

# Instruction Manual

ELITE MEDICAL<sup>®</sup>  
SUPPLY OF NEW YORK



**Elite Air Decompression LSO**

TABLE OF CONTENTS

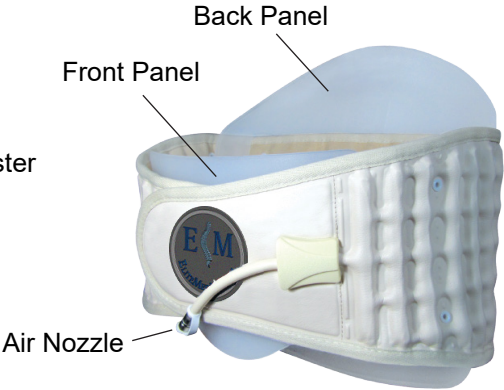
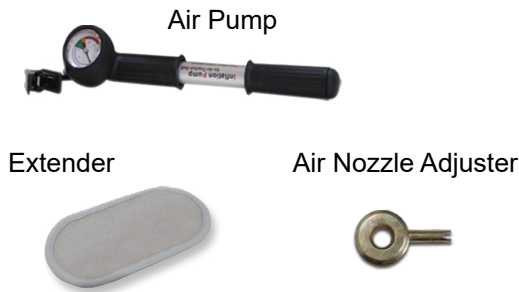
Package Contents	2	Use Recommendations	4
Size Chart	2	Instructions For Use	4 - 6
Precautions	3	Care & Maintenance	7
Contraindications	3	Customer Service	7
Typical Indications	3	Warranty	7

PACKAGE CONTENTS

- ▶ Elite Air Decompression LSO
- ▶ Panels - Front Panel & Back Panel
- ▶ Instruction Manual

ACCESSORIES

- ▶ Air Pump
- ▶ Velcro Extender
- ▶ Air Nozzle Adjuster



SIZE CHART

Size	Waist Measurement
Small	26" - 32"
Medium	32" - 36"
Large	36" - 40"
XLarge	40" - 46"
XXLarge	46" - 52"
XXXLarge	52" - 58"

**Important:**  
The correct size is necessary for an effective treatment.

## PRECAUTIONS

- ▶ Read the entire instruction manual before use.
- ▶ Follow the treatment plan recommended by your doctor or physician.
- ▶ Avoid sharp objects coming into contact with any part of the product.
- ▶ Follow the care and maintenance instructions.
- ▶ Failure to follow this manual may lead to injury or product failure.
- ▶ Do not use anywhere other than the lumbar region.
- ▶ Do not use the product while eating or for one hour after a meal.

## CONTRAINDICATIONS

- ▶ Pregnant Women
- ▶ Cerebrovascular Disease
- ▶ Major Spinal Surgery
- ▶ Severe Osteoporosis
- ▶ Acute Lumbar Injuries
- ▶ Tumor Near or at Spinal Region
- ▶ Broken or Fractured Vertebrae
- ▶ Congestive Heart Failure

## TYPICAL INDICATIONS

- ▶ Burst Fracture
- ▶ Bulging or Herniated Discs
- ▶ Degenerative Disc Disease
- ▶ Post-Operative Recovery
- ▶ Sciatica
- ▶ Spinal Stenosis
- ▶ Spondylolysis
- ▶ Spondylolisthesis



### Before Treatment

Pain from bulging or herniated disc.

### After Treatment

Decompression increases intervertebral space and reduces pressure on the lumbar region.



## USE RECOMMENDATIONS

- ▶ The rigid panels can be removed as your treatment progresses when less support is required.
- ▶ The decompression LSO can prevent and also relieve back pain.
- ▶ Wear for 4 hour intervals (2 hours on, 2 hours off, repeat).
- ▶ Reduce the treatment time interval if pain increases. Discuss the symptoms with your doctor if pain persists.
- ▶ Apply a hot pack to the lumbar region before treatment. This will help relax the muscles.
- ▶ Adjust the decompression LSO higher or lower on your back according to your body type to maximize decompression.
- ▶ The air pump does not inflate the belt past 20 PSI.
- ▶ The decompression LSO can be worn on the skin or over a shirt.
- ▶ The velcro extender can be used to extend the circumference of the belt for additional sizes.

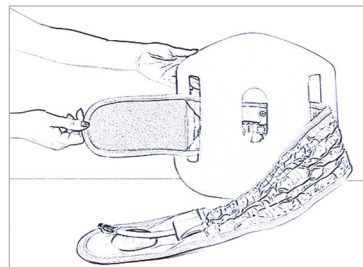
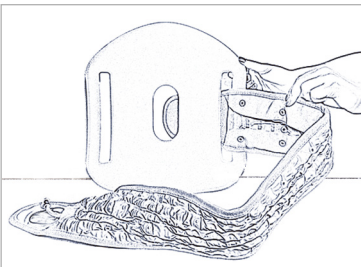
## INSTRUCTIONS FOR USE

### STEP 1

Measure your waist above the hips to determine the correct size. The size chart is on page 2.

### STEP 2

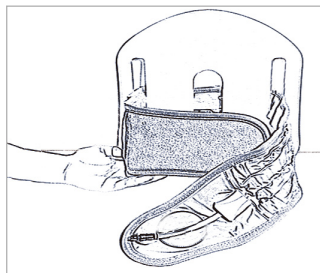
Pass the belt through the openings in the back panel when using the rigid back panel.



## INSTRUCTIONS FOR USE (CONT.)

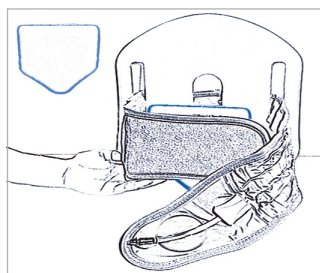
### STEP 3

Center the belt in the back panel.



### STEP 4

Attach the front panel to the velcro strap on the inner side of the belt when using the rigid front panel.



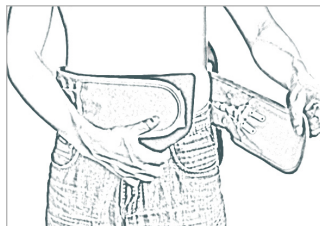
### STEP 5

Grasp each end of the belt. Bring the center of the belt against your back above the waist line.



### STEP 6

Ensure the belt is above your waist line. Fasten the velcro at the front of the belt.



## INSTRUCTIONS FOR USE (CONT.)

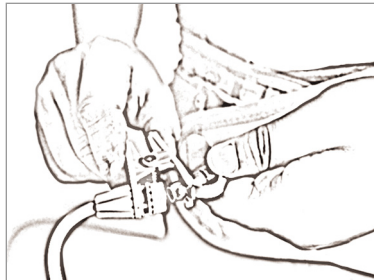
### STEP 7

Check the air nozzle on the belt to ensure it is fully closed. Turn the tip clockwise to close the air nozzle.



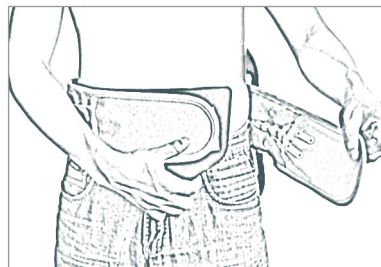
### STEP 8

Connect the air pump to the nozzle on the belt. Use the air pump to inflate the belt until the desired pressure is reached. The pump will not inflate the belt past 20 PSI.



### STEP 9

To remove the decompression LSO, deflate the belt by turning the tip of the air nozzle counterclockwise. Completely deflate the belt before removal. Close the air nozzle by turning the tip clockwise after the belt is completely deflated. Unfasten the velcro at the front of the belt.



## CARE & MAINTENANCE

The following care and maintenance practices will help ensure the product remains in proper working condition.

- ▶ Release all air from the belt and close valve before storing.
- ▶ Store deflated with the air valve closed.
- ▶ Do not place in a washing machine or dryer.
- ▶ Do not immerse in water or other liquids.
- ▶ Wipe with a damp cloth and mild soap, do not use abrasive cleaners.
- ▶ Hang dry out of direct sunlight.
- ▶ Avoid sharp objects.

## CUSTOMER SERVICE

866-712-0881

[info@elitemedny.com](mailto:info@elitemedny.com)

## WARRANTY

Elite Medical Supply of New York, LLC warrants this product against any defects in materials and workmanship for a period of 12 months. The warranty does not cover accessories or misuse of the product. To obtain warranty service call Customer Service at 866-712-0881.





## Elite Air Decompression LSO

Model: EDLSO-648

Manufactured For:

Elite Medical Supply of New York, LLC

1900 Ridge Road #125

West Seneca, NY 14224



866-712-0881



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