



EXOS FORM™ SPINE BRACING SYSTEM LUMBOSACRAL ORTHOSES (LSO) PATIENT INSTRUCTIONS

Semi-Universal Design

One size does not fit all. Especially when you are trying to accommodate waist circumferences ranging from 25 inches (66 cm) to 65+ inches (165+ cm). The Exos FORM™ Spine Bracing System utilizes a semi-universal sizing system that uses a two size approach in order to accommodate the broadest range of body types and sizes.

Modular Step-Up, Step-Down Design

A progression of healing in one modular bracing solution. The Exos™ Spine Brace System offers the ability to adjust and configure the brace as patients' progress through rehabilitation and recovery.

Adjustable (Angle) Belt Wings

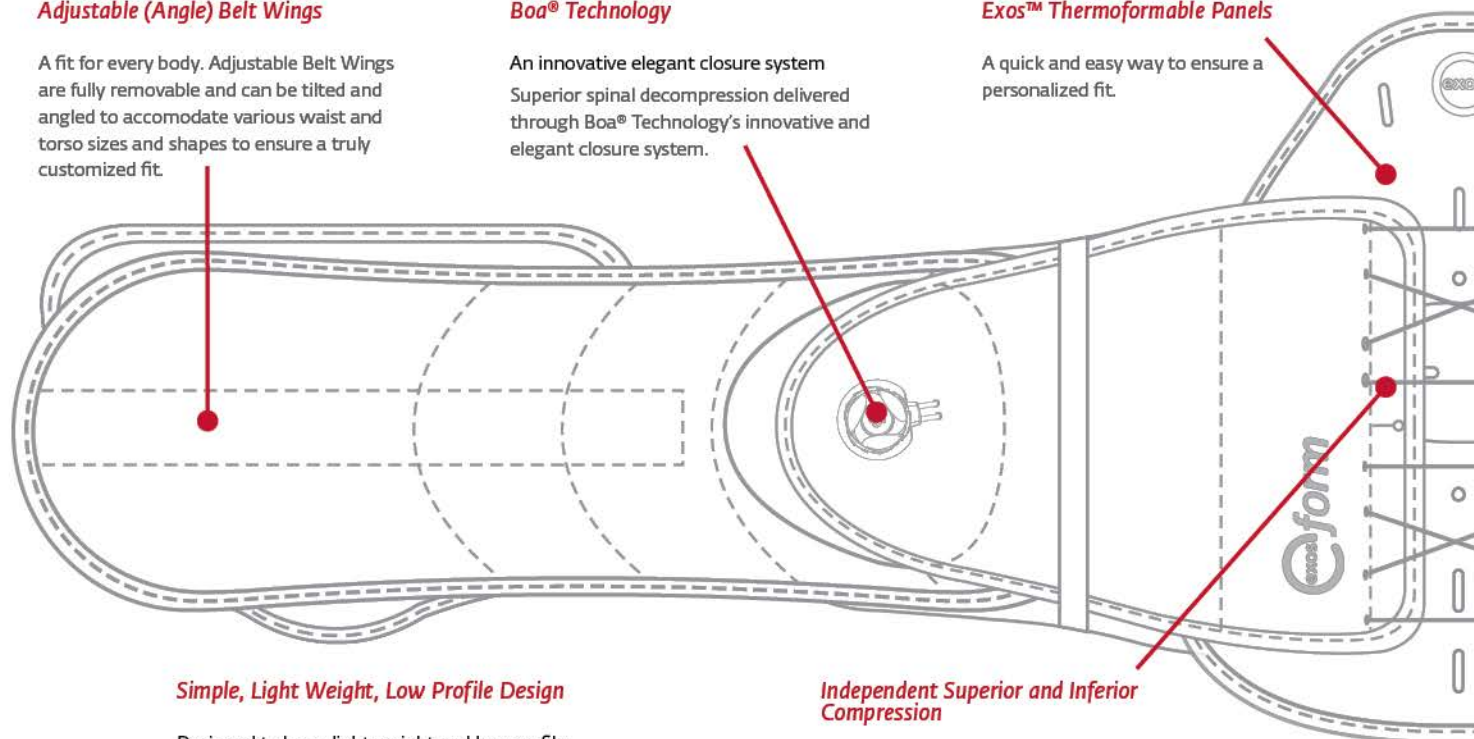
A fit for every body. Adjustable Belt Wings are fully removable and can be tilted and angled to accommodate various waist and torso sizes and shapes to ensure a truly customized fit.

Boa® Technology

An innovative elegant closure system. Superior spinal decompression delivered through Boa® Technology's innovative and elegant closure system.

Exos™ Thermoformable Panels

A quick and easy way to ensure a personalized fit.



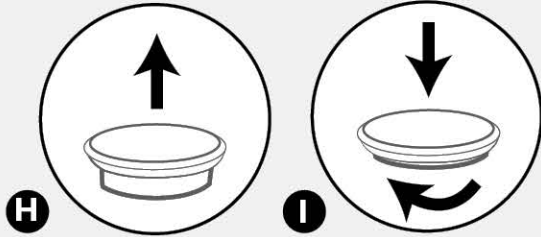
Simple, Light Weight, Low Profile Design

Designed to be as light weight and low profile as possible in order to promote better patient compliance.

Independent Superior and Inferior Compression

Superior spinal decompression delivered through Boa® Technology's innovative and elegant closure system.

COMPONENTS



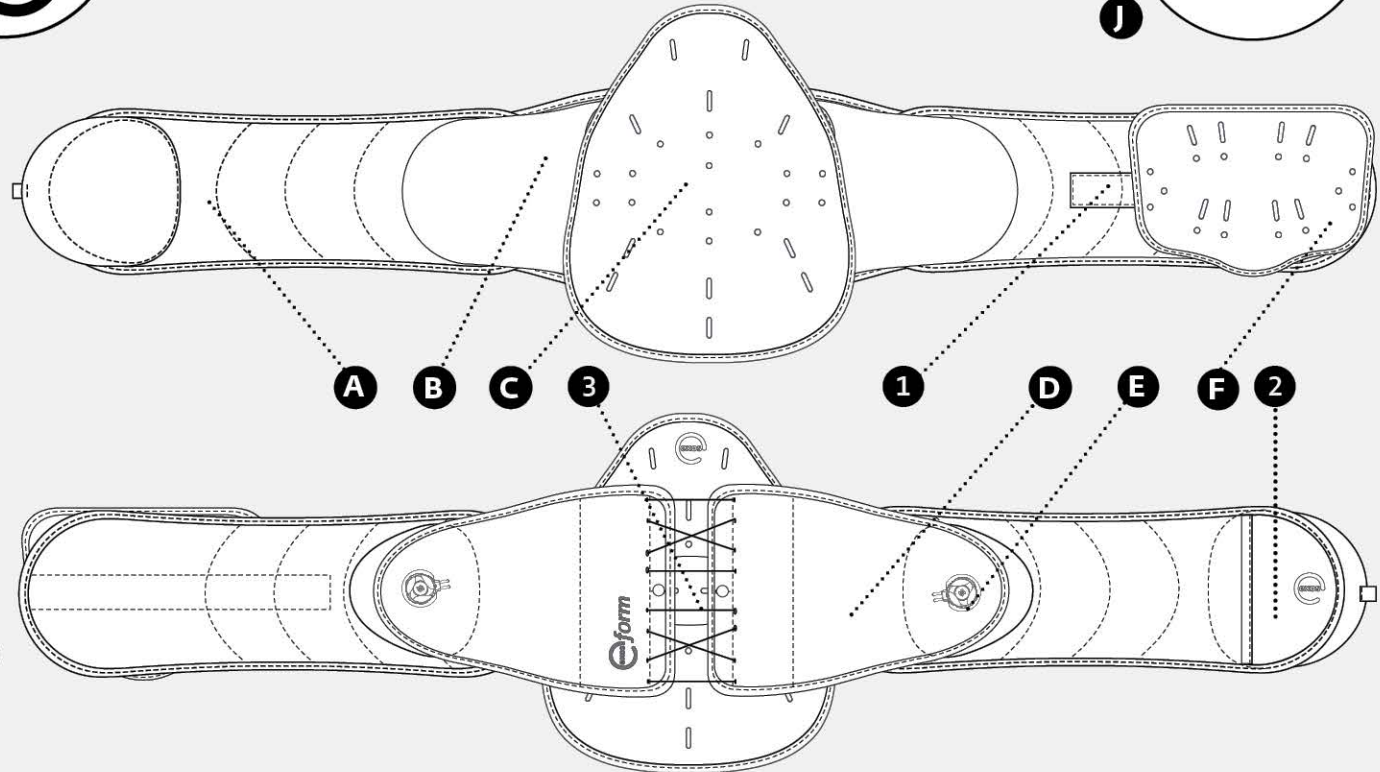
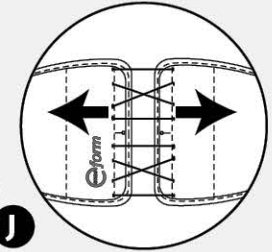
BOA® CLOSURE INSTRUCTIONS

TO LOOSEN BRACE

- ▶ Lift Boa® Knob up to release Boa® Lace (Figure H) and pull Rear Panel Section in opposite directions. (Figure J)

TO TIGHTEN BRACE

- ▶ Push Boa® Knob down and turn Boa® Knob clockwise to tighten the brace (Figure I)
- ▶ **NOTE:** The **LEFT** Boa® Knob controls the top half of the brace. The **RIGHT** Boa® Knob controls the bottom half.



A. BELT WINGS (PAIR)

1. Anterior (Front) Panel Section
2. Donning Mitt Section

B. LATERAL EXTENSION (SIDE) PANELS (PAIR)

C. T9 POSTERIOR (REAR) PANEL

3. Glide Track

D. POSTERIOR (REAR) SECTION

E. BOA® TECHNOLOGY ADVANCED CLOSURE SYSTEM

F. ANTERIOR (FRONT) PANEL

ASSEMBLY

SECURING/REMOVING ANTERIOR (FRONT) PANEL (INCLUDED WITH MODELS 200637, 200631)

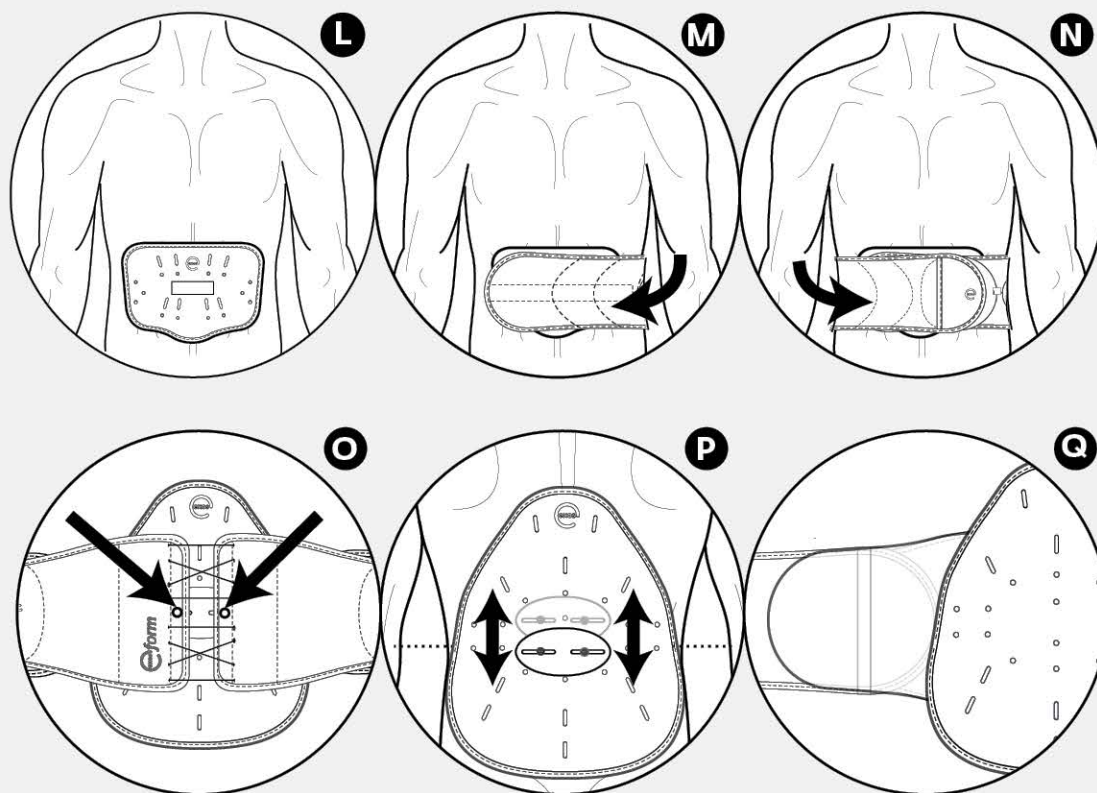
- ▶ Hold the Anterior (Front) Panel on the patient at the desired location. (Figure L).
- ▶ Wrap the Anterior (Front) Panel Belt Wing over the Anterior (Front) Panel, making sure the loop strip (inward facing) on the Belt Wing attaches to the hook strip (outward facing) on the Anterior (Front) Panel (Figure M & Figure N).
- ▶ **REMINDER:** The Exos™ logo on the Anterior (Front) Panel should be facing upright and away from the patient.

SECURING/REMOVING T9 POSTERIOR (REAR) PANEL (INCLUDED WITH MODEL 200637, 200631)

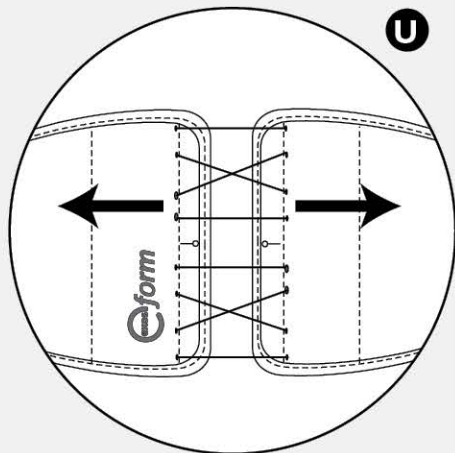
- ▶ Lay the T9 Posterior (Rear) Panel so the Glide Track is facing up.
- ▶ **REMINDER:** The Exos™ logo on the T9 Posterior (Rear) Panel should be facing upright and away from the patient.
- ▶ Lay the Posterior (Back) Section over the top of the T9 Posterior (Rear) Panel and insert the Glide Track Buttons through the button holes located on either side of the Posterior (Back) Section (Figure O).
- ▶ **NOTE:** Once the brace is donned, the narrow ends of the glide track should be positioned in the middle of the waist groove (just superior to the iliac crest). Positioning of the T9 Posterior (Rear) Panel may be adjusted superiorly by disengaging the hook and loop attachment that connects the Glide Track with the T9 Posterior (Rear) Panel, repositioning the T9 Posterior (Rear) Panel, then re-securing the Glide Track in the desired position (Figure P).

SECURING/REMOVING LATERAL EXTENSION PANELS (INCLUDED WITH MODEL 200637)

- ▶ Wrap the elastic band on the Lateral Extension (Side) Panels around the Belt Wings. Then slide each Lateral Extension (Side) Panel toward the Posterior (Back) Section.
- ▶ **REMINDER:** The Lateral Extension (Side) Panels should be positioned on the inside of the Belt Wings.
- ▶ Secure the hook of the Lateral Extension (Side) Panels to the lateral sides of the T9 Posterior (Rear) Panel facing away from the patient (Figure Q).
- ▶ **REMINDER:** The Exos™ logo on the T9 Posterior (Rear) Panel should be facing upright and away from the patient.

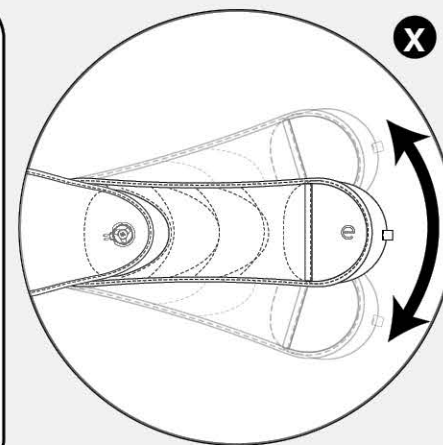
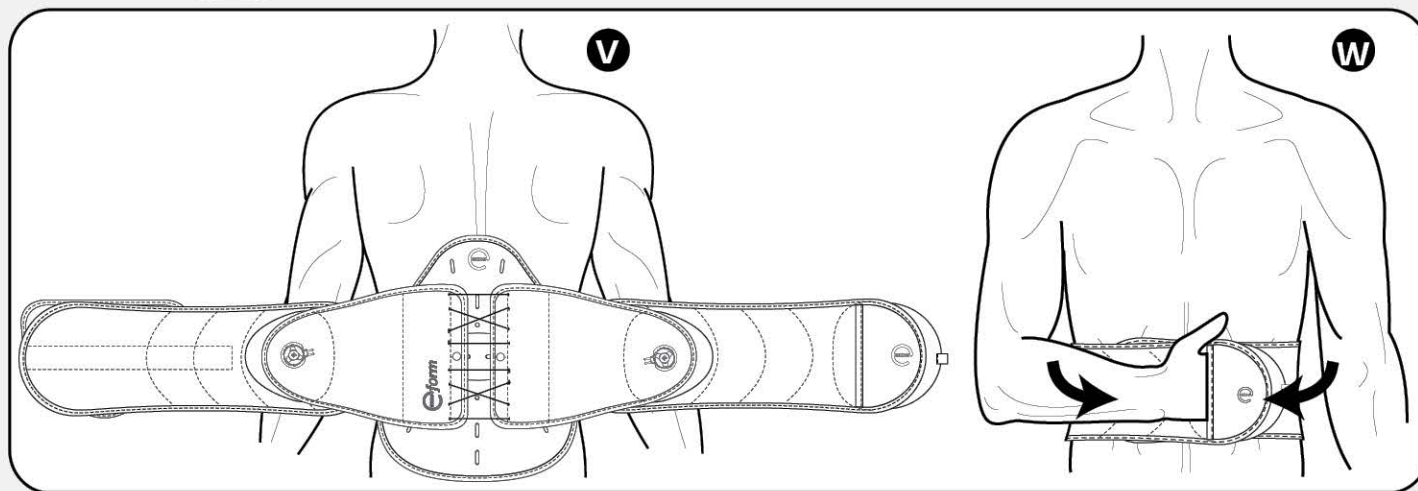


APPLICATION



BRACE APPLICATION

- ▶ Loosen brace.
- ▶ Prior to **each** application of the brace make sure the brace is fully extended by lifting the Boa® Knobs and pulling the Posterior (Rear) Section apart (Figure U).
- ▶ Apply the brace to the patient by centering the Posterior (Rear) Section (Figure V) around the patient (on the back), then wrapping the Belt Wings around the waist (toward the front) (Figure W). Secure the hook and loop attachment on the front.
- ▶ **NOTE:** When reapplying the brace, it is easiest for the patient to guide the belt by inserting a hand in the donning mit pocket. (Figure W)
- ▶ **NOTE:** The Belt Wings may be secured to the Posterior (Rear) Section at an angle to accommodate a size differential between the waist and hips (Figure X).
- ▶ Before tightening the brace make sure the Posterior (Rear) Section is positioned evenly on both sides of the patient. In order to achieve optimal comfort and fit, it may be necessary to readjust and reposition the two (2) Belt Wings to the Posterior (Rear) Section.
- ▶ Push Boa® Knob down and turn Boa® Knob clockwise to tighten the brace (Figure I), to the desired level of compression.



USE AND CARE

USE AND CARE: (CLEANING & STORAGE INSTRUCTIONS)



Hand wash in cold water, less than 86°F (30°C), using mild soap. Air dry.

NOTE: If not rinsed thoroughly, residual soap may cause irritation and deteriorate material.



Do NOT iron.



Do NOT tumble dry.



Do NOT bleach.



130°F (55°C)

Do NOT expose to heat over 130°F (55°C).

MATERIAL CONTENTS

Polyester, Nylon, Polyethylene, Terpolymer, Polycarbonate, Elastic, Steel, Zinc, Antimicrobial

WARRANTY:

DJO, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale.

PRODUCT SUPPORT:

For product support please call +1.888.405.3251 or +1.760.727.1280.



Embrace the Reform



DJO, LLC | A DJO Global Company

T 800.336.6569 **D** 760.727.1280 **F** 800.936.6569
1430 Decision Street | Vista, CA 92081-8553 | U.S.A.

DJOGlobal.com/exos

Together in Motion™