



Back Brace For Posture Corrector



WEARING STEPS



1. Cross shoulder straps through the belt loop on the back, then put your arms through the shoulder straps like wearing a vest.



2. Wrap the waist with the waistband, then fix with the velcro tip.



3. Pull the two shoulder straps and adjust to your comfy tightness, then cross and fix them on the wide waistband.



4. Make your posture perfect, prevent strain, and maintain spinal health.

NOTE:

1. Please wear the back brace over a thin clothes instead of directly on your skin. In the case of skin irritation or any other discomfort stop wearing the brace.
2. Start by wearing the back support for 20-30 minutes. Then gradually increase it by 5-10 minutes. If you feel this does not cause you any discomfort, increase the wearing time to 1 hour. Do NOT wear the brace when sleeping.
3. Please be very aware that the information we provide about the products we sell is neither intended nor implied to be a substitute for professional medical advice. Always seek the advice of your physician or other qualified health provider/therapist before starting any new treatment or exercise regimen with any questions you may have regarding a medical condition.

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