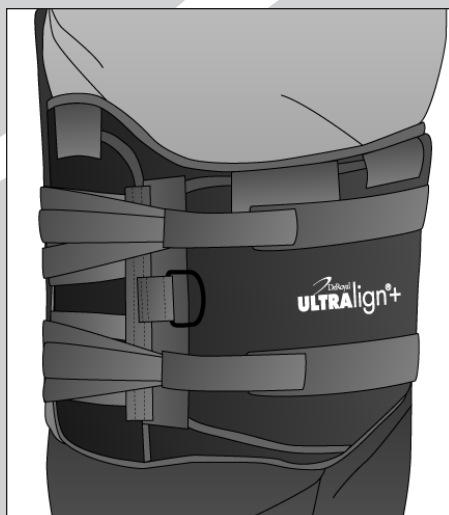


**DeRoyal® SelfCare™
Spinal Orthosis Handbook —
A Patient's Complete
Fitting Guide**



DeRoyal's Ultralign®+ offers exceptional comfort and functionality in a soft, lightweight, wearable spinal orthosis. Up to 60% lighter than comparable models, the Ultralign®+ is comprised of removable polymer inserts covered by cool, breathable open cell material with an inner liner that draws moisture away from the skin. The X-ray and MRI-compatible Ultralign®+ provides hydrostatic lift and instant relief to the spine through a superior, more therapeutic precision fit which easily adjusts to fit most patients comfortably.

Precautions

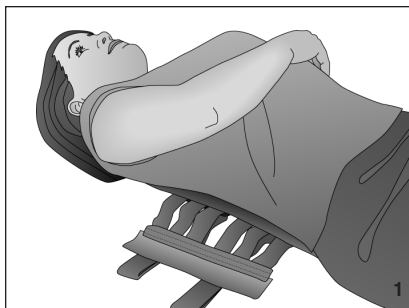
- This product should be initially fitted by a physician or properly licensed practitioner who is familiar with the brace. They should provide wearing instructions and precautions to the patient and/or patient's caretaker.
- Consult your physician or practitioner immediately if you experience sensation changes, unusual reactions, swelling or prolonged pain while using this product.
- Follow the instructions of your physician or practitioner for length and duration of use.
- This brace should be applied with patient lying flat on back unless otherwise instructed by your physician.

METHOD A

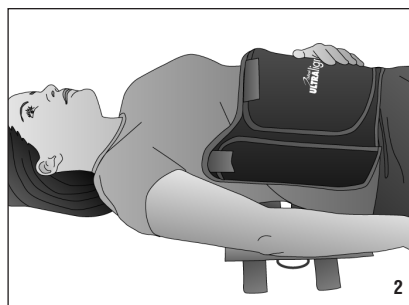
Fitting Instructions with Patient Flat on Back

* All plastic inserts should be inside the proper panels/pockets before fitting.

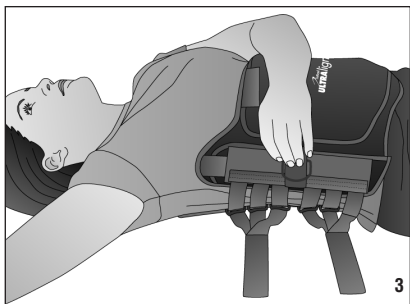
1. Lie flat on your back against the posterior (back) portion of the brace with knees slightly bent. Bottom of brace should be below the hip area on lower back. Place side closure straps out to the sides for easy access.



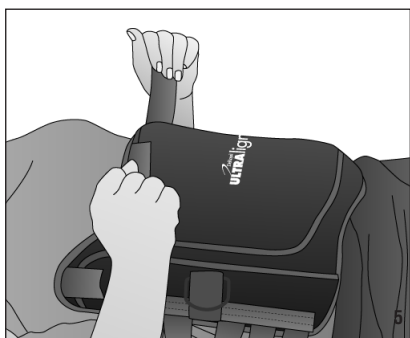
2. With the back flat against posterior (back) panel, place front portion of brace center on the stomach. Proper location is 2" above the pubic bone.



- Secure brace with side closure attachments; first on left side then on the right side. Velcro strips should be placed evenly or equal distance from the center on both sides.



- Brace should be snug but not too tight.
- Beginning with lower (bottom) two straps, pull both straps at the same time away from the body then toward the center to fasten. Repeat with top straps.



- Ensure the front of the brace is centered in the proper position and repeat strap tightening procedure. Straps should be even on both sides and may slightly overlap.

Sitting Up

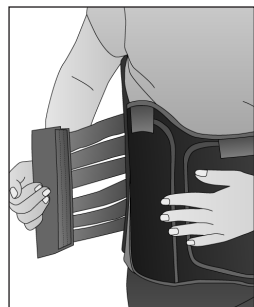
- Turn on side keeping legs together with knees bent to sit up.
- Pushing down with elbow, gently swing legs over side of bed and toward the floor and sit up keeping your back as straight as possible.
- Stand slowly. Brace should be snug on both top and bottom.

METHOD B

Fitting Instructions when Standing Against Wall

* Method should only be used with physician permission

- Patient should stand straight against wall with posterior (back) portion of the brace behind them. Make sure both heels and the back of the head are against the wall at all times for proper fitting.
- The back of the brace should be placed in lower hip/back area.
- Follow steps 2-6 of method A to complete application.



Care Instructions

Remove plastic inserts from front and back panels. Hand wash in cool water with a mild liquid soap. Do not use strong detergents or bleaches, as both may be detrimental to the elastic. Thoroughly rinse and blot excess water from the support with a clean towel. Carefully stretch support into its normal shape and lay flat to dry. Ironing or automatic dryers will deteriorate elastic.

With any injury or medical condition it is advisable to consult a physician or other medical professional before beginning any treatment or rehabilitation program. DeRoyal strongly recommends that you contact your physician immediately if you experience any unusual symptoms such as numbness or tingling, swelling, severe pain or lack of function.



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