



# **Orthotic & Prosthetic**

SPECIALTIES INC.

## **CYBERTECH LUMBOSACRAL SUPPORT**

### **USE AND CARE INSTRUCTIONS**

A Cybertech LS Support is often prescribed to help relieve low level back pain or to provide support to the low back following spinal surgery. It works by supporting the back and abdominal muscles and it also limits motion in the low back.

#### **HOW TO USE YOUR CYBERTECH**

- Wear a snug fitting undershirt under your Cybertech; it will absorb perspiration, protect your skin and help keep the Cybertech clean.
- Position the posterior string/pulley system over the center of your low back and then securely fasten the large Velcro sections in the front. The edge of the Cybertech with the labels on it is the top edge of the brace. Then grasp the plastic handle attached to the strings and pull it forward and across the front of your body. When the Cybertech is tight secure the handle to the Velcro on the brace.
- Wear the Cybertech as snugly as possible to provide maximum support to your abdomen and back.
- Cybertech Supports may have a tendency to ‘ride up’ on your body as the day progresses. As you sit, your hips become wider and push the Cybertech up. You may need to readjust your Cybertech during the day to ensure proper positioning.
- To remove your Cybertech, reverse the above procedures.

#### **HOW TO CARE FOR YOUR CYBERTECH LS SUPPORT**

- Your Cybertech should be washed weekly. Wash the Cybertech in cool or cold water with a mild soap. Rinse well and allow to AIR DRY. DO NOT PUT YOUR CYBERTECH IN THE DRYER.

#### **IMPORTANT NOTES ABOUT YOUR CYBERTECH LUMBOSACRAL SUPPORT**

A Cybertech LS Support is a specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment with our office if any unexpected problems occur.