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## Dr. Scholl's 6DSJC0275B

# Dr. Scholl's Heavy-Duty Back Support Brace Instruction Manual

Model: 6DSJC0275B

## INTRODUCTION

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The Dr. Scholl's Heavy-Duty Back Support Brace is engineered to provide targeted support and comfort for individuals in demanding environments. It is designed to alleviate back pain and discomfort without restricting movement, promoting effective support while maintaining mobility. This brace is crafted for heavy-duty use, featuring adjustable components and reinforced support to soothe the lumbar region, which often bears the brunt of lifting and physical strain.

This manual provides essential information on how to properly set up, use, and maintain your back support brace to ensure its longevity and your comfort.

## SETUP AND SIZING

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To ensure optimal support and comfort, selecting the correct size and properly fitting the brace is crucial. The brace is designed to conform to your body shape.

- 1. Measure Your Waist:** Before applying the brace, measure the circumference around the widest part of your waist.
- 2. Select Your Size:** Refer to the sizing chart below to find the appropriate brace size based on your waist measurement.
- 3. Position the Brace:** Place the brace around your lower back, ensuring the reinforced lumbar support section is centered over your spine.
- 4. Secure the Fasteners:** Fasten the main closure securely around your waist. The heavy-duty grade Velcro allows for customized comfort and stability.
- 5. Adjust for Comfort:** Adjust the straps until the brace feels snug and supportive, but not uncomfortably tight. It should provide firm compression without hindering your breathing or movement.

**Dr. Scholl's**™

**GET THE PERFECT FIT**  
**FIND YOUR SIZE**

Measure the circumference around the wider part of your waist

SIZE	INCHES	CM
S/M	25-34"	64-86
L/XL	34-42"	86-107
2X/3X	42-52"	107-132

*Refer to this sizing chart to determine the correct brace size. Measure your waist circumference at its widest part to ensure a personalized and effective fit.*



*This image illustrates the proper placement of the Dr. Scholl's Heavy-Duty Back Support Brace on the lower back, designed to conform to the body for optimal support.*

## OPERATING INSTRUCTIONS

The Dr. Scholl's Heavy-Duty Back Support Brace is designed for continuous wear during activities that may strain the back, such as lifting, prolonged standing, or repetitive movements. Its primary function is to provide compression and targeted support to the lumbar region, mitigating muscle fatigue and promoting safer movement.

- **Daily Use:** Wear the brace during periods of physical activity or when you anticipate back strain. The adjustable neoprene fabric and elasticity mesh are designed for comfort while standing or sitting throughout the day.
- **Targeted Support:** The reinforced support system, including flexible stays, stabilizes your lumbar spine to reinforce stability and provide relief for conditions such as herniated discs, general back pain, scoliosis, and arthritis.
- **Breathability:** The high-quality, breathable fabric incorporates odor-reducing and moisture-wicking technology to maintain comfort and hygiene during extended wear.



The elasticity mesh ensures a personalized fit for your waist size, while also effectively preventing the accumulation of excessive heat



### HEAVY-DUTY GRADE VELCRO

Provides customized comfort and stability while withstanding heavy duty support during daily labor



Stabilizes comfortably conforms to your lumbar spine to reinforce stability

*A detailed view of the brace's interior, highlighting the flexible stays that provide reinforced lumbar support and the breathable elasticity mesh designed to prevent heat accumulation.*

**Dr. Scholl's**

Designed For

- Lumbar Support
- Herniated Disc
- Back Pain
- Scoliosis
- Arthritis

**SUPPORT WHEN & WHERE YOU NEED IT**

A versatile support that you can wear anytime or any place

PROFESSIONAL SERIES  
**WORK**

*The brace is designed to offer versatile support for various conditions affecting the lower back, including herniated discs, general back pain, scoliosis, and arthritis.*

## MAINTENANCE AND CARE

Proper care will extend the life of your Dr. Scholl's Heavy-Duty Back Support Brace and maintain its effectiveness.

- **Hand Wash Only:** Gently hand wash the brace in cold water with mild soap. Do not use bleach or harsh detergents.
- **Air Dry:** Lay flat to air dry completely. Do not machine wash, tumble dry, iron, or dry clean, as this can damage the fabric and structural components.
- **Inspect Regularly:** Periodically check the brace for any signs of wear, tear, or damage to the fabric, stitching, or Velcro fasteners. Replace the brace if significant damage is observed to ensure continued support and safety.

## TROUBLESHOOTING

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

- **Brace feels too loose or not supportive enough:** Ensure you have selected the correct size according to the sizing chart. Re-adjust the Velcro fasteners to achieve a firmer, yet comfortable, compression. The brace

should feel snug and provide noticeable support.

- **Brace feels too tight or causes discomfort:** Loosen the fasteners slightly. The brace should not restrict circulation or cause pain. If discomfort persists, re-check your size against the sizing chart.
- **Skin irritation:** Ensure the brace is clean and dry before wearing. If irritation occurs, discontinue use and consult a healthcare professional. Wearing a thin layer of clothing underneath the brace may also help.
- **Material wear or damage:** Inspect the brace for any rips, tears, or loss of elasticity. If the structural integrity is compromised, the brace may not provide adequate support and should be replaced.

## SPECIFICATIONS

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Feature	Detail
Brand	Dr. Scholl's
Model Name	Heavy-Duty Back Support Brace
Model Number	6DSJC0275B
Size	S/M (Other sizes available separately)
Specific Uses For Product	Herniated Disc, Sprain, Tailbone Disorder
Use for	Back
Age Range (Description)	Adult
Number of Items	1
Manufacturer	Lifeworks Technology Group LLC
UPC	812350264694
Included Components	1 Back Brace
Target Use Body Part	Back
Special Features	Lightweight
Closure Type	Pull On (with Velcro adjustment)
Item Weight	0.33 Pounds
Item Dimensions	2.36 x 7.67 x 9.84 inches
Color	Black
Material	Nylon, Spandex

## WARRANTY INFORMATION

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This Dr. Scholl's product is covered by a manufacturer's warranty against defects in materials and workmanship. Please retain your proof of purchase for warranty claims. For specific details regarding the warranty period and terms, refer to the packaging or contact Dr. Scholl's customer support.

## CUSTOMER SUPPORT

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For further assistance, questions, or concerns regarding your Dr. Scholl's Heavy-Duty Back Support Brace, please contact Dr. Scholl's customer service. Contact information can typically be found on the product packaging or the official Dr. Scholl's website.