



NOBBE ORTHOPEDICS, INC.

Rebuilding Bodies, Restoring Lives...

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HYPEREXTENSION BRACE

- 1) Whenever possible apply brace lying down in bed so the spine is fully extended.
- 2) Make sure the white tension adjustment flap on the brace is in the open position.
- 3) The posterior back pad now should go under the spine against the back.
- 4) The anterior frame of the brace should be gently placed upon the top of the body center between the shoulders and the pubic bone.
- 5) Find the white rectangular pull tab attached to the back strap and with a finger in the larger hole pull the strap forward to match the keyhole opening on the tab with the post on the brace.
- 6) Slide the keyhole into the post to secure the back strap.
- 7) You may now close the white adjustment strap.
- 8) Reposition the placement of the brace on your body to a comfortable position.
- 9) Roll on your side and raise up to a sitting position on the bedside as shown to you by physical therapy.