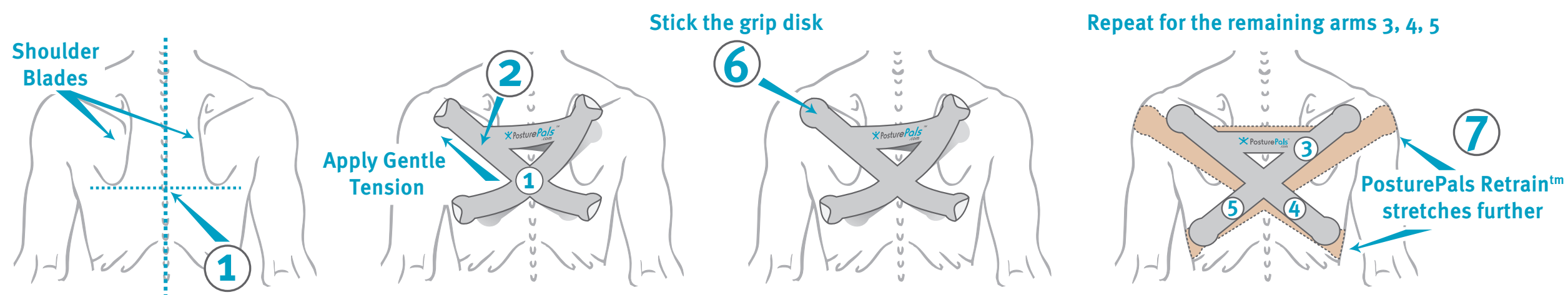


HOW TO APPLY the Thoracic PosturePals®



Step 1: For best adhesion and ease of removal, clean and dry area and remove hair. Have wearer stand tall. Turn arms out as far as is comfortable. Gently draw shoulder blades together.

Step 2: Carefully peel off backing sheet from PosturePals® support. Lightly stick the top corners to the skin to prevent the device from sticking to itself. Place the centre of the X (1) on the spine level with the bottom of the shoulder blades and stick down.

Step 3: Apply tension to the arm of the brace (2) and then stick down smoothing down from the middle outwards.

Firm tension (stretch) is required for the PosturePals Retrain (beige) device. The firmer the tension, the stronger the support provided and the less movement permitted. The arms of this device may extend around onto the outside of the arms (7).

Step 4: Stick the grip disk (6) to the skin's surface over the shoulder blade ensuring that there is no tension or traction on the grip disk. That is, the Grip Disk should remain circular and not be stretched into an oval shape. Tension on the Grip Disk can result in traction blisters of the skin.

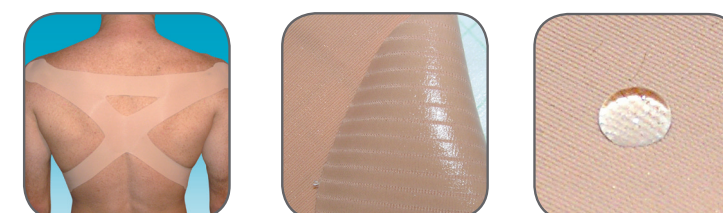
Step 5: Repeat steps 3 and 4 for the remaining arms (3) (4) (5) of the brace.



PRECAUTIONS:

1. Do not use if you have frail skin or a known sensitivity to sticking plasters or strapping tape.
2. PosturePals® can generally remain in place for four to five days. If you experience any itching, burning or irritation to the device, remove immediately and seek medical advice if necessary.
3. If you have spinal stenosis, moderate to severe scoliosis or are unsure if this device is appropriate for you, please consult with your healthcare practitioner prior to use.

PosturePals® are not intended to diagnose, treat, cure or prevent any injury, ailment, disease or illness or to replace consultation with an appropriate healthcare practitioner.



Please visit www.posturepals.com for instructional video and further information including our waiver/disclaimer and answers to frequently asked questions.