

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

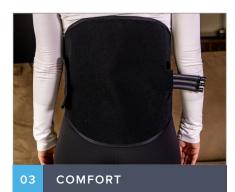
WRAP GUIDE SIZING

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

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