

Figure 4



Figure 5



Figure 6



Figure 7



Figure 8



Figure 9



Figure 10



TABLE 1

XS	S	M	L	XL
27.5-39.1 in	28.5-43.1 in	30.4-47.1 in	33.3-52.4 in	36.5-57.6 in

Figure 11



Figure 12



Figure 13



WARRANTY

General Home Medical Supply, Inc. will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of three years from the date of the sale.

For product support, please call 888-311-0666

PATENT NUMBER:
US 11,135,082



AppleMom Back Support™

Gestational/ Post-Natal Lumbo-Sacral Spinal Orthosis



WARNING

The AppeMom Back Support™ (GHMS-1001) must be prescribed by, and used at the direction of a medical doctor. If required, the device can be substantially modified by an individual with expertise. Healthcare providers, fitters and patients who use the AppeMom Back Support™ should read and have a good understanding of all the information in these instructions before application and use.

BRACE MEASURING AND SIZING

Take a waist circumference measurement starting from the hips to the umbilicus (Figure 10). Select the proper size using the Brace Size Selection table (Table 1).

- If the brace is being used during the 1st or 2nd trimesters, it's recommended to use the next larger size to allow for growth.
- If the brace is being used during the 3rd trimester, use the size indicated in the table.

BRACE COMPONENTS

- Gestational Wrap Kit - Front view (Figure 1)
 - Main support wings (Figure 1.1)
 - Inner midline (Figure 1.2)
- Gestational Wrap Kit - Back view (Figure 2)
 - Adjustable straps (Figure 2.1)
- Large Rigid Padded Back Panel - Padded Side (Figure 3.1)
- Large Rigid Padded Back Panel - Velcro Side (Figure 3.2)
- Small Rigid Front Panel - Padded Side (Figure 3.3)
- Small Rigid Front Panel - Velcro Side (Figure 3.4)

ASSEMBLY

Attach Support Panels to the Gestational Wrap:

- Posterior Panel - The Velcro side of the large back panel (Figure 3.2) should be attached to the inside of the gestational wrap (front view) at midline (Figure 1.2).
- Anterior Panel - The Velcro side of the small front panel (Figure 3.4) can be attached to the wrap in two positions.
 - During pregnancy, the anterior panel (Figure 3.4) will be attached via Velcro to the adjusted strap (Figure 2.1). The anterior panel will therefore be placed between the adjustment strap and the main brace wing.
 - Post-natally (after pregnancy), the anterior panel (Figure 3.4) can be attached to the main brace wing (Figure 1.1).

APPLICATION

Step 1

- The wings of the gestational wrap are held in both hands (Figure 4) and they will GENTLY be pulled snug with the left main wing being placed under the belly (Figure 5).
- The right main wing will then overlap the left main strap being attached via the Velcro.
- The wrap should be placed in a position of comfort (Figure 6).

Step 2

- The adjustable straps will allow you to apply varying degrees of tension, but DO NOT OVERTENSION. The support should be snug but never TIGHT nor restrictive.
- The adjustable arms can also be overlapped and attached to one another allowing them to be placed in different positions on the belly (Figures 7, 8, 9).

CUSTOM-FITTING, ADJUSTING, AND SIZING THE BRACE FOR INDIVIDUALS WITH EXPERTISE:

Custom-fitting and adjustments for individualized fit of the The AppeMom Back Support™ should be made only by a person with expertise trained in fitting and molding thermoformable plastics.

- Note that the AppeMom Back Support™ incorporates a back panel that is preset at 5 of lordosis.
- The posterior & anterior panels can be heat molded for a custom-fit.
 - Mold the plastic panels by removing the cover and using a heat gun on the front side of the panel (Do not heat the Velcro side as it may damage the Velcro).
 - Reapply the panel cover and place the panel on the patient's lumbar or abdominal anatomy to form to the desired lumbar lordosis (Posterior panel) or abdominal shape (Anterior panel). It is recommended that the patient wear form fitted clothing during the forming process for additional comfort and protection.
- Because the body changes throughout the course of the pregnancy, panel adjustments are to be expected and are beneficial for comfort and support.

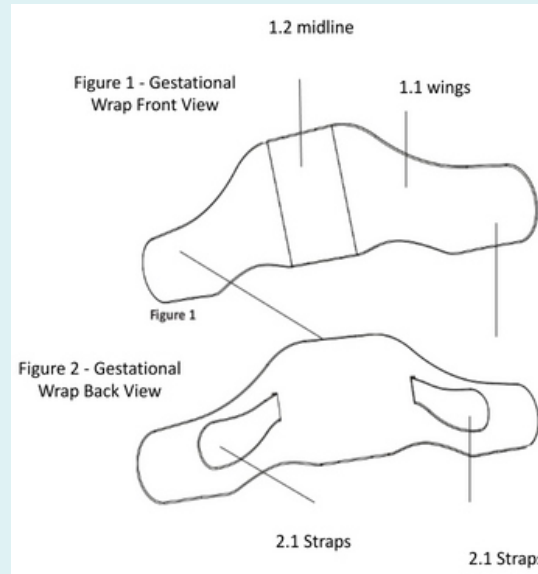
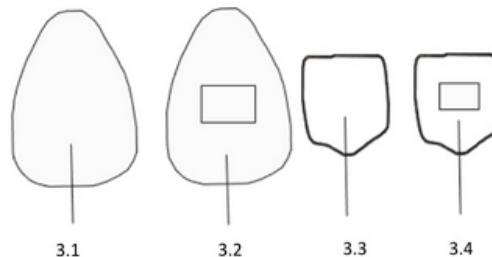


Figure 3 - Posterior and Anterior Panels



INTENDED USE

To provide gestational support, lumbo-sacral support, motion restriction and stability of the lumbar-sacral region of the spine during and post-pregnancy.

INDICATIONS

Indicated for acute and chronic gestational lower back pain, post-natal lower back pain, lumbar strains and sprains, deconditioned low-back muscles, disc herniation, and postural support.

CONTRAINDICATIONS

Do NOT use before ruling out potentially dangerous causes of back pain. In cases of preeclampsia, eclampsia, ectopic pregnancies, abnormal fetal genetic testing, or any high-risk pregnancy, do NOT use the brace. Do NOT use if the patient presents circulation problems. In cases of displaced fractures, do NOT use the brace. In cases of cardiovascular, pulmonary, or skeletal conditions that are sensitive to compression or pressure, do NOT use the brace. It is up to the physician to exclude any medical conditions that would be a contraindication to the brace use.

Please, do not use this brace until you have read the entire instruction manual on the appropriate use of the brace. The correct application of the device is essential to its proper functioning and safety. It is also important that you should have a thorough understanding of the brace prior to using it.

This brace should NOT be a substitute for sound medical advice from a spinal specialist and/or OB/GYN. Please consult with your physician to ensure you do not have one of the potentially dangerous causes of back pain.

WARNINGS AND PRECAUTIONS

Do NOT over-tighten the brace to the extent where it becomes uncomfortable and/or restrictive. It is up to the prescriber's discretion whether they recommend use of front and back attachable panels during early stages of pregnancy. This brace should be used in conjunction with a healthy back exercise program. This brace serves as a protective crutch to reduce the forces of stressful activities throughout maternity and post-natal. The reduction of stress on the lower back can prevent muscle imbalances that cause back pain during maternity. In case of pain, irritation to the skin, swelling, prolonged discoloration, or any unusual reaction, immediately remove the brace and consult your physician (spine specialist or OB/GYN). Care should be taken to avoid the excess pressure points from the panel edges when sitting or bending. Do not expose to heat over 130°F (55°C). Do not wear the brace while lying down and/or sleeping. Do not use front panel over unhealed C-section wound.

INTENDED FOR USE ON A SINGLE PATIENT MATERIAL CONTENTS

Main brace: 25% cotton, 40% polyester, 35% spandex
Front and back panels: thermoforming plastic, 80% polyester padding, 20% spandex

USE AND CARE

Hand wash in cold water, less than 86°F (30°C), using mild soap. Air dry.
NOTE: If not rinsed thoroughly, residual soap may cause irritation and deteriorate material.

Do NOT iron. Do NOT tumble dry. Do NOT bleach. Do NOT expose to heat over 130°F (55°C)