



The Aspen Contour LSO™ sizing closely follows standard pant sizing. Size ranges are only guidelines.

	Men's Pant Size	Women's Pant Size
Extra Small	20 to 24 in.	Child to 0
Small	24 to 28 in.	1 to 3
Medium	28 to 32 in.	5 to 9
Large	32 to 36 in.	11 to 15
Extra Large	36 to 42 in.	17 to 21
Extra Extra Large	42 to 54 in.	23 to 33



Aspen Medical Products, Inc.
 6481 Oak Canyon, Irvine, CA 92618
 800-295-2776 • 949-681-0200
www.aspenmp.com



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A listing of authorized distributors in your area is available upon request.



6481 Oak Canyon
 Irvine, CA 92618
 949-681-0200
 800-295-2776
www.aspenmp.com

Authorized Representative:
 Emergo Europe
 P.O. Box 149
 4300 AC Zierikzee
 The Netherlands



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PATENT PENDING

CL1306 REV. A 9/06

SIZE SELECTION

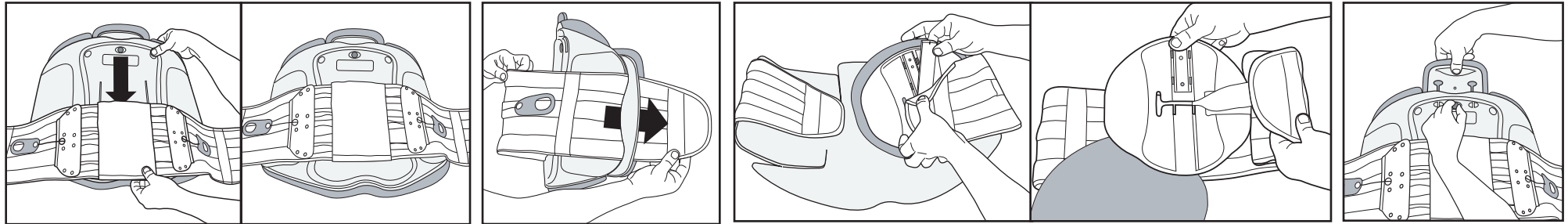
1. Select the appropriate height Contour back panel based on the patient's height and the degree of motion restriction desired.
2. Measure the patient's girth and select the correct size QuikDraw RAP from the Contour Sizing Chart printed on the back of these instructions.

SINGLE PATIENT USE ONLY

The Contour LSO is used to support and stabilize the lumbo-sacral region for both non-operative and post-operative patients.

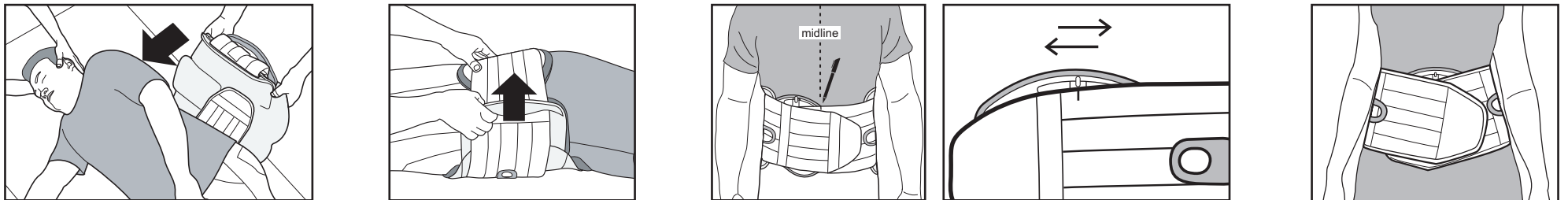
READ INSTRUCTIONS BEFORE USE. These instructions are guidelines only. This product should be used only as directed by a physician.

ASSEMBLY



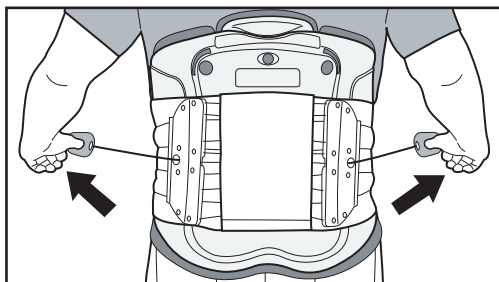
1. Attach the Contour to the QuikDraw (QD) by sliding the large plastic "tongue" located on the posterior of the Contour into the "pocket" in the QD that is designed to accept it.
2. Slide the right end of the QD through the slot at the end of the right side panel of the Contour.
3. To slide the QD through the slot on the left side panel, it is necessary to remove the Rigid Anterior Panel (RAP). Do this by snapping off the cover plate (with the yellow midline indicator) and feed the strap through the opening. Once the end of the QD is through the slot, feed the strap back through the RAP and reattach the cover plate. Be sure that the Aspen logo on the RAP is at the top which insures that the RAP is right side up.
4. If the extension support panel is to be raised, pull out the yellow locking button. When the panel is properly positioned, lock it in place with the yellow locking button.

APPLICATION



1. With the brace sized and assembled, log roll the patient on to their side. Position the QD as shown, and slide the Contour back panel into position.
 2. Extend the side panels as needed so they reach at least to the patient's midline.
 3. Have the patient inhale and attach the ends of the brace as tightly as possible so the velcro connects. Now use a pen to mark the patient's midline on the top edge of the inner end of the QD (that holds the RAP).
- Remove the brace and disconnect the hook and loop fastener that attaches the RAP to the retaining strap. Align the yellow midline indicator on the RAP with the pen mark. Reattach the velcro on the retaining strap to keep the RAP in the correct position.
4. Note: for some patients, to get a snug fit, it is necessary to angle the two side panels up or down. Be sure to adjust the RAP so that the midline indicator (yellow dot) is over the patient's midline.

TIGHTENING



Slip each thumb into a FormFit™ pull tab. Extend the tabs out and away from the brace. The left drawstring controls the tightness of the lower portion of the brace, while the right drawstring controls the tightness of the upper portion of the brace. Increase or decrease the pull force on each drawstring to achieve the best fit. To secure the FormFit™ pull tabs, attach the hook velcro side of the pull tab to the loop velcro on the brace.

- NOTE:
- 1 Most patients get significant pain relief when the brace is sufficiently tight.
 - 2 For sitting, it may be desirable to slightly loosen the upper (right) drawstring, or in some cases, the upper and lower drawstrings, to provide the best fit.
 - 3 CAUTION: Do not tighten the brace so much that it interferes with normal breathing.

STEP DOWN

When the motion restriction provided by the Contour back is no longer needed, the QD with or without RAP (Rigid Anterior Panel) can be used to provide support and pain relief.

QUIKDRAW PRO™ PREPARATION

