

## Application Instructions

### 1 POSITION HAND TENSIONERS



The BackJack Flex™ arrives with the hand pulls in the correct position over the blue Velcro® tabs.  
NOTE: Each time the brace is reapplied, both the left and right hand pulls should be replaced over the blue tabs for best compression results.

### 2 WRAP DEVICE AROUND YOUR WAIST



With your right hand, hold the end with the black Velcro® hook. With your left hand, lay the left panel against your stomach, then press the right panel on top of the left. Brace should be snug, not tight.

### 3 APPLY COMPRESSION



Grasp each of the hand pulls and pull forward while tightening your stomach. Then, press the hand pulls firmly against the front of the brace.

NOTE: The unique design of the BackJack Flex™ allows you to move the back panel from side to side to focus the pressure and heat or cold over the most painful area. Simply pull the hand pulls on the side where you want extra compression and lay it down, then tighten the other side.



### HEATING/COOLING INSTRUCTIONS FOR HOT/COLD GEL PAD



**To heat:** Place the blue Hot/Cold Gel Pad flat in the microwave for 30-60 seconds (heat until warm to the touch). **DO NOT OVERHEAT.** Attach the blue gel pad to the multi-positional lumbar panel with the blue fabric against the blue panel. Heat will discharge in 20 - 30 minutes.



**To cool:** Place the blue Hot/Cold Gel Pad flat in the freezer for at least an hour. Attach the blue gel pad to the multi-positional lumbar panel with the blue fabric against the blue panel. Cold will discharge in 15 - 20 minutes.

### Easy Care Instructions

Wash Bio Skin® regularly to prevent body salt and oil build-up that naturally occurs after the product has been worn a few times. Attach the hook to the loop to prevent lint build-up. This will give your Bio Skin® a longer life span.



Cropper Medical, Inc.  
custserv@bioskin.com  
800.541.2455  
www.bioskin.com

