

## User Manual Posthorax® Support Vest Single patient product



**Step 1:** **Picture 1:** Have someone measure your size with a measuring tape as shown in **Picture 1**. Start measuring from the back, then under the armpits to the top of the chest. The front of the vest with its cushions is placed directly over the sternum (chest bone), so a measure below that, for example over the stomach or over the breast for ladies, will give an incorrect size.

**S** = 60 – 70 cm  
**M** = 70 – 90 cm  
**L** = 90 – 120 cm  
**XL** = 120 – 150 cm  
**XXL** = 150 – 210 cm

**Step 2:** Choose ladies or gentlemen support vest. The cushions are ergonomically fitted. In case you remove the cushions, reattach with the wider end on TOP. (Cushions placed upside down produce uneven pressure !)

**Step 3:** **Picture 2 & 3** Close buckle and velcro – first close the top buckle, then the bottom velcro. The cushions are placed to the left and right, parallel to the chest bone.

**Step 4:** **Picture 4:** Now pull the vest down on the back below the shoulder blades. Patient exhales.

### How to close the side bands:

**Step 5:** **Picture 5:** Patient breathes in – now tighten by pulling both upper side bands simultaneously, until the elastic band is fully extended - and close. Patient exhales.

After patient inhaled, close side straps only to maximum extension of breathing mechanic. Do not over-tighten. If the maximum extension is reached, do not also compress cushions by incorrectly applying to much pressure.

**Step 6:** **Picture 6:** Patient breathes in again – now tighten by pulling both lower side bands simultaneously, until the elastic band is fully extended - and close. Patient exhales.

See **Pictures 7a and 7b** shows the breathing mechanic on the vest as described above. The elastic rubber bands attached to the side bands (breathing mechanic) allow for normal breathing, the stop mechanic prevents overextension of the thorax.

**Step 7:** **Picture 8:** Close the shoulder bands one after the other, so that a light pressure on the shoulders is achieved. Now adjust the cushions so they are flat on the chest.

Correct fit: The front section of the support vest covers the chest bone length. The back section of the vest is located below the shoulder blades. The patient should feel a light pressure from the cushions towards his chest. The support vest should be below the armpits.

Including the bra into the support vest

- Open buckle and velcro
- Take off the two cushions
- Attach both sides of the bra to the vest
- Re-attach the two cushions (wide end ON TOP)
- Use some pressure to fixate the cushions to the bra
- Combination is complete: Support Vest + Ladies bra

**IF THE VEST MOVES UP IN THE BACK, DO NOT TIGHTEN SHOULDER STRAPS, JUST PULL THE VEST BACK DOWN AGAIN! ONCE THE VEST IS FITTED, OPEN IT ONLY USING THE FRONT BUCKLE AND VELCRO!**

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