

LUMBAR WRAP INSTRUCTIONS



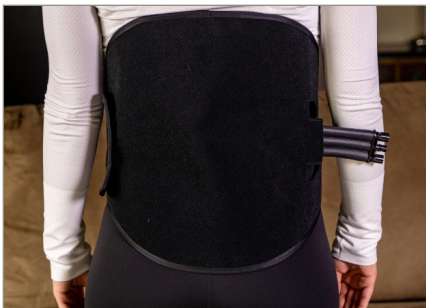
01 PLACE

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



02 SECURE

Use the waist straps to fit



03 COMFORT

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

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+