SELECTION
BACK REGULAR
35401

SELECTION®

SVENSKA

35401 SELECTION RYGG REGULAR

Läs noga igenom dessa instruktioner före användning!

Användningsområden
Selection Rygg Låg är avsedd att användas vid lätt ryggsmärta och ryggsvaghet. Även lämplig i preventivt syfte i samband med lyft.

Indikationer
Ryggsmärta, Rygginsufficiens

Kontraindikationer
Ischias där det förekommer domningar i benen.

Justering
Ändringar av denna produkt får enbart göras av sjukvårdskunnig personal.

Varning
Tillse att bandaget inte spänns åt för hårt. Det kan orsaka dålig cirkulation eller hudirritationer. Tag genast av bandaget om du märker någon som helst färgförändring i huden, eller om du tycker att det sticker, svider eller skaver.

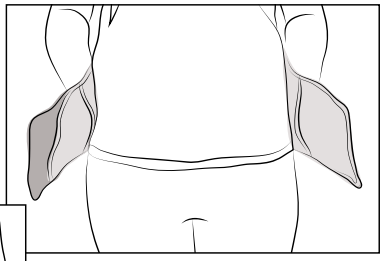
Så här används bandaget
Kontrollera att du fått rätt storlek. Vissa tillstånd kan medföra svullnad som går upp och ner vilket kan leda till storleksvariationer. Om det är första gången du använder ett bandage är det viktigt att börja långsamt. Använd under kortare stunder de första dagarna och förläng successivt. Skall inte användas nattetid

Materialspecifikation
Bandaget är tillverkat av:
72% Polyester, 28% Spandex. Skenor, velcro och spännen av nylon. Denna produkt innehåller INTE Latex. Produkten är inte flamskyddsbehandlad.

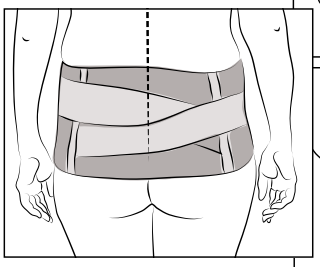
Tvättinstruktion
Fäst alla kardborrband i materialet för tvätt. Använd tvättpåse. Maskintvätt 40°C i milt tvättmedel. Plantorkas. Får ej torktumlas eller kemtvättas.

Vid frågor
Om några problem uppstår, tag kontakt med utprovaren eller inköpsstället.

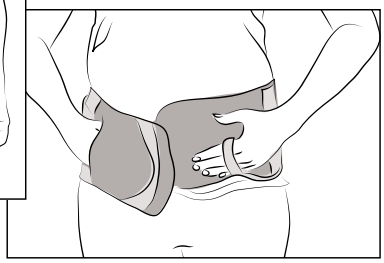
Instruktion



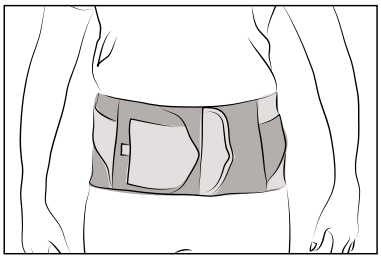
1. Kontrollera att produkten är hel och fri från skador.

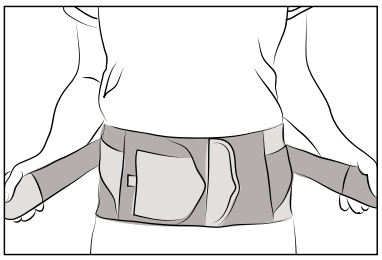


2. Lossa kardborrbanden så att krysset i ryggen frigörs.

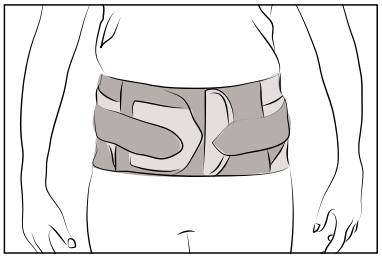


3. Sätt gördeln runt kroppen och var noga med att den centreras över ryggraden. Sätt händerna eller fingrarna in i fickan och bandet som finns på framsidan och stäng korsetten mitt fram.





4. Tag de två extra stabiliserande banden och för dom fram och fäst i det mjuka plysch materialet mitt fram. Efter justera så att gördeln sitter bekvämt.



5. Tag av gördeln: Öppna banden genom lossa de stabiliserande extrabanden.

6. Öppna den breda kardborrlåsningen.

35401 SELECTION RYGG REGULAR

Læs disse instruktioner nøje inden anvendelse!

Anvendelsesområde
Selection Ryg Regular er lavet for at anvendes til lette rygsmerter og rygsvaghed. Også brugbart i forebyggende formål som ved løft.

Indikationer
Rygsmerter, Rygginsufficiens

Kontraindikationer
Iskias hvor der forekommer følelsesheder i benen.

Justering
Ændringer af dette produkt må kun udføres af sygeplejefagligt personale.

Advarsel
Se til at bandaget ikke spændes for hårt. Det kan forsage dårlig cirkulation eller hudirrationer. Tag med det samme bandaget af såfremt du ser hudforandring eller mærker det stikker, svier eller gnaver.

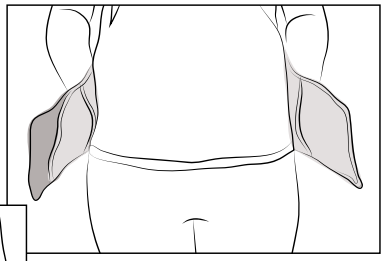
Således anvendes bandagen
Kontroller at du har fået den rette størrelse. Visse tilstande kan medføre hævelse der kommer og går hvilket kan føre til variation i størrelsen. Hvis det er første gang du anvender en ortose er det vigtigt at du begynder langsomt. Anvend i kortere perioder de første dage og øg successivt. Skal ikke anvendes om natten.

Materialespecifikation
Ortosen er består af:
75% Polyester, 28% Spandex. Skinner, velcro og spænder af nylon. Dette produkt indeholder IKKE Latex. Produktet er ikke behandlet med flammehæmmende midler.

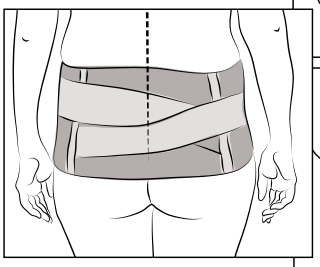
Vaskeinstruktion
Luk alle velcrobånd i materialet før vask. Anvend vaskepose. Maskinvaskes i 40°C i mildt vaskemiddel. Plantørres. Må ikke tørretumles eller kemisk renses.

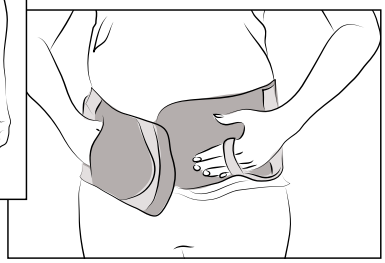
Ved spørgsmål
Hvis der opstår problemer, tag kontakt med den person som har udleveret ortosen eller indkøbsstedet.

Instruktion

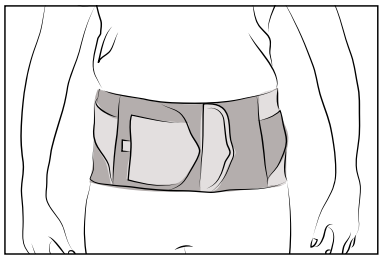


1. Kontroller at produktet er helt fri for skader.

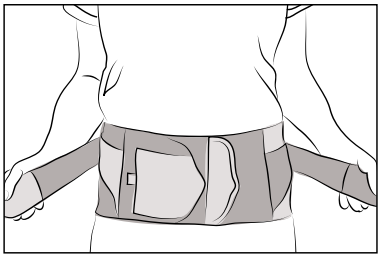




2. Løsen velcrobånd så krydset i ryggen frigøres.

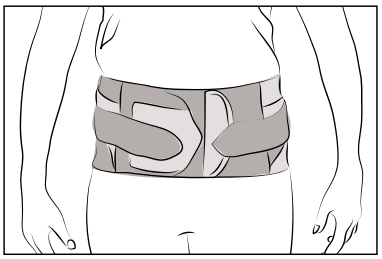


3. Sæt korsettet rundt kroppen og vær nøjagtig med at den centreres over rygsøjlen. Sæt hænderne eller fingerne ind i lommen og båndet som findes på forsiden og luk korsettet midt frem.



4. Tag de to ekstra stabiliserende bånd og før dem frem og fæstes i det bløde fleece materiale midt frem. Efter juster så korsettet sidder behageligt.

5. Tag af korsettet: Åben båndet ved at løsne de stabiliserende ekstrabånd.



6. Åben den brede velcrolukning.

SUOMI

35401 SELECTION SELKÄTUKI KESKIKORKEA
Lue nämä ohjeet huolellisesti läpi ennen käyttöä!

Käyttöalueet:
Selection selkätuki, keskikorkea on tarkoitettu käytettäväksi lievissä selän kiputiloissa sekä selän toimintahäiriöissä. Sopii myös käytettäväksi ennaltaehkäisevästi nostojen yhteydessä.

Indikaatiot:
Selkäkivut ja selän toimintahäiriöt.

Kontraindikaatiot:
Iskias, kun jaloissa ilmenee puutumista.

Muutostyöt:
Vain ammattitaitoinen hoitohenkilö saa tehdä muutoksia tuotteeseen.

Varoitus:
Varmista, ettet kiristä tukea liikaa. Se voi aiheuttaa verenkiertohäiriöitä tai ihoärsytystä. Riisu tuki heti, jos huomaat ihossa värimuutoksia tai jos se pistelee tai hankaa.

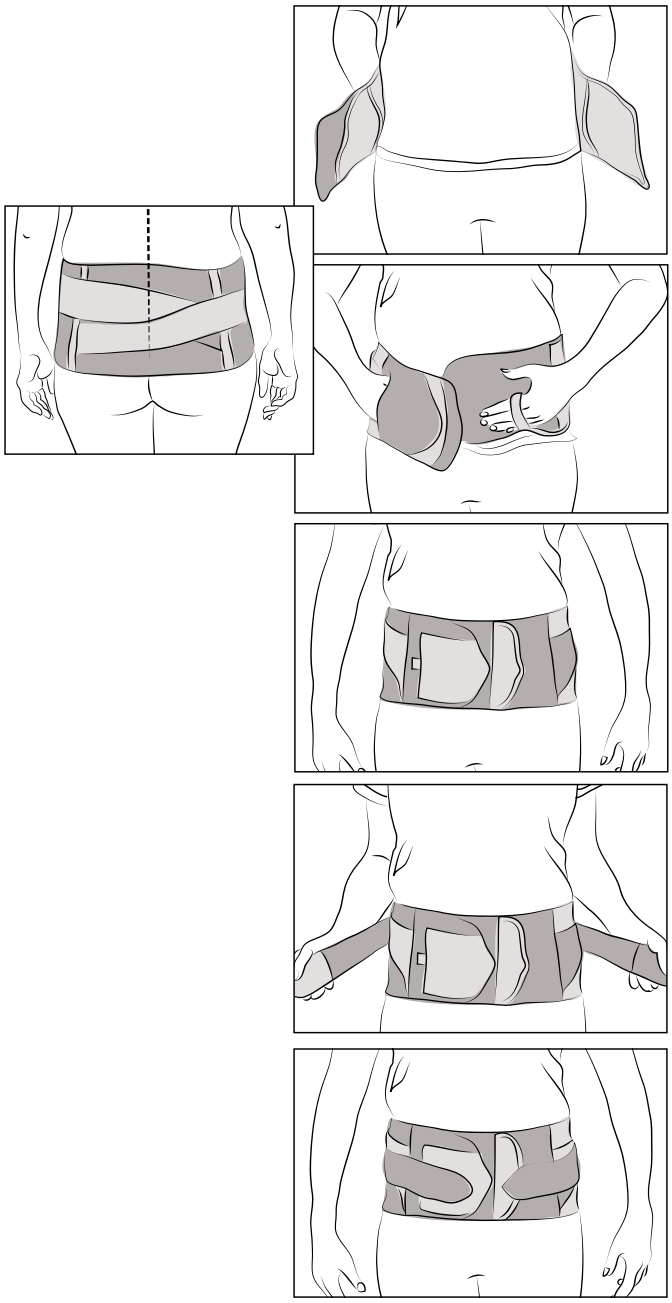
Näin käytät tukea:
Varmista, että olet saanut oikean koon. Joidenkin vammojen/tilojen seurauksena voi raajassa ilmetä eri asteista turvotusta, mikä voi tilapäisesti vaikuttaa tuen istuvuuteen. Jos pidät tukea ensimmäistä kertaa, on tärkeää totutella sen käyttöön hitaasti. Pidä tukea ensimmäisinä päivinä lyhyemmän aikaa ja pidennä käyttöaikaa vähitellen. Tukea ei saa käyttää yöllä.

Materiaali:
Liivi on valmistettu:
78 % polyesteri, 22 % spandeksia. Lastat, tarrat ja soljet ovat nylonia. Tuote EI sisällä lateksia. Tuote ei ole tulenkestävä.

Pesuohjeet:
Kiinnitä kaikki tarranauhat ennen pesua.
Käytä pesupussia. Pestä liivi koneessa 40°C:ssa miedolla pesuaineella. Tasokuivaus.
Ei saa kuivata kuivausrummussa. Ei kemiallista pesua.

Kysyttävää:
Jos käytössä ilmenee ongelmia, ota yhteyttä sovittajaan tai ostopaikkaan.

Pukemisohjeet



1. Tarkista, että tuote on ehjä.
2. Avaa kaikki tarranauhat, siten että selkäpuolen ristikko jää löysäksi.
3. Aseta selkätuki keskivartalon ympärille. Varmista, että tuki on keskellä selkää. Pujota sormet etupuolella olevaan taskun ja ota toisella kädellä vetonauhasta kiinni ja kiinnitä selkätuki edessä olevaan tarraan.
4. Ota käteesi stabilisoivat nauhat, vedä ne etupuolelle ja kiinnitä pehmeään plyyshi-materiaaliin kiinni. Säädä tarvittaessa, siten että tuki istuu hyvin päällä.
5. Selkätuen riisuminen: Avaa tuki löysäämällä ensin stabilisoivat nauhat.
6. Avaa sitten leveä tarranauha.

35401 SELECTION RYGG STANDARD

Les nøye igjennom disse instruksjonene før bruk!

Bruksområder
Selection Rygg Standard er beregnet til bruk ved lett ryggsmerte og svakhet i ryggen. Også velegnet forebyggende i forbindelse med løft.

Indikasjoner
Ryggsmerte, Rygginsuffisiens

Kontraindikasjoner
Isjias hvor man dovner i bena.

Justering
Endringer på dette produktet må kun gjøres av faglig kyndig helsepersonale.

Advarsel
Pass på at ryggbeltet ikke strammes til for hardt. Det kan forårsake dårlig sirkulasjon eller hudirritasjoner. Ta straks av ryggbeltet om du merker fargeforandring i huden, eller om du synes at det stikker, svir eller gnager.

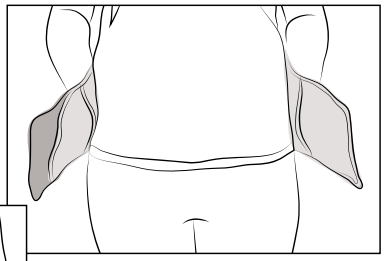
Slik brukes ryggbeltet
Kontroller at du har fått riktig størrelse. Visse tilstander kan medføre hevelse som går opp og ned, noe som kan lede til størrelsesvariasjoner. Om det er første gangen du bruker et ryggbelte, er det viktig å starte langsomt. Bruk i kortere tid de første dagene, og forleng brukstiden suksessivt. Skal ikke brukes om natten.

Materialspesifikasjon
Ryggbeltet er laget av:
72% Polyester, 28% Spandex. Skinner, velcro og spenner av nylon. Dette produktet inneholder IKKE Latex. Produktet er ikke behandlet med flammehindrende materiale.

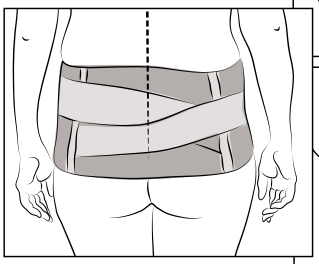
Vaskeanvisning
Fest alle borrelåsbånd i materialet før vask. Bruk vaskepose. Maskinvask 40°C med mildt vaskemiddel. Tørkes flatt. Kan ikke tørkes i trommel eller renses kjemisk.

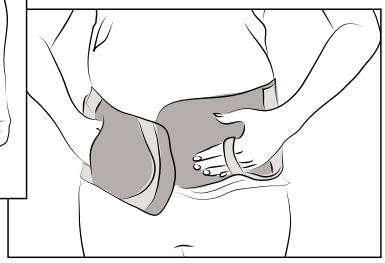
Ved spørsmål
Om det oppstår problemer, ta kontakt med utprøveren eller stedet ryggbeltet er kjøpt.

Instruksjon

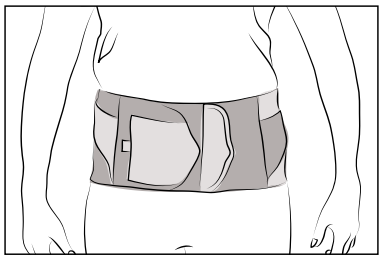


1. Kontroller at produktet er helt og uten skader.

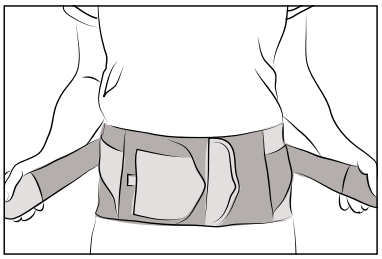




2. Løsne borrelåsbåndene så krysset i ryggen frigjøres.

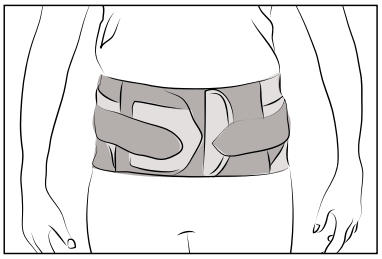


3. Plasser ryggbeltet rundt kroppen, og vær nøye med at det sentreres over ryggraden. Sett hendene eller fingrene inn i lommen og båndet som er plassert på framsiden, og lukk ryggbeltet midt foran.



4. Ta de to ekstra stabiliserende båndene, før de fram og fest de i det myke plysjmaterialet midt foran.
   Etterjuster så ryggbeltet sitter behagelig.

5. Ta av ryggbeltet: Åpne båndene ved å løsne de stabiliserende ekstrabåndene.



6. Åpne den brede borrelåslukningen.

ENGLISH

ENGLISH

35401 SELECTION BACK LOW

Carefully read this instruction sheet before use!

Intended Use
Selection Back Low is intended to be used for moderate Low Back Pain and weakness. It can also be used to support the spine during heavy lifting.

Indications
Low Back Pain, Back insufficiency.

Contraindications
Sciatica with leg or foot numbness or weakness.

Adjustment
This product should only be altered by a medical professional person.

Warning
Do not pull the straps too tight, as this can cause poor circulation and/or skin irritation. If you feel any irritations or other problems, take it off immediately. Check skin on a daily basis.

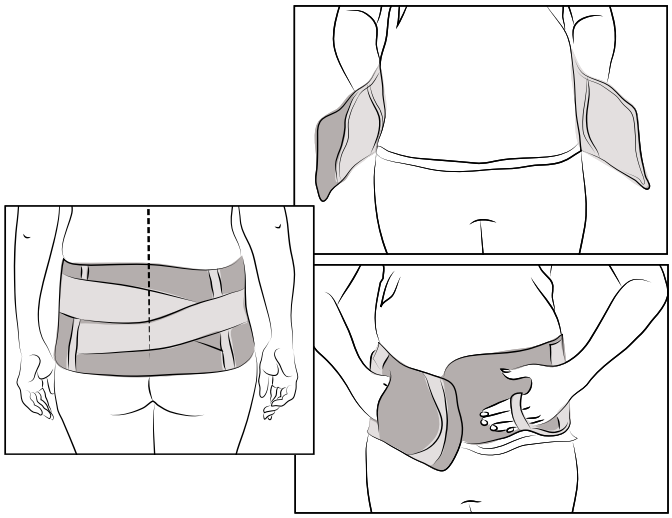
How to use the support
Check that you have the correct size. Some conditions can result in swelling that can mean variations in size. If this is the first time you are using a support it is important to start slowly. Use the support for a short period of time the first day, then increase the use gradually. The support should not be used overnight.

Material specifications
72% Polyester, 28% Spandex. Stays, Velcro and buckles made of nylon. This product does not contain Latex. This product is not flame retardant.

Wash instruction
Close all Velcro prior to laundering. Machine washable in 40°C (104°F). Dry flat. Do not tumble dry or dry clean. Use a washing bag.

Who to contact
If any problems occur please contact your orthotist or fitter.

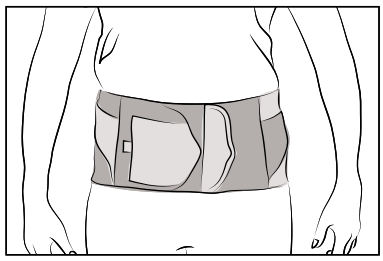
Instructions for use



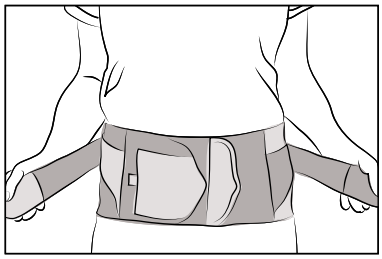
1. Check that the support is complete and without damage.

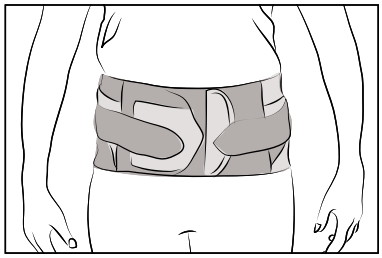
2. Loosen the two stabilizing straps so that the cross in the back becomes loose.

3. Put the support around your body and secure that it is centered over the spine. Then put one hand/fingers in the pocket and the other into the strap and pull forward to close on the front.



4. Grap hold of the two stabilizing straps, pull them forward and secure on the front.





5. To remove the support: First open the two stabilizing straps.

6. The open the front velcro closure.

DEUTSCH

35401 SELECTION BACK LOW

Lesen Sie diese Anleitung vor Gebrauch aufmerksam durch!

Intended Use
Selection Back Low is intended to be used for moderate Low Back Pain and weakness. It can also be used to support the spine during heavy lifting.

Indications
Back Pain, Back insufficiency.

Contraindications
Sciatica with leg or foot numbness or weakness.

Adjustment
This product should only be altered by a medical professional person.

Warning
Do not pull the straps too tight, as this can cause poor circulation and/or skin irritation. If you feel any irritations or other problems, take it off immediately. Check skin on a daily basis.

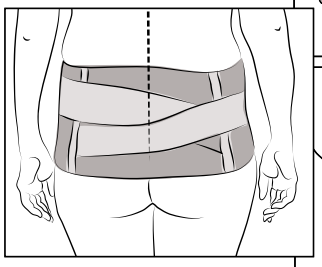
How to use the support
Check that you have the correct size. Some conditions can result in swelling that can mean variations in size. If this is the first time you are using a support it is important to start slowly. Use the support for a short period of time the first day, then increase the use gradually. The support should not be used overnight.

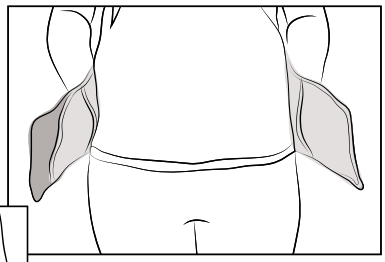
Material specifications
72% Polyester, 28% Spandex. Stays, Velcro and buckles made of nylon. This product does not contain Latex. This product is not flame retardant.

Wash instruction
Close all Velcro prior to laundering. Machine washable in 40°C (104°F). Dry flat. Do not tumble dry or dry clean. Use a washing bag.

Who to contact
If any problems occur please contact your orthotist or fitter.

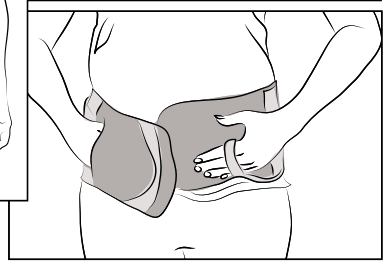
Gebrauchsanweisung



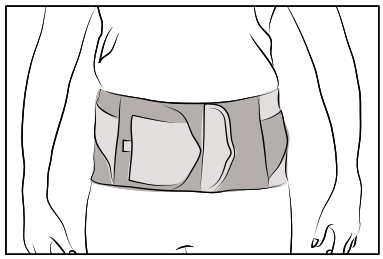


1. Check that the support is complete and without damage.

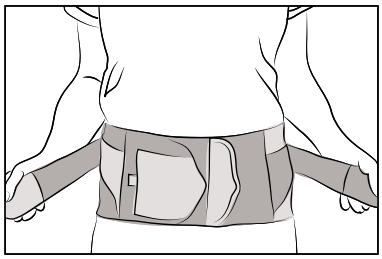
2. Loosen the two stabilizing straps so that the cross in the back becomes loose.

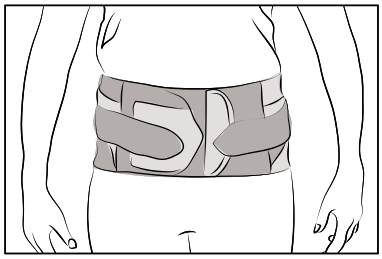


3. Put the support around your body and secure that it is centered over the spine. Then put one hand/fingers in the pocket and the other into the strap and pull forward to close on the front.



4. Grap hold of the two stabilizing straps, pull them forward and secure on the front.





5. To remove the support: First open the two stabilizing straps.

6. The open the front velcro closure.

NEDERLANDS

35401 SELECTION BACK LOW

Lees deze instructie zorgvuldig voor gebruik!

Intended Use
Selection Back Low is intended to be used for moderate Low Back Pain and weakness. It can also be used to support the spine during heavy lifting.

Indications
Back Pain, Back insufficiency.

Contraindications
Sciatica with leg or foot numbness or weakness.

Adjustment
This product should only be altered by a medical professional person.

Warning
Do not pull the straps too tight, as this can cause poor circulation and/or skin irritation. If you feel any irritations or other problems, take it off immediately. Check skin on a daily basis.

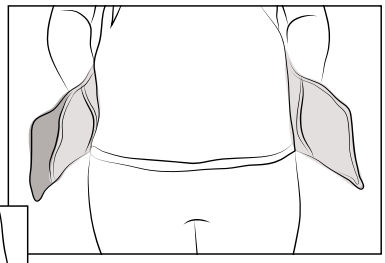
How to use the support
Check that you have the correct size. Some conditions can result in swelling that can mean variations in size. If this is the first time you are using a support it is important to start slowly. Use the support for a short period of time the first day, then increase the use gradually. The support should not be used overnight.

Material specifications
72% Polyester, 28% Spandex. Stays, Velcro and buckles made of nylon. This product does not contain Latex. This product is not flame retardant.

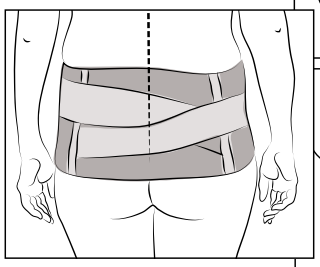
Wash instruction
Close all Velcro prior to laundering. Machine washable in 40°C (104°F). Dry flat. Do not tumble dry or dry clean. Use a washing bag.

Who to contact
If any problems occur please contact your orthotist or fitter.

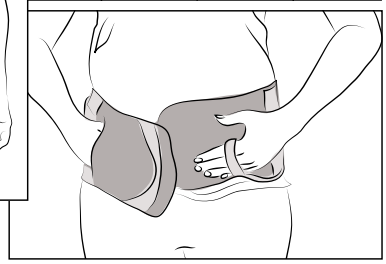
Instructies voor gebruik



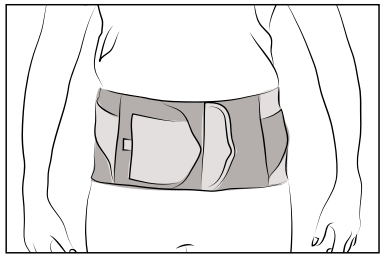
1. Check that the support is complete and without damage.



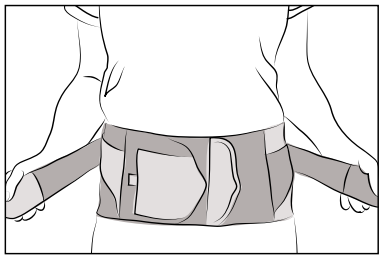
2. Loosen the two stabilizing straps so that the cross in the back becomes loose.

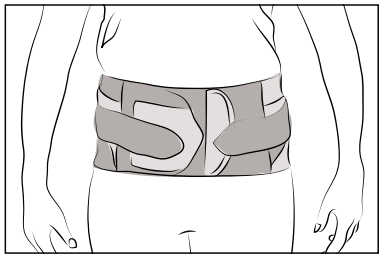


3. Put the support around your body and secure that it is centered over the spine. Then put one hand/fingers in the pocket and the other into the strap and pull forward to close on the front.



4. Grap hold of the two stabilizing straps, pull them forward and secure on the front.





5. To remove the support: First open the two stabilizing straps.

6. The open the front velcro closure.

35401 SELECTION, CORSETTO LOMBOSACRALE MEDIO

Leggere attentamente queste istruzioni prima di usare il prodotto!

Utilizzo
Il corsetto lombosacrale SELECTION è consigliato per lombalgie di lieve entità e per il miglioramento di dolori da sovraccarico sui segmenti lombosacrali. Può essere usato anche per proteggere la colonna in caso di sollevamento pesi.

Indicazioni
Lombalgie , insufficienza statico-muscolare.

Controindicazioni
Sciatalgie con parestesie della gamba o del piede

Applicazione
Il prodotto deve essere applicato solo da un professionista, medico o tecnico ortopedico.

Attenzione
Non tirare eccessivamente gli straps, poiché questi possono causare problemi circolatori e/o irritazione della cute. Per qualsiasi irritazione o difficoltà di altro tipo, togliere immediatamente il presidio. Controllate giornalmente la vostra cute.

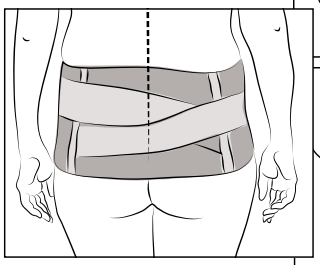
Come indossare il corsetto
Controllate di avere la giusta taglia. In certe condizioni si può essere gonfi e questo comporta cambiamenti nella taglia. Se è la prima volta che indossate un corsetto è importante partire lentamente. Usate il corsetto per un periodo di tempo limitato per il primo giorno , poi aumentate gradualmente. Il corsetto non deve essere portato di notte.

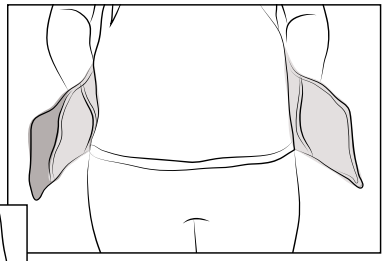
Composizione
72% Polyester, 28% spandex. Chiusure, velcri e fibbie sono in nylon. Questo prodotto non contiene latex.

Istruzioni per il lavaggio
Chiudete tutti i velcri prima del lavaggio. Lavabile in lavatrice a 40° C (104°F). Asciugare mettendolo steso su un piano. Non centrifugare e non lavare a secco. Usare un sacchetto apposito per lavatrice.

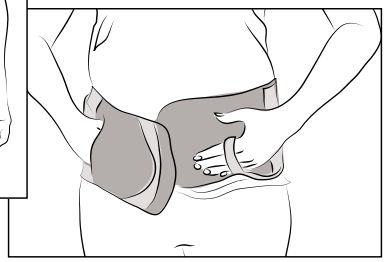
Chi Contattare
Per qualsiasi problema contattare l'ortopedia sanitaria che ve lo ha venduto.

Istruzioni per la corretta applicazione



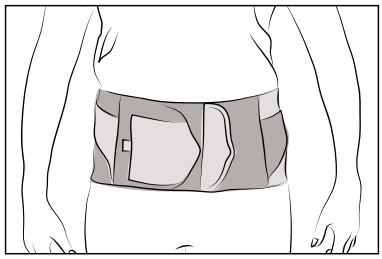


1. Controllare che il presidio non abbia difetti.

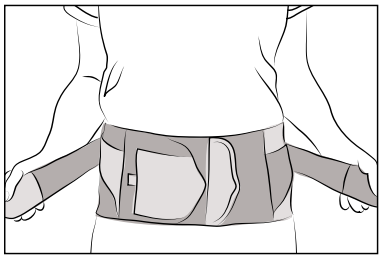


2. Aprire i due tiranti a velcro in modo che l'incrocio dietro si allenti.

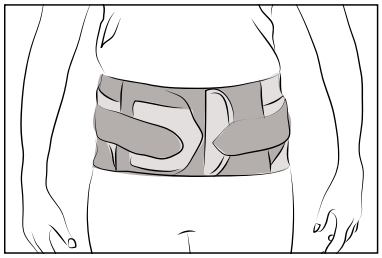
3. Fate passare il corsetto attorno alla vostra vita e assicuratevi che sia centrato sopra la colonna. Infilate una mano nella tasca e due/tre dita nel tirante del velcro e tiratelo. In avanti per chiuderlo.



4. Afferrare i due straps di stabilizzazione e tirandoli in avanti fissateli sul corsetto anteriormente.



5. Per togliere il corsetto . aprire prima di tutto i due tiranti col velcro.



6. Poi aprire la chiusura a velcro anteriore.

ITALIANO

FRANCE

35401 SELECTION BACK LOW
Carefully read this instruction sheet before use!

Intended Use
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Contraindications
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How to use the support
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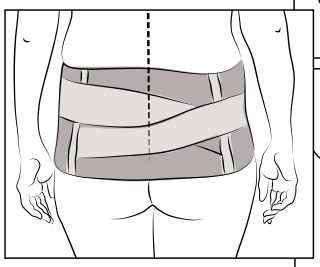
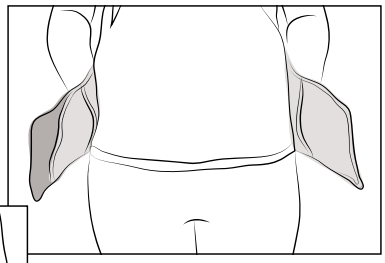
Wash instruction
Close all Velcro prior to laundering. Machine washable in 40°C (104°F). Dry flat. Do not tumble dry or dry clean. Use a washing bag.

Who to contact
If any problems occur please contact your orthotist or fitter.

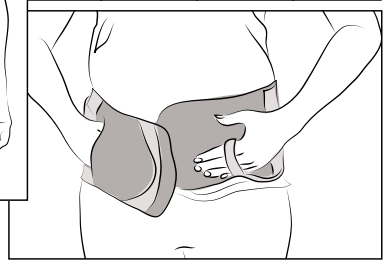
Instructions for use



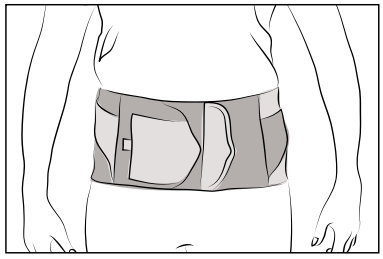


1. Check that the support is complete and without damage.

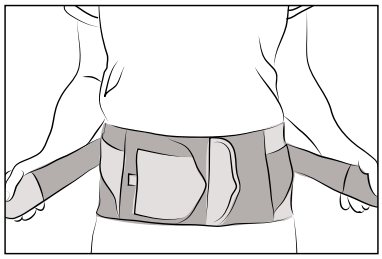
2. Loosen the two stabilizing straps so that the cross in the back becomes loose.

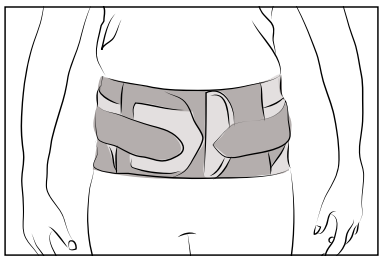


3. Put the support around your body and secure that it is centered over the spine. Then put one hand/fingers in the pocket and the other into the strap and pull forward to close on the front.



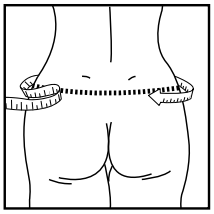
4. Grap hold of the two stabilizing straps, pull them forward and secure on the front.





5. To remove the support: First open the two stabilizing straps.

6. The open the front velcro closure.



Item No.	Size	Hip circumference
35401 0010	XSmall	75 - 85 cm
35401 0011	Small	85 - 95 cm
35401 0012	Medium	95 - 105 cm
35401 0013	Large	105 - 115 cm
35401 0014	XLarge	115 - 125 cm
35401 0015	XXLarge	125 - 140 cm
35401 0016	XXXLarge	140 - 160 cm

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