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ASPEN SG_B01N8W669B_US

ASPEN Lumbar Support Back Brace Instruction Manual

Model: SG_B01N8W669B_US

IMPORTANT SAFETY INFORMATION

This product is designed to provide support for the lower back. While a prescription is not required for purchase, it is strongly recommended to consult with a licensed healthcare professional before using this product, especially if you have a serious medical condition. Improper use may result in permanent injury. Proper fitting is essential for the product's effectiveness.

Health regulations prohibit returns unless the item is unused, in the same condition as received, and in its original packaging.

PRODUCT OVERVIEW

The ASPEN Lumbar Support Back Brace is engineered to help alleviate low back pain resulting from acute flare-ups, spasms, or fatigued muscles. This medical-grade, inelastic brace incorporates ASPEN's patented 4:1 tightening system, which allows for enhanced and targeted compression.

Materials: The brace is constructed from durable materials including Nylon, Polyester, HDPE, PVC, Polyurethane, and UHMWPE, ensuring both support and comfort.



LUMBAR SUPPORT DISCOMFORT THERAPY BRACE



Image: ASPEN Lumbar Support Discomfort Therapy Brace banner.



Image: Diagram highlighting the Integrated Anterior Panels, Reliable Structural Integrity, and Independent Compression features of the brace.

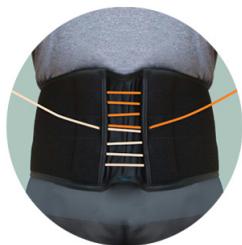
SIZING AND FIT

Accurate sizing is crucial for the optimal performance and comfort of your lumbar support brace. Please measure your waist circumference carefully before selecting a size. This brace is available in six sizes. Note that sizes tend to run small; if your measurement is at the upper end of a size range, consider sizing up for a more comfortable and effective fit.

For the Large size (Pack of 1), the recommended waist circumference is 36-42 inches.

Size Guide:

Brand Size	Waist (in)
X-Small (Pack of 1)	21 - 27
Small	26 - 31
Medium (Pack of 1)	31 - 36
Large (Pack of 1)	36 - 42
X-Large (Pack of 1)	41 - 48
2X-Large (Pack of 1)	43 - 52



X-Small



Small



Medium



Large

S



X-Large

M



2X-Large

SETUP AND APPLICATION

- 1. Positioning the Brace:** Wrap the main body of the brace around your lower back. Ensure the ASPEN label is visible and positioned correctly at the front for proper alignment.
- 2. Securing the Main Panels:** Bring the front panels together and secure them firmly using the hook-and-loop fasteners.
- 3. Initial Fit:** The brace should feel snug but not uncomfortably tight at this stage.



Image: The ASPEN Lumbar Support Back Brace correctly positioned on a user's lower back.

OPERATING THE BRACE (ADJUSTING COMPRESSION)

The ASPEN Lumbar Support Back Brace features a patented 4:1 tightening mechanism, allowing for precise and independent adjustment of compression to your lower back.

- 1. Locate Pull Tabs:** Identify the two pull tabs located on either side of the brace. These tabs are connected to the internal pulley system.
- 2. Apply Compression:** Gently pull both tabs forward simultaneously. You will feel the brace tighten around your lower back, providing targeted compression. Pull until you achieve your desired level of support and comfort.
- 3. Secure Pull Tabs:** Once the desired compression is reached, secure the pull tabs to the hook-and-loop fasteners on the front of the brace.
- 4. Independent Adjustment:** The design allows for independent adjustment of the upper and lower sections

of the brace, enabling localized compression where it's most needed.

5. **Wearing Options:** The brace is designed to be comfortable for extended wear and can be worn discreetly under clothing or over clothing, depending on your preference.



Images: Steps for adjusting the brace's compression using the pull tabs.

MAINTENANCE AND CARE

- **Cleaning:** Hand wash the brace with mild soap and cold water. Air dry completely. Do not machine wash, tumble dry, bleach, or iron, as this may damage the materials and compromise the brace's effectiveness.
- **Velcro Care:** To maintain the strength and longevity of the hook-and-loop fastening system, always fasten the Velcro straps to their opposing sides when not in use or during cleaning. This prevents lint and debris from accumulating, which can weaken the bond. A stiff brush can be used to gently clean the hook side if it becomes fouled.
- **Storage:** Store the brace in a clean, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

- **Insufficient Support/Loose Fit:**
 - Ensure the brace is correctly positioned with the ASPEN label at the front.
 - Verify that the main front panels are securely fastened.
 - Pull the adjustment tabs firmly until the desired compression is achieved, then secure them.
 - Check your sizing against the provided size guide. If the brace feels consistently too loose even when fully tightened, you may need a smaller size.
- **Excessive Tightness/Discomfort:**
 - Loosen the adjustment tabs slightly until a comfortable level of compression is reached.
 - Ensure the brace is not worn directly against bare skin if irritation occurs; consider wearing it over a thin layer of clothing.

- Re-check your sizing. If the brace feels too tight even at its loosest setting, you may need a larger size.

- **Cords or Pulley System Issues:**

- Inspect the cords for any signs of fraying or damage.
- Ensure the cords are properly threaded through the pulley system and are not tangled.
- If a cord appears defective or too short to function correctly, contact customer support for assistance.

SPECIFICATIONS

Brand: ASPEN

Model Number: SG_B01N8W669B_US

Product Dimensions: 7 x 10.15 x 2.65 inches

Item Weight: 12.32 ounces

Materials: Nylon, Polyester, HDPE, PVC, Polyurethane, UHMWPE

Specific Uses: Herniated Disc, Sciatica, Scoliosis, Low Back Pain Relief

Age Range: Adult

WARRANTY AND SUPPORT

For specific warranty information regarding your ASPEN Lumbar Support Back Brace, please refer to the product packaging or contact ASPEN Medical Products directly. Details regarding product support, returns, and exchanges can typically be found on the manufacturer's official website or through your point of purchase.

You can visit the official ASPEN Store for more information and support:[ASPEN Store on Amazon](#)