AquaFlex Fitting Instructions

1. Apply the hyperextension initially with the patient lying down or standing (fig. 1).
2. Loosen the screws on the lateral uprights (fig. 2a) or on the front (fig. 2a).
3. Proceed to make the adjustments on the vertical axis (fig. 3):
   - lengthen or shorten the hyperextension until the pelvic band rests on the pubis and the plate or the sternum;
   - if necessary, remove the screws and replace them in a more suitable position to adapt the hyperextension to the patient;
   - tighten the screws and make sure the patient can sit without discomfort, if necessary, make further vertical adjustments;
   - make sure the lateral uprights are the same length after adjustments.
4. Adjust the inclination of the inner extension (any M, 245 PLUS):
   - Remove the screw and metal cap from the hinge between the vertical uprights and the underarm section (fig. 5a).
   - Insert the underarm section, turn to the desired inclination and fit back on the toothed wheel (fig. 5b).
   - Fit the metal cover and screw back in place, and tighten the screw.
   - Repeat the same operation on the other underarm section, taking care to obtain the same inclination.
5. Now make the horizontal adjustments (fig. 4):
   - adapt the hyperextension to the width of the patient’s chest;
   - tighten the screws, checking the symmetry with respect to the sagittal plane.
6. Adjust the brace accurately to fit the morphology of the patient:
   - shape the pelvic band (fig. 6a and 6b), so that they adhere well to the pectoral area;
   - shape the lateral uprights at the level of the pubis (fig. 6c), following the reference fold (to shape them more accurately we recommend using bending tools).

Instructions for Blocking the Pelvic Band (for the physician or orthopedic expert)

7. In accordance with the physician’s instructions, position the lumbar plate along the spinal column where prescribed (fig. 7):
   - remove the knob screw and place it at the desired height;
   - move the lever to the desired height using the two screws that fasten it to the metal structure.
8. In accordance with the physician’s instructions, position the lumbar plate in position along the lumbar plate, by removing the belt from the horizontal loops and threading it through the vertical ones (fig. 8a).
9. Adjust the belt length:
   - with the closure lever open slide the belt into the buckles and fasten with the velcro strips provided;
   - fit the hook in the knob screw;
   - if necessary, make further adjustment of the belt to obtain the desired lumbar thrust: the ideal thrust is obtained when the hyperextension remains in place even with the closure lever open (fig. 9);
   - fasten the hyperextension using the closure lever.
10. Make sure the lumbar plate is centered securely on the spinal column.

Precautions for Use

Any pressure applied by the orthosis should not act on parts of the body with wounds, swelling or tenderness. It is advisable to wear the orthosis over a garment, avoiding direct contact with the skin. In case of doubt about the manner of application, contact an orthopedic expert. Do not wear the orthosis near flames or strong electromagnetic fields. Do not release the tension of the belt abruptly, in order to prevent sudden collapse of the trunk.

Maintenance

Wash with a sponge dampened in warm water and neutral soap.
Dry with a soft cloth. Check the screws periodically and tighten any loose ones.
Contact an orthopedic expert for replacements or worn parts.
Do not dispose of the orthosis or any of its parts carelessly.

Warnings

The orthosis must be prescribed and used under medical control and applied by an orthopedic expert who is a competent person of reference both for application and for information about safe use, in compliance with individual needs. To ensure the effectiveness, tolerance and correct function, it is necessary to apply the device with the maximum care. Any change in its structure or adjustment must be prescribed by a physician and performed by an orthopedic expert. Never alter the adjustment made by the physician or orthopedic expert. It is recommended that the orthosis be used by one patient only. In case of hypersensitivity, direct contact with the skin may cause redness or irritation. In case of pain, swelling, tenderness or any unusual reaction, contact your doctor immediately.

<table>
<thead>
<tr>
<th>Size</th>
<th>10003</th>
<th>10004</th>
<th>10005</th>
<th>10004ML</th>
<th>10006</th>
<th>10007</th>
<th>10009</th>
<th>10008</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waist</td>
<td>23.5-28&quot;</td>
<td>29.5-35&quot;</td>
<td>29.5-35&quot;</td>
<td>35-41&quot;</td>
<td>35-41&quot;</td>
<td>35-41&quot;</td>
<td>41-45&quot;</td>
<td>41-45&quot;</td>
</tr>
<tr>
<td>Size</td>
<td>S</td>
<td>MS</td>
<td>M</td>
<td>ML</td>
<td>LS</td>
<td>L</td>
<td>XLS</td>
<td>XL</td>
</tr>
<tr>
<td></td>
<td>12.5</td>
<td>12.5</td>
<td>13.5</td>
<td>15</td>
<td>13.5</td>
<td>15</td>
<td>15</td>
<td>16</td>
</tr>
</tbody>
</table>

Size from sternum to pubis in inches

WWW.BELL-HORN.COM