

# WRAP GUIDE

### LUMBAR WRAP INSTRUCTIONS



Orient the wrap with the pad on your lower back, and the blue side facing the body, as shown



Use the waist straps to fit

# VIDEO **INSTRUCTIONS**

Please Visit nicerecovery.com/how-to-videos

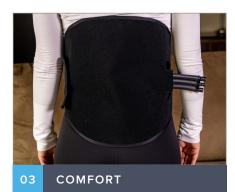
## WRAP GUIDE SIZING

#### Small/Medium

Fits average body types ~up to 5'10 170lbs; up to shoe size 10M/12W Shoe Size

#### Large/XL

Fits average body types above 5'10 170lbs; shoe size above 10M+/Size 12W+



Once fitted, the wrap should be comfortably snug with no creases or folds

#### NICERECOVERY.COM

For more information: Call (888) 815-9907 or Email info@nicerecovery.com

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