

Beactive® Plus Wrap Instructions

Apply wrap using these simple steps:

STEP 1. If Lower Back Pain is on the Left Side; Slip wrap on the left leg with the (L) on the top, **just under the kneecap** (Fig. 1). Center the (L) just under the **LEFT** kneecap. The pressure pad should then be on the outside outer edge of the calf muscle as shown below. (Fig 2.) **Note: If the pressure pad is not on the outside outer edge of the calf muscle, adjust accordingly.**

If Lower Back Pain is on the Right Side; Follow Step 1, applying the wrap to the **RIGHT** leg with the (R) on the top just under the Right kneecap (Fig. 1). Then follow Step 1.

Left Front Calf



Fig. 1

Left Back Calf



Fig. 2

NOTE:
ARROW FOR
PRESSURE POINT
LOCATION

STEP 2. With the wrap in the proper position, pull the strap through the loop fitting, pulling firmly forward across the front of the wrap. Be sure there is firm-strong pressure from the pressure pad on your outside outer edge of the calf muscle. **Note: The wrap should feel tight but not uncomfortably tight. Loosen slightly if uncomfortable, but keeping it firm.**

STEP 3. Adhere the strap to the wrap.

Note: After tightening, if the pressure pad is not on the outside outer edge of the calf muscle, adjust accordingly.

When To Use: The Beactive® Plus wrap should initially be worn for up to 2 hours at a time. If it remains comfortable, the wrap can be worn for longer periods as needed. If you lower back pain occurs in the center of your back, try to determine if it is more towards the right or left side and then apply the wrap to that side. If your lower back pain is exactly in the center of your lower back, first try the wrap on your right calf and if no change then switch to your left leg.

Note: Wearing wraps on both legs at the same time is not recommended.

Size: The Beactive® Plus wrap fits calf circumference sizes 12.5 inches to 21 inches measured around the fullest part of your calf. The Beactive Plus wrap is effective when worn on a single leg, on the side of the pain.

Caution: Some individuals may be sensitive to Neoprene. If rash develops, discontinue use and consult a physician.

Caution: If while wearing the brace discomfort or pain results, persists or increases, discontinue use and consult a physician.

Care Instructions: Hand wash. Hang dry. Do not bleach. Do not iron.



Material Contents: 80% Neoprene / 10% Nylon / 10% Polyester

Beactive®+



Lower back
pain radiates
from the lower
back to lower
extremities.

One Size
Fits
Most
Adjustable

Unisex

- Works on Right or Left Leg
- Wear Over or Under Clothes
- One Size Fits Most
- Adjustable
- Unisex

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