

Dr Ho Belt User Guidelines

Points to be noted before use:

- Belt must be the proper size to be effective. Measure your waistline and refer to the size chart
- Belt must be worn over a layer of light clothing.
- Belt must be fully deflated before you put it on. Deflate by turning metal valve counter clockwise.
- Suck your stomach in while putting the belt on. Belt must be put on your waist very tightly to work properly. Use extension piece if needed.
- Put the belt on your waist and inflate it while standing for best results.
- For the first week, it is recommended that you wear the belt 3-4 times a day for 30 minutes each time. This will help train your muscles and spine to adapt to the effects of traction. After the first week, it is recommended that you wear the belt at least 30 minutes a day to experience relief, but the belt can be worn for as long as needed.
- For faster and better relief, lay on your back with the belt on and elevate your legs with a couple of pillows. If back pain is disturbing your sleep, try sleeping with the belt on.

Follow the simple instructions below:

1. While standing, place the fully deflated belt around your waist. The bottom of the belt should be cradling the top of your pelvic crest (hip). Suck in your stomach and pull the two ends tightly together with the Velcro strap. It must fit tightly to work properly. The logo should be positioned midline directly in front of you. Use the extension piece provided if you have trouble closing the belt tightly around your waist.
2. Close the metal air valve on the belt by turning it clockwise.

3. Clip the air pump nozzle onto the metal air valve on the belt. Use both hands to push the air pump nozzle and the metal air valve together tightly to prevent air leakage while pumping up the belt. If you hear the sound of air leaking from the valve on the belt, it means that you're not pushing the nozzle and the metal valve together properly, or the valve is not fully closed.
4. Press the pump with your foot while standing up. Push all the way down and lift your foot off completely for each stroke. If you have trouble balancing on one foot while pumping, lean up against a wall for support or have someone else help you pump up the belt.
5. Keep pumping up the belt until it is fully inflated. When the belt is fully inflated, you will hear the air being released from the safety air release valve on the foot pump and the belt will stop getting bigger.
6. When fully inflated, remove the nozzle from the belt and enjoy. After using the belt for at least 30 minutes, or as long as you desire, deflate the belt by turning the metal air valve counterclockwise to release the air. Pull the Velcro straps apart and feel the relief!

Important Precautions:

- If you have a herniated disc, be sure to inflate the belt slowly to apply gentle and even traction.
- In the first week, use the belt for 20 to 30 minutes, 3 to 4 times per day. As you feel better in the second week, and thereafter, you can use the belt for a longer period of time or as you need it.
- If you experience any discomfort or pain after using the belt, it could indicate that your back muscles are very tight and you should stretch your back slowly and gradually to allow the tight muscles to accommodate. If pain persists, consult with your doctor before resuming usage of the belt.

Contraindications:

If you suffer from any of the below conditions, please consult your medical practitioner prior to using the belt.

- Patients with lumbar spine damage, acute lumbar injuries, spinal fractures, rib fractures, pelvic fractures, and severe osteoporosis.
- Patients with serious cardiovascular or respiratory diseases.
- Pregnant women and children should not use this device.
- As with any new product, supplement, or exercise, always consult your medical practitioner.