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HOW TO FIT A BACK SUPPORT

- 1A. For males, take waist measurement. Actual waist position can be determined by asking patient to lean sideways, where a crease occurs is the waistline.
- 1B. For females, take waist and hip measurements and note if patient is short or tall.
2. Select product from product selection guide.
 - Model 4061 for average to short figure types male or female, but 4067 is a better fit on females.
 - For tall or larger figure types Model 4062 provides more control for males and can fit XL females, but Model 4067 is better on females because this style is cut with more hip.
3. Select product size from size selection chart on box. Note most of our products will fit slightly larger sizes than listed, especially if fitted firmly.
4. Check that the product is not upside down. The label at the back must be at the top. Make sure it is centered at back with stays evenly spaced each side of the spine. Hold product in middle front edges between fingers and palm of hand. Ensure elastic belts are free, especially on 4067. Overlap right front over left ensuring elastic side panels are stretched.
5. Check if positioned correctly. Ask patient to sit on chair to check if product is too high or too low on the body. If too low it will put too much pressure on top of the legs. If too high in front on females it will press up under the bust.
6. When the patient says the size and fit is OK, ask them to remove it so the back stays can be easily removed for re-shaping if necessary. The stays need to be shaped to each persons natural back curve when they are standing erect with both feet together. Explain the function of the stays encouraging correct posture especially when lifting by helping to maintain natural spinal curve. Place each stay on the patients back in the same position as it will be when fitted in the product. Bend the stay to fit back shape. Show the patient how to insert and remove the stays. Mark "T" on top of the stay with a marker pen. When all stays are correctly shaped and fitted back in the product, re-apply product to check if comfortable for patient when sitting or standing and bending.
7. Ensure patient can correctly apply and remove product.
8. It is recommended you record the patient name, date fitted, product model, size and colour. Recommend to the patient to only wear the product when necessary.
9. The product should be washed with soap or wool wash detergent before wearing it against the skin as this will soften the fabric.