

# LumbarJack

## Information Page

Note: A full Instruction Manual is supplied with each LumbarJack. The information below is provided solely as a guide.

### The Driving Straps

1. Place the lifting belt around your waist and adjust comfortably with the hook and loop closure. See Figure 1. It is unnecessary to tension the belt as you would for lifting.
2. Put your foot through the loops at the end of each strap, making sure the shin buckles are facing out so that adjustment straps are accessible. **Position the loop as close to the heel as possible.** (Observe warnings at the beginning of this manual.)
3. Making sure the straps are untwisted, bypass the knee and insert the pronged buckle into the receptacle on the belt. See Figure 3.
4. Draw the elastic bands apart and slide the knee cone onto your knee so that the knee presses through the opening. See Figure 4. Make sure the logo is facing up.

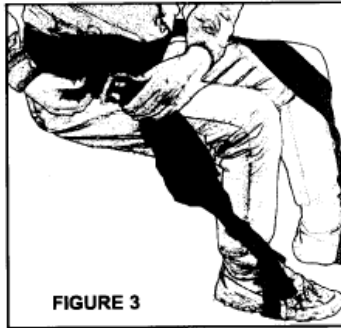


FIGURE 3

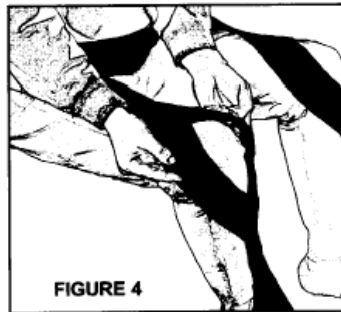


FIGURE 4

5. Adjustments need to be made at two locations at the shin buckle and at the buckle attaching to the belt. First adjust the tension between your foot and knee by loosening or tightening the strap at the shin buckle. See Figure 5 A&B. The buckle should be approximately midway between your ankle and knee.

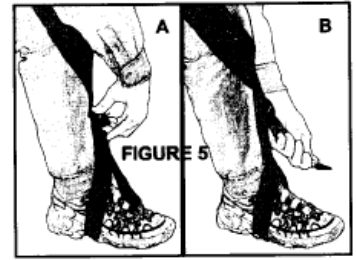


FIGURE 5

6. Because of the elasticity of the leg straps, it is easiest to adjust the waist belt buckles one at a time using one hand to feed the strap and the other to pull it through. See Figure 6. To loosen, simply lift up on the front edge of the buckles.
7. Experiment with tightening and loosening the straps until optimum comfort is achieved. *Note: If you are driving for a long time it is normal to feel an upward pressure on the bottom of your shoe.*

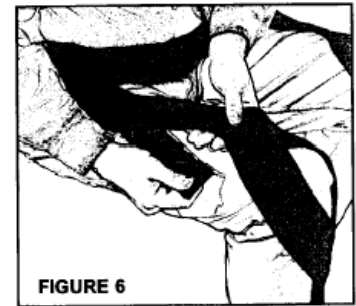


FIGURE 6

### The Sitting Straps

While the Driving Straps provide the best and only safe support for long periods behind the wheel, they are not as convenient for other sitting occasions, such as at the computer or in the stands at the ballpark. In these situations, you need to get up and down easily. The Sitting Straps engage only the knees so they easily can slide off and on whenever you stand and sit.

1. Place the lifting belt around your waist and adjust comfortably with the hook and loop closure. See Figure 1.
2. Unfasten the logo patches from the wall of the belt and attach the triangle loop fastener underneath as shown in Figure 7. (Orient the point of the arrow to the upper rear corner of each logo patch as illustrated.)
3. Draw the strap from this point of attachment around the *outside* of the leg (see Figure 8) and along the inside of the thigh until you can insert the prong into the

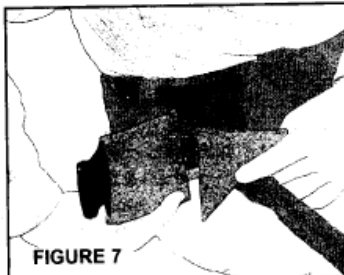


FIGURE 7

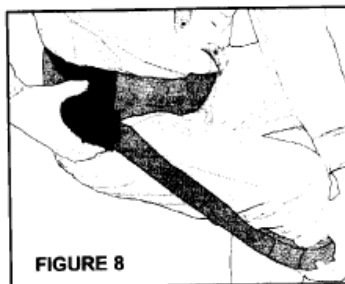


FIGURE 8

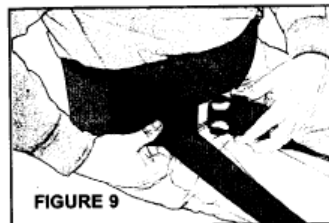


FIGURE 9

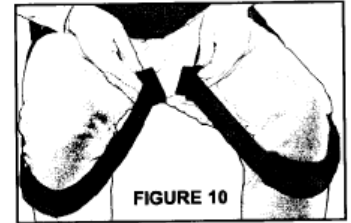


FIGURE 10

4. Slide the kneepad to fit over your kneeling bones several inches below the kneecap.
5. Fasten the slideable buckles between the legs. See Figure 10.
6. Lean forward and tighten the straps by pulling forward until you get proper support on your back. See Figure 11. If necessary, loosen the buckles by lifting up on the forward edge of the buckle. See Figure 12.
7. Experiment with tightening and loosening the straps for optimum comfort.



FIGURE 11

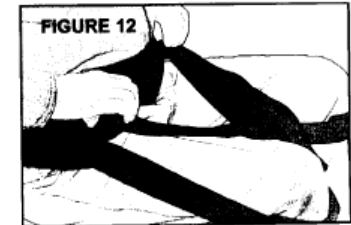


FIGURE 12