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Rakiie ESP004

Rakiie Back Brace User Manual

Model: ESP004

1. INTRODUCTION

Thank you for choosing the Rakiie Back Brace. This manual provides essential information for the safe and effective use of your new lumbar support brace. Please read these instructions carefully before initial use and retain them for future reference. This device is designed to provide support and compression to the lower back, aiding in pain relief and posture correction.

2. PRODUCT FEATURES

- **Enhanced Support System:** Features 4 memory alloy stays, 2 spring strips, and 1 bionic lumbar plate for stable reinforcement and ergonomic fit to the lumbar curve.
- **Detachable 3D Lumbar Pad:** Provides cushioning and targeted compression to the core area, assisting in posture correction and discomfort reduction.
- **Breathable & Elastic Fabric:** Constructed with 4-way stretch fabric and 3D knitting technology for comfort and flexibility during various activities.
- **Adjustable Dual-Strap System:** Equipped with dual compression straps and a pulley system for customizable support and compression.

Dual Compression Straps for Enhanced Stability

Effortless pulley system for full-spine
and pelvic support



Image: Internal components of the Rakiie Back Brace, illustrating the 7-stay support system.

3D Thickened Lumbar Pad for Lower Back Relief

Concentrated support for promotes
effective spinal alignment



Image: The detachable 3D lumbar pad, designed for enhanced stability and targeted support.

3. SIZING GUIDE

To ensure optimal fit and effectiveness, measure your waist circumference at the navel. Do not use your pants size. If your measurement falls at the upper end of a size range, it is recommended to choose the next size up for better comfort and adjustability.

Rakiie Back Brace Sizing Chart

Size	Waist Circumference (inches)
Small	27.6" – 33.5"
Medium	33.5" – 39.4"
Large	39.4" – 45.3"
X-Large	45.3" – 51.2"
XX-Large	51.2" – 62.9"



Image: Proper positioning of the Rakiie Back Brace on the lower back.

4. SETUP AND WEARING INSTRUCTIONS

- 1. Prepare the Brace:** Before putting on the brace, loosen all straps, including the main waist strap and the dual compression straps. Ensure the detachable 3D lumbar pad is correctly positioned on the inside of the brace, aligning with your lower back curvature.

2. **Position the Brace:** Wrap the main body of the brace around your lower back, ensuring the central support panel is centered on your spine. The bottom edge of the brace should sit just above your tailbone.
3. **Secure the Main Strap:** Bring the main waist strap around your abdomen and secure it firmly with the Velcro closure at the front. It should be snug but not uncomfortably tight.
4. **Adjust Compression:** Use the dual compression straps on each side. Pull them forward to achieve your desired level of support and compression. Secure these straps with their Velcro closures. The pulley system allows for easy adjustment.
5. **Check Fit:** Ensure the brace feels supportive and comfortable. It should not restrict breathing or cause excessive pressure. Adjust as needed.

Ergonomic Design

Instant Relief from Back Pain

Fits the lumbar curvature to provide targeted support



Herniated Disc



Scoliosis



Lumbar Muscle Strain



Sciatica

Image: Demonstrating the adjustment of the dual compression straps for a custom fit.

5. OPERATING AND USAGE

The Rakiie Back Brace is designed for use during activities that may strain the lower back, or for general support and pain relief. It can be worn during:

- Working or prolonged sitting
- Light physical activity or exercise
- Housework or gardening
- Driving

Adjust the tightness of the dual compression straps as needed throughout the day to maintain comfort and support. The breathable material allows for extended wear.

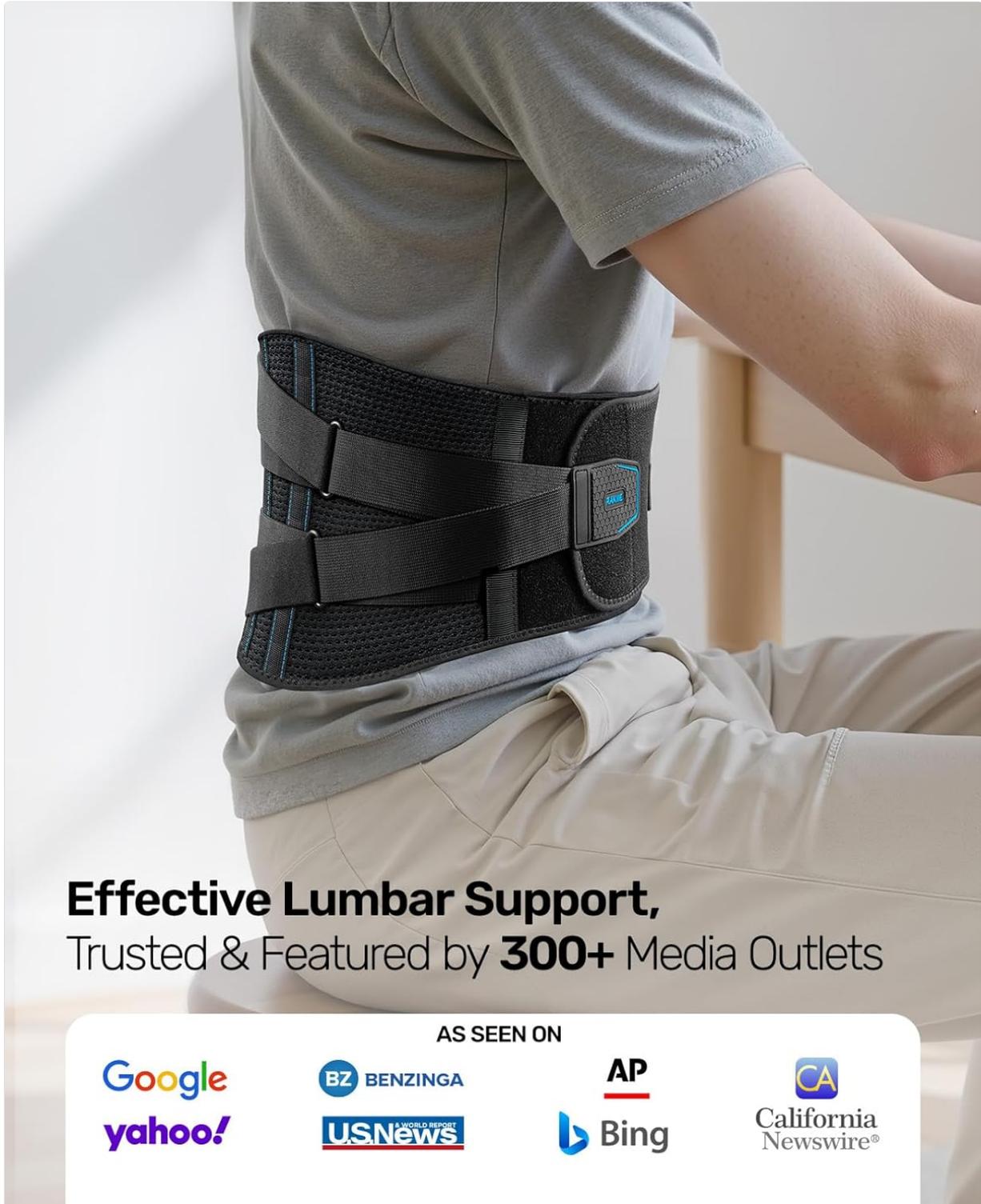


Image: The back brace providing support while sitting, aiding in posture.

Effective Posture Correction from the Inside Out

Spinal alignment that transforms your appearance



Before



After

Image: Visual representation of how the brace supports spinal alignment for improved posture.

6. MAINTENANCE

Proper care will extend the life of your Rakiie Back Brace:

- **Cleaning:** Hand wash the brace in cold water with mild soap. Do not use bleach or harsh detergents. Remove the detachable lumbar pad and any rigid stays (if removable) before washing.
- **Drying:** Air dry completely at room temperature. Do not machine dry, iron, or expose to direct heat, as this can damage the elastic materials and Velcro.
- **Storage:** Store the brace in a clean, dry place away from direct sunlight when not in use. Ensure Velcro straps are fastened to prevent them from attracting lint or damaging other fabrics.

7. TROUBLESHOOTING

- **Brace feels too tight or loose:** Re-evaluate your waist measurement against the sizing chart. Adjust the main waist strap and dual compression straps to find a comfortable and supportive fit. If consistently too tight or loose, consider exchanging for a different size.
- **Discomfort or chafing:** Ensure the brace is worn over clothing, not directly on the skin, to prevent irritation. Check for any folds or bunched fabric. Adjust the position and tightness.
- **Lack of support:** Verify that the brace is centered on your lower back and the stays are aligned with your spine. Tighten the dual compression straps to increase support. Ensure the detachable lumbar pad is correctly inserted.
- **Velcro not holding:** Clean any lint or debris from the Velcro fasteners. If the Velcro is worn out, contact customer support for assistance.

8. SPECIFICATIONS

- **Model Number:** ESP004
- **Support Elements:** 4 Memory Alloy Stays, 2 Spring Strips, 1 Bionic Lumbar Plate
- **Material:** 4-way stretch fabric, 3D knitted mesh
- **Pad:** Detachable 3D Lumbar Pad
- **Closure:** Dual Compression Straps with Pulley System, Velcro
- **Color:** Black (as per current product variant)
- **Available Sizes:** S, M, L, XL, XXL

9. IMPORTANT SAFETY INFORMATION

Consult with a healthcare professional before using this product if you have any pre-existing medical conditions, particularly those affecting your back or circulation. Discontinue use if you experience increased pain, numbness, tingling, or any adverse reactions. Do not overtighten the brace, as this may restrict circulation. This product is not a substitute for medical treatment or advice.

10. WARRANTY AND SUPPORT

Rakiie is committed to providing reliable and user-friendly products. Your Rakiie Back Brace is covered by a **1-Year Product Care** warranty. For any questions, concerns, or assistance with sizing, fit, or product issues, please contact Rakiie Customer Support. We offer hassle-free replacements for eligible issues. You can reach Rakiie Customer Support via the contact information provided on our official website or through your purchase platform.

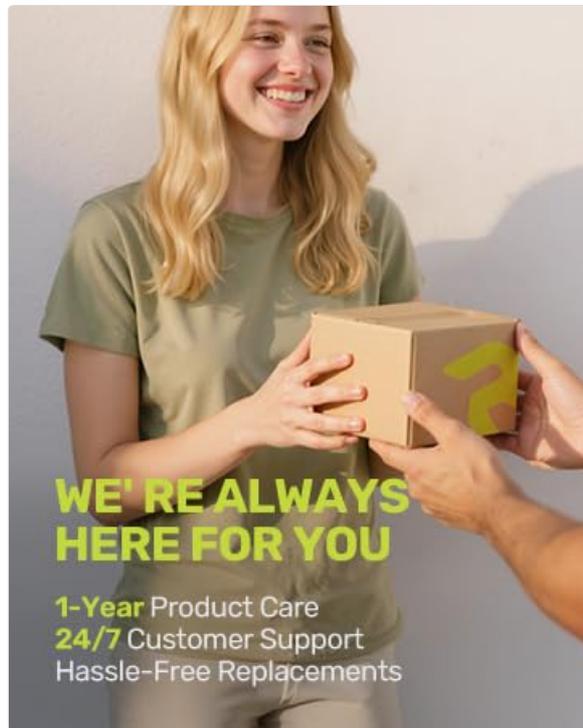


Image: Rakiie's commitment to customer support and product care.

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Related Documents - ESP004

	<p>Rakiie Back Support Belt User Manual and Instructions Comprehensive user manual for the Rakiie Back Support Belt, detailing wearing instructions, usage guidelines, and washing care. Includes information on warranty and customer service.</p>
	<p>RAKIIE BACK SUPPORT BELT User Manual & Instructions (Model ESP005) Detailed user manual for the RAKIIE BACK SUPPORT BELT (Model ESP005). Provides clear instructions on how to wear, use, and wash the belt for optimal support and comfort. Includes important notes and manufacturer information.</p>
	<p>Rakiie Posture Corrector User Manual and Instructions Comprehensive guide for the Rakiie Posture Corrector, including usage instructions, washing guidelines, and contact information for support and warranty. Covers English, German, French, Spanish, Italian, and Dutch.</p>
	<p>Rakiie Ankle Support Brace User Manual Comprehensive user manual for the Rakiie Ankle Support Brace, detailing product features, wearing and washing instructions, and contact information. Includes multilingual support and warranty details.</p>



[Rakiie Wrist Support Brace User Manual](#)

Comprehensive user manual for the Rakiie Wrist Support Brace, detailing features, wearing instructions, and washing guidelines. Includes multilingual support information and product specifications.



[RAKIIE Elbow Sleeve User Manual](#)

User manual for the RAKIIE Elbow Sleeve, including wearing guide, cleaning instructions, specifications, and manufacturer information.