



Item # 99500

Size

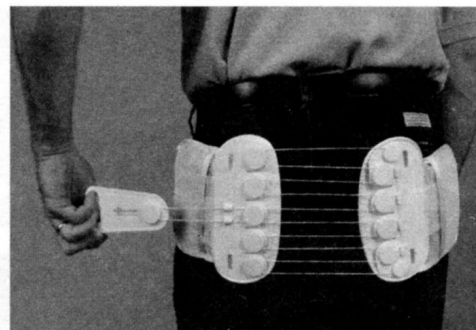
Universal

# SI Belt

One of the first things to keep in mind when fitting this brace is that it supposed to be worn much lower than traditional back support braces. In fact, your Sacro-Iliac joints are really located at the hip height level. Once you have located the proper area, center the S.I. joints between the strings and follow these directions:

## SI BRACE FITTING INSTRUCTIONS

1. Unclasp the pull-tab from the belt and extend the belt fully to spread the panels apart (see figure #1)
2. Place the belt around the body much lower than your waist, around the widest part of your hips. Center the panels over your Sacro-Iliac joints. It may take several attempts to center the panels correctly (see figure #2).
3. If using the extra soft pad(s) for more focalized pressure over the hip or S.I. joints, slide them over the area and position one or both of them just outside of the area you want compressed, as they will be pulled inward when the belt is cinched up (see figure #3).
4. With the right side on top, secure the belt snugly but not extremely tight(see figure #4). The belt is a one size fits all, so you may need to fold the left side inward or cut it to fit you more properly (see figure #5) .
5. Pull the handle, located on the left side of the brace, away from the fabric fastener and across your body at the waist (see figure #6). The further you pull the handle to the right the more pressure you are placing on the SI joint. To loosen pressure move handle back, or toward the right.
6. Place handle any where on the fabric fastener belt encircling the brace. This will lock the position of the brace in place (see figure #7).
7. Experiment with the amount of pressure you require to ease the discomfort. After a while you will be able to close and open the brace with one hand in one second. You will also find you can do this without looking.
8. Placement of the panels and extra pads are extremely critical to achieving the best results. So, practice to learn exactly where your SI joint is so you can place the two panels on either side of the joints. The extra soft circular pads will be adhered to the belt, but can be re-positioned along the belt to focalize pressure over the hip or a part of the S.I. joint that can use more pinpoint pressure. You can also slide the circular pad off completely if you feel they are unnecessary for your situation.

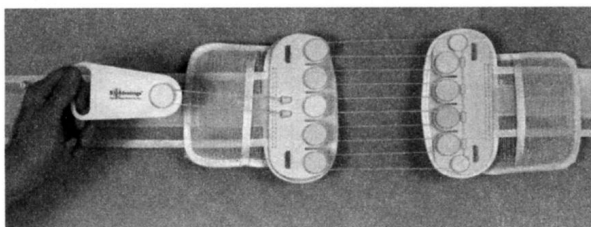


To ensure that you are using the belt correctly, you should fit the belt using the instructions above, and try to perform normal daily activities. If you become uncomfortable, you can reposition the brace, and try again. It may take several attempts to reach the correct adjustment of the SI Belt to reach the widest range of motion. Keep in mind that more pressure is not always best. Correct positioning and pressure are the key to the best performance from this brace.

## SI BRACE WASHING INSTRUCTIONS

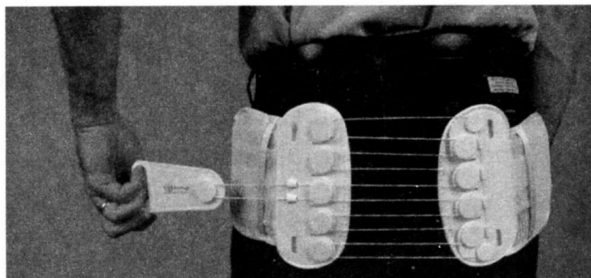
1. Remove pad from side panel and wash in sink with mild detergent and cool water, allowing product to air dry away from direct sun.
2. Hand wash brace in sink with mild detergent in cool water. Rinse thoroughly and blot dry with towel. Now allow the product to air dry away from direct sun.

Fig 1



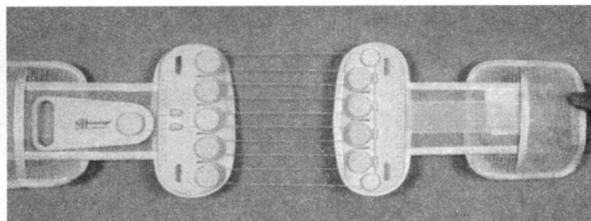
In this figure, we show how important it is to release the handle from the Velcro initially to enable you to pull on both sides of the panels and let the belt slacken out.

Fig 2



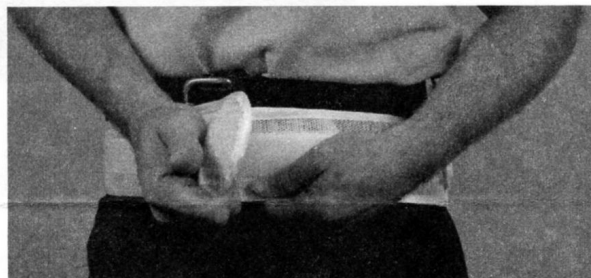
In this figure, you can see the correct placement of the belt across the hips and buttocks.

Fig 3



Once the belt is located in the correct place vertically, you would need to adjust the placement of the soft circular pads. You may use both pads, one pad, or even remove the pads completely. You should only use both pads if you have pain or dysfunction in both joints and want a more focalized pressure over a pinpoint spot of the S.I. Joints or hip.

Fig 4



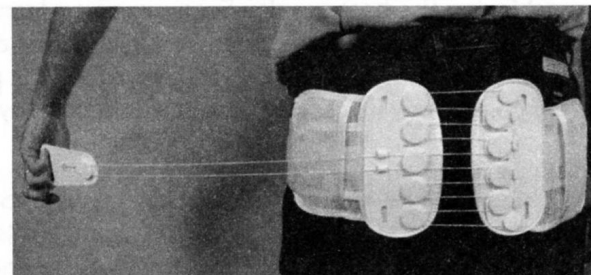
To close the belt, simply overlap the right side over the left side and let the two sides adhere to each other. Do this snugly, but don't worry about feeling the support for S.I. joints yet.

Fig 5



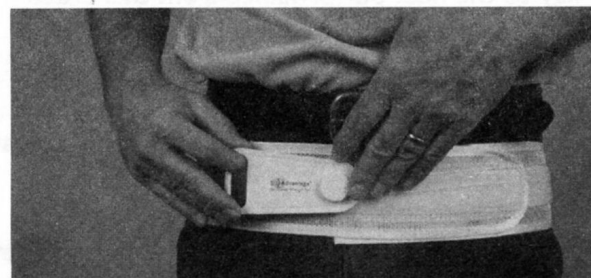
In some cases, the belt may be too long for some users. You can fold the longest portion of the belt to the size needed. Once you have determined the correct fit for the belt. You can either simply fold the belt over so it becomes the desired length or cut it with a scissors.

Fig 6



Once you have the belt positioned correctly around the waist, you can release the pull-tab from the belt to apply pressure. As you pull the tab away from the belt, the rear panels will cinch up the brace to your desired level of compression. Make sure you go slowly, as the belt is very powerful and may require less compression than anticipated.

Fig 7



Once you have found desired tension, place the small handle around the front of the brace where it will adhere itself to the belt.