

The Original *Cincher* by Christina[®] APPLICATION INSTRUCTIONS

By following the instructions outlined on this page you will maximize the comfort and support that the Cincher™ can provide. Remember anything new takes time. We recommend you start wearing the Cincher™ 20-30 minutes in the beginning to let the body adjust to your new posture changes. The Cincher™ provides support, shape and control of the lower back.

The Cincher™ should be put on in front of a mirror the first few times.

1.



Release all hook and loop style closures. Slip the Cincher™ over the shoulders, pulling the arms through just as you would put on a vest.

2.



Overlap the right panel over the left panel comfortably and snugly, securing the fit at the center.

3.



Grasping the bottom of the Cincher™, pull down firmly in the front. The Cincher™ should fit approximately 4-5" below natural waistline.

4.



Grasping the bottom of the Cincher™, pull down firmly in the back. Make sure you feel the support on your lower back.

5.



Adjust the shoulder straps on each side - shorten or lengthen as necessary for proper fit, without putting pressure on the shoulders.

6.



Centering the elastic support bands on each side of the Cincher™, secure them in a snug and comfortable position on the center front loop panels.

7.



Loosen for tighter control and tighten for maximum control.

8.



Proper fit of the Cincher™.

Belt should be worn low and tight around lower back and upper hip region.

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