



# THERMAL LUMBAR SUPPORT

**Back Support with Reusable Therapeutic Hot/Cold Pack**

**Model No: 31-750**  
**Sizes: Small - X-Large**  
**Color: Black**

**For Men & Women**

Measure around the fullest part of the abdomen.

Size	Fits
Small	28 - 32"
Medium	33 - 36"
Large	37 - 40"
X-Large	41 - 44"

*Packaged with Complete Care and Wearing Instructions.*

US Patent D496,108

**FOR FIRST AID, INJURY, CHRONIC PAIN.**

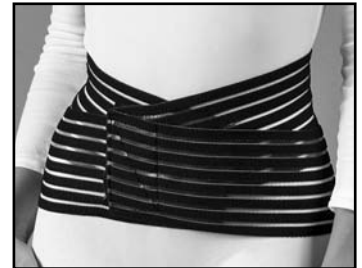
**USE:** Reusable hot/cold gel pack for treatment of minor back aches and pains resulting from sprains, muscle soreness and strains, cramping, or contusion (bruising). Stabilizes and supports the lumbar sacral region to help provide relief from lower back pain and discomfort. Can be used when sitting or standing for prolonged periods.



• **For Either Hot or Cold Therapy**

**HEAT:** Application of heat can help promote healing by increasing circulation and provide temporary relief from pain and discomfort. Heat therapy is recommended for chronic, recurring pain or an injury that has occurred over 72 hours.

**COLD:** Cold compression will help reduce the severity of injury and relieves accompanying pain by reducing swelling and soothing nerve endings. Cold therapy is recommended for use during the first 72 hours after an injury has occurred.



- **Reusable Soft Gel Pack** - Reusable thermal gel provides therapeutic warmth or cold. Easy to heat in the microwave or store in freezer for cold therapy.
- **Mesh pocket** holds reusable hot/cold thermal gel insert over the lower lumbar region.
- **Plush, Ventilated Elastic Panels** - Lightweight elastic with a unique ventilated filament stitch provides cool and comfortable compression. Panels overlap and give a contouring shape over the lower lumbar region.
- **Available in Beige or Black**
- **Easy Hook and Loop Closure** for easy application and removal.
- **Microwavable Gel Pack**

**Microwave Heating Instructions:**

(1) Remove the enclosed gel pack with thermal cover from the back support. IMPORTANT – Keep the enclosed thermal cover on the gel pack during heating. This will allow for easy handling and heat insulation. (2) Lay enclosed gel pack flat in microwave. (3) Heat on normal setting for a **minimum of 15 seconds**. Repeat heating at 15 second intervals if necessary. **DO NOT OVER HEAT – CAUTION: Bag will rupture if over heated. DO NOT HEAT MORE THAN 1 MINUTE.** (4) Place encased gel pack in the mesh pocket of the back support. Position the pad centered on your hips and lower back. Fasten the closure straps. Tighten and close the elastic side straps at the desired compression. The support should fit snug, but not too tight.

**Freezing Instructions:**

(1) Remove gel pack from support and encased cover and place in freezer. Gel pack can be stored in the freezer so it's ready for immediate use. Gel pack will remain flexible even after extended freezer storage. Best if stored in sealed freezer bag. (2) Place gel pack in the encased cover and then in mesh pocket of the back support. Apply while standing. Position the pad centered on your hips and lower back. Fasten the closure straps. Tighten and close the elastic side straps at the desired compression. The support should fit snug, but not too tight. Apply for no longer than 20 minutes. Leave injured area uncovered for 20 minutes. Reapply cold therapy if necessary.

**WARNINGS:** Hot/Cold packs should not be used more than 20 minutes at a time. Persons with circulatory problems or diabetes should not use any cold or hot compress except as directed by a physician. consult a physician. Consult a physician before use if you are pregnant. Should application of cold or heat become uncomfortable, remove for a few seconds and reapply. Use with wrap cover to help prevent frostbite or burns from the gel pack.



**800-327-4110**

Website: **www.flaorthopedics.com**

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