## APPLICATION

1. Open up the Velcro ${ }^{\text {TM }}$ on the right side of the front panel and position the orthosis around the back.
2. Center the front (anterior) panel on your body.
3. Close the Velcro ${ }^{\text {TM }}$ again, making sure that the Velcro ${ }^{\text {TM }}$ on both sides is the same distance forward. Adjust the Velcro ${ }^{\text {TM }}$ until it is even and the orthosis feels snug.
4. Reach for the compression pull-tab on the side of the orthosis. Pull the tab forward and attach it to the middle of the front panel or the Velcro ${ }^{\text {TM }}$ on your opposite side.
5. The compression pull-tab can be tightened or loosened to your comfort level depending on the activity you are doing. The orthosis provides the most support when it is applied snugly. Consult your physician for any special instructions.
6. When you remove the orthosis, lift the compression pull-tab and "park" it on the side of the Velcro ${ }^{\text {TM }}$ attached to the front of your orthosis and remove the orthosis.
7. If you have any problems with your orthosis, contact your orthotist. Your physician will determine when it is appropriate for you to stop wearing your California Mid-Profile Orthosis

## CARE INSTRUCTIONS

The foam liner inside the back (posterior) panel can be removed and handwashed in the sink using mild soap and water. The foam lining inside the front panel and can be wiped clean with mild soap and water applied with a damp cloth. Then wipe the foam thoroughly with a clean damp cloth, to remove all soap residue and dirt. Allow the orthosis to air dry. Do not machine wash, or put the orthosis in a clothes dryer.


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