



Orthotic & Prosthetic

SPECIALTIES INC.

WARM AND FORM LUMBOSACRAL SUPPORT

USE AND CARE INSTRUCTIONS

A Warm and Form 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 WARM AND FORM

- Wear a snug fitting undershirt under your Warm and Form; it will absorb perspiration, protect your skin and help keep the Warm and Form clean.
- Position the molded plate section on your low back and then securely and snugly fasten the Velcro on the wide elastic band. Then fasten the two smaller straps, first the strap on your left side and then the one on the right. It may be easier to fasten the Warm and Form if you lie down (because your stomach flattens).
- Wear the Warm and Form as snugly as possible to provide maximum support to your abdomen and back.
- Warm and Forms have a tendency to ‘ride up’ on your body as the day progresses. As you sit, your hips become wider and push the Warm and Form up. You will need to readjust your Warm and Form during the day to ensure proper positioning.
- To remove your Warm and Form, reverse the above procedures.

HOW TO CARE FOR YOUR WARM AND FORM

- Your Warm and Form should be washed weekly. Remove the molded plate from the pocket in the back of the Warm and Form. Wash the Warm and Form in cool or cold water with a mild soap. Rinse well and allow it to AIR DRY. **DO NOT PUT YOUR WARM AND FORM IN THE DRYER.**
- Keep your Warm and Form away from strong heat sources, radiant heaters, etc. Do not leave the support in a hot car. If the temperature is hot enough the molded plate could warp out of shape. You would then need to come into our office to have it re-molded to your back.

IMPORTANT NOTES ABOUT YOUR WARM AND FORM SUPPORT

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