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DonJoy Performance Bionic BOA Fit System Back Brace

DonJoy Performance Bionic BOA Fit System Back Brace Instruction Manual

Model: Bionic BOA Fit System Back Brace

Introduction

This manual provides detailed instructions for the proper use, setup, and maintenance of your DonJoy Performance Bionic BOA Fit System Back Brace. This brace is designed to offer adjustable low-back support, aid in managing low-back pain, and provide lumbar control for conditions such as sprains and strains. It is suitable for daily activities, walking, and hiking.



Image: DonJoy Performance Bionic BOA Fit System Back Brace worn on the lower back.

Features

The DonJoy Performance Bionic BOA Fit System Back Brace incorporates several key features for effective support and comfort:

- **Two Removable Rigid Stabilizers:** Allows for adjustable support levels, providing enhanced stability when needed.
- **BOA Dial Technology:** Enables quick, precise micro-adjustments for a secure and customized fit with a simple turn of the dial.

- **Two Adjustable Back Panels:** Provides a personalized fit that conforms to various body types and contours.
- **Pull Tabs:** Facilitates easy application and removal of the brace, enhancing user convenience.
- **Ventilation:** Designed with breathable materials for comfort during extended wear, reducing heat buildup.
- **Contoured Design:** Ensures a comfortable, low-profile fit around the waist, allowing for discreet wear under clothing.



Image: Key features of the Bionic BOA Fit System Back Brace.

Setup and Application

Follow these steps to correctly apply and adjust your DonJoy Performance Bionic BOA Fit System Back Brace for optimal support and comfort.

1. **Positioning the Brace:** Unfasten the brace and center it on your lower back, ensuring the rigid panels (if used) are aligned with your spine. The BOA dial should be positioned on the side of your body.



Image: Preparing to apply the back brace.

2. **Securing the Front Panels:** Bring the front panels of the brace around your waist and secure them together using the hook-and-loop fasteners. Ensure a snug but not overly tight initial fit.



Image: Securing the front panels of the brace.

3. **Adjusting with the BOA Fit System:**
    - **Engage the Dial:** Push the BOA dial inward until it clicks to engage the tightening mechanism.
    - **Tighten the Brace:** Turn the BOA dial clockwise to gradually tighten the brace. Adjust until you achieve the desired level of compression and support. The dual BOA system allows for precise micro-adjustments.



Image: Adjusting the brace using the BOA dial.

- **Release the Brace:** To loosen or remove the brace, pull the BOA dial straight outward for a quick release.

Operating the BOA Fit System

The BOA Fit System provides a precise and customizable fit. Understanding its operation is key to maximizing the brace's effectiveness.

Your browser does not support the video tag.

Video: This video demonstrates the application and adjustment of the DonJoy Performance Bionic BOA Fit System Back Brace, showing how to engage the dial, tighten the brace, and use the quick release feature.

- **To Tighten:** Push the BOA dial in until it clicks, then turn it clockwise. Each click represents a micro-adjustment, allowing you to achieve the exact level of compression required.

- **To Loosen/Release:** Pull the BOA dial straight outward. This disengages the lacing system, allowing for immediate loosening or removal of the brace.
- **Fine-Tuning:** Throughout the day, you can easily re-engage and turn the dial to adjust the fit as needed, without removing the brace.

Maintenance

Proper care will extend the life of your DonJoy Performance Bionic BOA Fit System Back Brace and ensure its continued effectiveness.

- **Cleaning:** Hand wash the brace in cold water with mild soap. Do not use bleach, fabric softeners, or harsh detergents, as these can damage the materials.
- **Drying:** Air dry completely. Do not machine dry, iron, or expose to direct heat, as this can deform the brace. Ensure the brace is fully dry before storage or re-use.
- **Storage:** Store in a cool, dry place away from direct sunlight and extreme temperatures.
- **BOA System Care:** Keep the BOA dial and laces free from dirt, sand, and debris. If needed, gently clean with a damp cloth. Avoid applying oils or lubricants to the BOA mechanism.

Troubleshooting

If you encounter issues with your back brace, consider the following common solutions:

- **Discomfort or Pinching:** Re-adjust the brace. Ensure it is centered and not too tight in any one area. The BOA system allows for fine adjustments to relieve pressure points. If discomfort persists, loosen the brace or discontinue use.
- **Insufficient Support:** Ensure the brace is tightened adequately using the BOA dial. Verify that the rigid stabilizers are correctly inserted into their pockets if you require maximum support.
- **BOA Dial Not Engaging/Releasing:** Check for any debris obstructing the dial mechanism. Ensure you are pushing the dial firmly inward to engage and pulling it straight outward to release. If the dial is stuck, gently try to clear any obstructions.
- **Brace Slipping:** Ensure the brace is properly sized and tightened to your waist. If the issue persists, re-evaluate your size against the product's sizing guide or contact customer support.

Specifications

Feature	Detail
Brand	DonJoy Performance
Model	Bionic BOA Fit System Back Brace
ASIN	B07J9JFSS5
Package Dimensions	12.68 x 7.56 x 3.62 inches
Item Weight	2.16 Pounds
Specific Uses	Disc Herniation or Degeneration, Acute and Chronic Low-Back Pain, Activity or Work-Related Low Back Pain

Age Range	Adult

Important Safety Information

Please read and understand all safety information before using this product. Failure to do so may result in injury or product damage.

- **Medical Advice:** Statements regarding this product have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Always consult with a healthcare professional for diagnosis and treatment of any medical condition.
- **Proper Fit:** Ensure the brace is fitted correctly to avoid discomfort or reduced effectiveness. Do not overtighten, as this can restrict circulation or cause skin irritation.
- **Discontinue Use:** If you experience increased pain, discomfort, numbness, tingling, skin irritation, or any adverse reactions while wearing the brace, discontinue use immediately and consult a healthcare professional.
- **Not a Substitute:** This product is not a substitute for professional medical advice, diagnosis, or treatment. Use only as directed by a healthcare professional.
- **Children and Pets:** Keep out of reach of children and pets to prevent accidental ingestion of small parts or misuse.

Warranty and Support

For warranty information or product support, please contact DonJoy Performance customer service directly. Refer to the product packaging or the official DonJoy Performance website for the most current contact details and warranty terms.
Manufacturer: DonJoy Global

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