



## **REVOLUTIONARY SOLUTIONS TO BACK PAIN**

### **Congratulations!**

**You have purchased the remarkably simple and ergonomically perfect Bio-Back™. Its unique patented opposing forces design helps to relieve and prevent your back pain while providing you near total mobility.**

#### **The Bio-Back's Revolutionary Patented Design**

##### **Opposing Forces**

The Bio-Back received a patent due to its unique bilateral “opposing forces” design – there is literally no other product like it. The Bio-Back provides support and pressure in the lower back (lumbar) region and it provides opposing support and pressure on the abdomen. It works by stabilizing the back, while giving you almost-total mobility. The opposing forces pressure immediately begins to relieve compression of the discs and nerves in the lumbar region.

##### **Lumbar Dome**

Another of the unique patented features is the Bio-Back's “Lumbar Dome” in the back panel that stimulates the spinous processes in your lower back when positioned properly. This gentle contact causes an immediate correction in posture for a healthy, positive feeling up and down your back.

##### **Fitting Instructions:**

**For your convenience, Medolutions has provided your Bio-Back pre-assembled. It may fit properly right out of the package or the straps may need adjusted to ensure a firm, supporting fit. Because the Bio-Back's straps are adjustable, it will fit anyone with a waist size of 19 to 52 inches. To fit and wear your Bio-Back:**

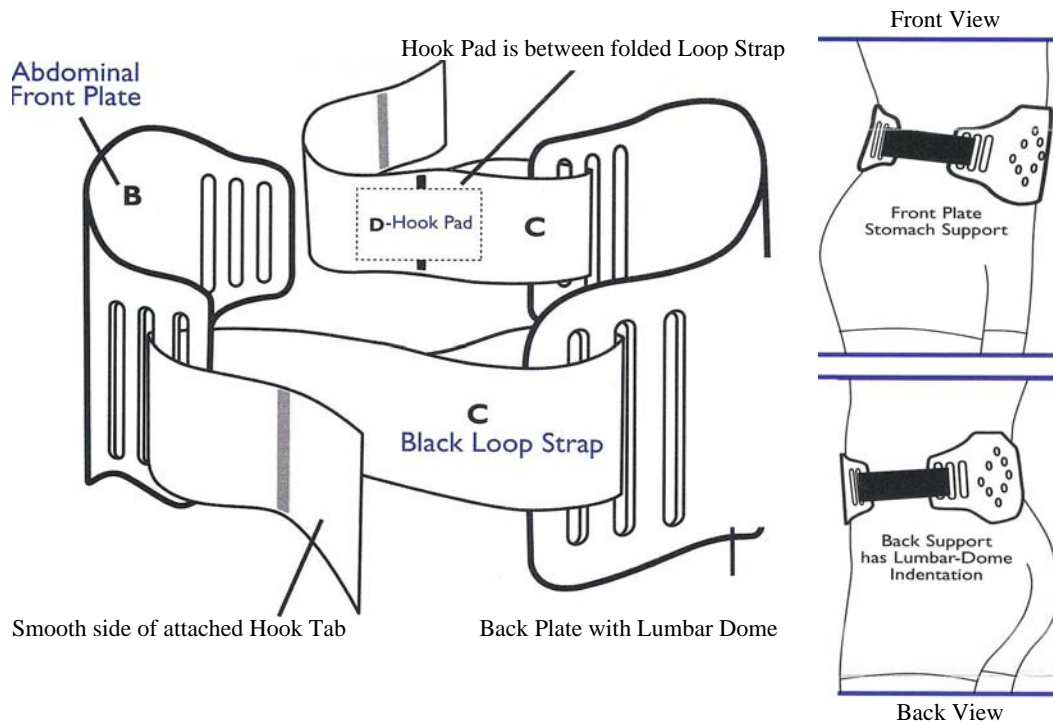
- Please take a minute to notice the difference between the two panels.
- One panel, the abdominal panel is smooth while the lumbar panel contains the Lumbar Dome. Please remember that the Lumbar Dome always goes in the back.
- Now, unfold your Bio-Back, and you will see that on one side the straps connect the panels but on the other side the strap is only connected to the back panel.
- Take your Bio-Back and center the panel with the Lumbar Dome in the small of your back and bring the front panel to the center of your abdomen.
- Thread the loose strap through the innermost slot of the front panel.
- Now, thread that same strap back through the outermost slot towards the back panel and temporarily connect the strap.
- Make sure both panels are centered.
- Grab the Velcro portion of the straps that were threaded through the front panel on each side and pull them loose disconnecting both straps.
- Now pull each strap equally towards the back panel so the Bio-Back fits tight, but not uncomfortably, and reconnect the straps.
- Lastly, make sure both panels are centered for the best results.

**It may be necessary to adjust the straps to fit your waist size, either larger or smaller. This can be done by following these simple instructions. However it is very important that both straps are equally adjusted.**

- The straps threaded through the back panel are secured with a piece of Velcro that can be completely removed to allow for these adjustments. Open the strap where it is connected to the back panel and remove the Velcro holding piece.
- Now pull the strap through the slots to either lengthen the straps for a larger waist size or shorten the straps for a smaller waist size.
- Place the Velcro holding piece back onto the end of the strap and fold the strap over to reattach.
- These steps may need to be repeated to attain your proper fit.

**(Instructions continued on reverse side)**

- For smaller waist sizes it may be necessary to cut the strap to length. It is very important that if you need to **cut the straps that you cut each strap equally and do not cut off too much strap.** You can always go back and cut off more strap, if necessary.
  - As previously instructed, remove the Velcro holding piece from the strap that is attached to the back panel. This is the end you want to cut.
  - With a pair of scissors, cut each strap to the desired length - **Warning do not cut off too much and cut each strap equally.**
  - Place the Velcro holding piece back onto the strap and fold the strap over to reattach.
  - Now fit and wear the Bio-Back as previously instructed.



### In the event you need to reassemble your Bio-Back, FOLLOW THESE STEPS

1. Unfold Loop Straps (C) detaching a Hook Pad (D) from each strap. Place each Loop Strap on a smooth flat surface with the rough side of the attached Hook Tab (front of strap) facing down. Attach a Hook Pad (D) to the opposite (back) end of each strap (centered width wise).
2. With the Hook Tab (D) facing in, thread the back end of a Loop Strap through the outer most slot of Back Plate (A) about 6 inches, looping back through the middle slot, pull tight and allow the Hook Pad to clasp the strap together. Repeat with second Loop Strap on other side of the Back Plate.
3. Follow Standard Fitting Instructions
4. To make larger, loop straps only through outer most slots of each plate. Or remove the belt and unclasp the back end of each strap, bringing less of the strap through the back plate (equally on each side). Re-clasp the straps using the Hook Pad (D). For smallest fit, remove Hoop Pads (D) and cut straps, removing an equal length from each strap, as necessary and then repeat steps 1 & 2.

**Warranty:** The Bio-Back is durable and has a life time normal use warranty against defects. Should a defect happen, return your Bio-Back and proof of purchase to Medolutions for free replacement.

**WARNING:** For persistent pain seek professional help. In some cases, back pain can signal serious medical problems. Contact your health care professional immediately if your back pain is the result of a fall or blow.