

FREETOO Lumbar Support Back Brace B08HM43RL8

FREETOO Lumbar Support Back Brace with 6 Stays

Instruction Manual

1. PRODUCT OVERVIEW

The FREETOO Lumbar Support Back Brace is designed to provide robust support and relief for lower back pain. It features a combination of memory-aluminum stays and steel springs for comprehensive vertical support, helping to stabilize the back and reduce pressure on spinal discs. Constructed from breathable, 4-way stretch elastic material with a soft velvet inner layer, it ensures comfort for extended wear.

Key Features:

- **Enhanced Support:** 4 memory-aluminum stays and 2 steel springs provide 360° vertical support.
- **Comfortable Design:** Made with 4-way stretch elastic material, 3D knitting technology, and a velvet inner layer for a soft, breathable fit.
- **Adjustable Compression:** Two elastic straps allow for customized compression around the lower back.
- **Anti-Skid Stability:** Two silicone anti-skid bands prevent the brace from rolling or shifting during movement.
- **Durable Fasteners:** Features 1.5"x3.7" wide Touch Fasteners made from PVC material, designed for strong adhesion without scratching skin or damaging clothes.
- **Durable Construction:** Double-stitched seams ensure long-lasting quality.

Intended Use:

This back brace is intended for individuals experiencing or seeking prevention for:

- Lower Back Pain
- Herniated Disc
- Sciatica
- Scoliosis
- Discomfort from long periods of standing or sitting
- Support during lifting activities
- Arthritic conditions affecting the back

2. SETUP AND SIZING

Choosing the Correct Size:

To ensure optimal support and comfort, it is crucial to select the correct size. **Do not choose based on pants size.**

- 1. **Measure Your Waist:** Use a measuring tape to measure your waist circumference at the level of your navel (belly button).
- 2. **Consult the Size Chart:** Refer to the table below to find your corresponding size.



Image: Size chart for FREETOO back brace.

FREETOO Back Brace Size Chart

Size	Waist (inches)	Waist (cm)
S	23.6" - 29.4"	60 - 75
M	29.5" - 37.3"	75 - 95
L	37.4" - 45.2"	95 - 115
XL	45.3" - 55.1"	115 - 140
2XL	55.1" - 66.9"	140 - 170

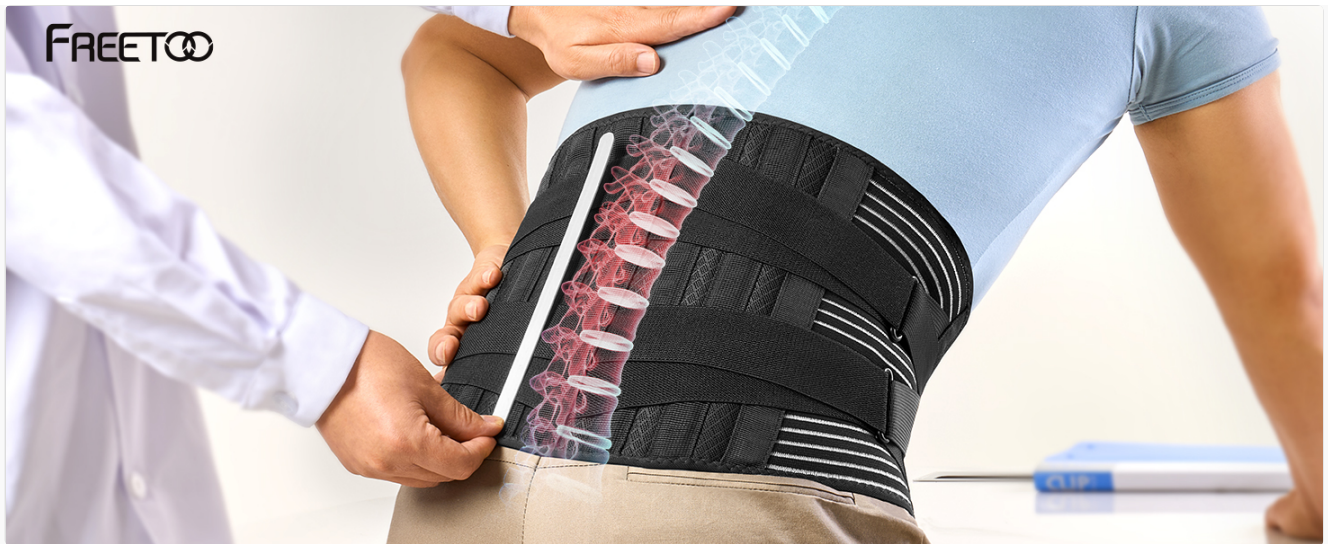


Image: Demonstrating how to measure your waist for sizing.

Wearing Instructions:

1. **Position the Brace:** Place the main body of the back brace around your lower back, ensuring the central support panel is aligned with your spine. The FREETOO logo should be visible at the front.
2. **Secure the Main Belt:** Wrap the main belt around your waist and secure the primary hook-and-loop fastener at the front. It should be snug but not uncomfortably tight.
3. **Adjust Compression Straps:** Pull the two elastic compression straps forward from the sides. These straps allow for additional, customizable compression. Secure them to the front panel using their hook-and-loop fasteners. Adjust until you achieve the desired level of support and comfort.
4. **Check for Fit:** Ensure the brace feels secure and supportive without restricting breathing or movement. The silicone anti-skid bands should help keep the brace in place.



Image: Person adjusting the FREETOO back brace.

Easy-tightening Pulley System

Achieve maximum stability



Image: Easy-tightening pulley system for maximum stability.

Adjustable Dual Compression Strap System

Achieve perfect fit



Image: Adjustable dual compression strap system for a perfect fit.

3. OPERATING AND USAGE GUIDELINES

The FREETO Lumbar Support Back Brace is designed for daily use to provide support and comfort during various activities. It can be worn discreetly under clothing due to its slim and soft design.

Recommended Usage:

- **Daily Activities:** Wear during routine tasks, work, or light exercise to maintain proper posture and support.
- **Prolonged Sitting/Standing:** Ideal for individuals who spend long hours sitting at a desk or standing, helping to alleviate strain.
- **Lifting:** Provides additional lumbar support when lifting objects, reducing the risk of injury.
- **Pain Management:** Can be worn to help manage discomfort associated with back pain, sciatica, herniated discs, and scoliosis.

Instantly Relieves Low Back Pain

Dealing with back pain, sciatica,
scoliosis, back strains, arthritic conditions



Image: Brace providing instant relief for low back pain.



Image: Brace worn while sitting at a desk.



Image: Brace worn while lifting luggage.



Image: Brace worn while gardening.

4. CARE AND MAINTENANCE

Proper care will extend the life of your FREETO Back Brace and maintain its effectiveness.

Cleaning Instructions:

- **Hand Wash Recommended:** Gently hand wash the brace in cold water with a mild detergent.
- **Do Not Bleach:** Avoid using bleach or harsh chemicals, as these can damage the fabric and elastic properties.
- **Air Dry:** Lay flat to air dry. Do not tumble dry, iron, or dry clean. Direct heat can degrade the materials.
- **Avoid Fabric Softeners:** Fabric softeners can reduce the effectiveness of the moisture-wicking properties and the grip of the hook-and-loop fasteners.

Storage:

Store the brace in a clean, dry place away from direct sunlight when not in use. Ensure the hook-and-loop fasteners are closed to prevent them from snagging on other fabrics.

5. TROUBLESHOOTING

If you encounter any issues with your FREETOO Back Brace, consider the following:

- **Brace Rolling Up/Down:** Ensure the brace is sized correctly according to the waist measurement. The silicone anti-skid bands are designed to prevent this; check if they are positioned correctly against your skin or clothing. Adjust the tightness of the main belt and compression straps for a snug fit.
- **Discomfort or Excessive Pressure:** Re-adjust the compression straps. The brace should provide firm support but not cause pain or restrict breathing. If discomfort persists, ensure you have the correct size.
- **Hook-and-Loop Fasteners Losing Grip:** Over time, lint or debris can accumulate in the fasteners. Clean them gently with a brush or lint roller to restore adhesion.
- **Reduced Support:** Check if the stays are still intact and properly positioned within their pockets. Ensure the brace is worn correctly and adjusted to the appropriate tightness.

If problems persist, please contact FREETOO customer support for assistance.

6. SPECIFICATIONS

Feature	Detail
Brand	FREETOO
Model (ASIN)	B08HM43RL8
Support Stays	4 Memory-aluminum stays, 2 Steel springs
Material	4-way stretch elastic, 3D knitting, Velvet inner layer
Fasteners	1.5"x3.7" wide Touch Fasteners (PVC material)
Anti-skid Features	2 Silicone anti-skid bands
Specific Uses	Arthritis, Sciatica, Scoliosis, Spinal Stenosis, Herniated Disc, Lumbar Support, Pain Relief
Use For	Back
Age Range	Adult
Department	Unisex-Adult
Package Dimensions	7.48 x 5.12 x 2.36 inches; 10.58 ounces
Date First Available	September 7, 2020

7. WARRANTY AND SUPPORT

FREETOO is committed to customer satisfaction and product quality.

Warranty Information:

- **30-Day Replacement:** If you are not satisfied with your purchase, FREETOO offers a 30-day replacement service.
- **Lifetime Service:** The product is backed by a lifetime service commitment, ensuring ongoing support for your FREETOO Back Brace.

Customer Support:

For any questions, concerns, or support needs, FREETOOL provides 24-hour customer support. Please refer to the contact information provided with your product packaging or visit the official FREETOOL store on Amazon for assistance.

Note: 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. Consult with a healthcare professional for medical advice.

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Related Documents - Lumbar Support Back Brace B08HM43RL8

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<p>Bracepost Adjustable Back Brace Instruction Manual</p> <p>This manual provides detailed instructions for using the Bracepost adjustable back brace, covering proper fitting, intended use, features, safety precautions, and maintenance for effective back pain relief and injury prevention.</p>	<p>Bracepost Adjustable Back Brace Instruction Manual</p> <p>This manual provides detailed instructions for using the Bracepost adjustable back brace, covering proper fitting, intended use, features, safety precautions, and maintenance for effective back pain relief and injury prevention.</p>
<p>G-FORCE Braces Cryo Back Brace User Guide and Instructions</p> <p>Comprehensive guide for using the G-FORCE Braces Cryo Back Brace. Learn about its indications, preparation, application, cleaning, and important cautions for effective pain relief and support.</p>	<p>G-FORCE Braces Cryo Back Brace User Guide and Instructions</p> <p>Comprehensive guide for using the G-FORCE Braces Cryo Back Brace. Learn about its indications, preparation, application, cleaning, and important cautions for effective pain relief and support.</p>
<p>Adjustable Lumbar Lower Back Support Brace - Instructions and Care</p> <p>Detailed instructions for using the Brace Direct Adjustable Lumbar Lower Back Support Brace (SKU: BKB121), including fitting, adjustment, and care guidelines.</p>	<p>Adjustable Lumbar Lower Back Support Brace - Instructions and Care</p> <p>Detailed instructions for using the Brace Direct Adjustable Lumbar Lower Back Support Brace (SKU: BKB121), including fitting, adjustment, and care guidelines.</p>
<p>THE TENS ELECTRODE PLACEMENT ATLAS</p> <p>A comprehensive guide detailing the correct placement of TENS electrodes for various types of pain, including shoulder, neck, back, arm, stomach, hip, sciatica, knee, ankle, and foot pain, as well as for fatigue and relaxation.</p>	<p>The TENS Electrode Placement Atlas: A Guide to Pain Relief</p> <p>A comprehensive guide detailing the correct placement of TENS electrodes for various types of pain, including shoulder, neck, back, arm, stomach, hip, sciatica, knee, ankle, and foot pain, as well as for fatigue and relaxation.</p>



[Adjustable Back Brace Posture Corrector for Men and Women - Sizing and Usage Guide](#)

Comprehensive guide for the adjustable back brace posture corrector. Includes detailed sizing chart by waist, height, and weight, along with step-by-step usage instructions for men and women to improve posture and provide lumbar support.

Size	Men's Size (Waist x Height)	Women's Size (Waist x Height)	Weight Range
S	30-34" (76-86 cm) x 5'0"-5'4"	24-28" (61-71 cm) x 4'8"-5'0"	110-150 lbs (50-68 kg)
M	34-38" (86-96 cm) x 5'4"-5'8"	28-32" (71-81 cm) x 5'0"-5'4"	150-190 lbs (68-86 kg)
L	38-42" (96-106 cm) x 5'8"-6'0"	32-36" (81-91 cm) x 5'4"-5'8"	190-230 lbs (86-104 kg)
XL	42-46" (106-116 cm) x 6'0"-6'2"	36-40" (91-101 cm) x 5'8"-6'0"	230-270 lbs (104-122 kg)
XXL	46-50" (116-126 cm) x 6'2"-6'4"	40-44" (101-111 cm) x 6'0"-6'2"	270-310 lbs (122-140 kg)
XXXL	50-54" (126-136 cm) x 6'4"-6'6"	44-48" (111-121 cm) x 6'2"-6'4"	310-350 lbs (140-158 kg)