safely remove, wash, dry, and reapply pads and clean the plastic shell for optimal performance and hygiene.</p>
 <p>ASPEN 03 Sideboard Assembly Instructions</p>	<p>ASPEN 03 Sideboard Assembly Instructions</p> <p>Comprehensive assembly guide for the ASPEN 03 sideboard, detailing parts, accessories, and step-by-step instructions for building the furniture. Includes safety information regarding wall mounting.</p>
 <p>ASPEN 09 OP-317 Bathroom Cabinet Assembly Instructions</p>	<p>ASPEN 09 OP-317 Bathroom Cabinet Assembly Instructions</p> <p>Comprehensive assembly guide for the ASPEN 09 OP-317 bathroom vanity unit. Includes parts list, safety precautions, and step-by-step instructions with diagrams described in text.</p>
 <p>Universal Aspen Air Handler Nomenclature Guide</p>	<p>Universal Aspen Air Handler Nomenclature Guide</p> <p>A guide to understanding the nomenclature for Universal Aspen Air Handlers, detailing model configurations, voltage, tonnage, coil size, metering devices, and option codes.</p>
 <p>Aspen AAM Series Electric Multi-Position Air Handler - Technical Specifications & Data</p>	<p>Aspen AAM Series Electric Multi-Position Air Handler - Technical Specifications & Data</p> <p>Explore the Aspen AAM Series electric multi-position air handlers featuring copper coils. This document provides detailed performance data, electrical specifications, dimensions, and nomenclature for R22, R410A, R454B, and R32 refrigerant systems.</p>