

FLx FIT CARD

StrongArm® ErgoSkeleton™
Postural Support Device

STRONGARM TECHNOLOGIES



✓ WAIST SIZES

S Small: 27" - 33"

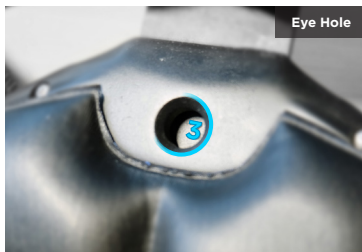
M Medium: 34" - 41"

L Large: 42" - 51"

Make sure that you received the size that fits you. Size label is located in the inside of the Hip Belt.

✓ SPINE COLUMN ADJUSTMENT

Sizing Index Number	Height
1	< 5'6"
2	5'7" - 5'8"
3	5'9" - 5'10"
4	5'11" - 6'0"
5	6'1" - 6'2"
6	6'2" <



- To adjust the FLx Column hold the FLx in your hand.
- Place your opposite hand on the top of the device and put your palm over Lumbar plate with your thumb on the Slider button.
- Keeping your palm on the plate, flip the FLx over and look in the Eye Hole.
- Adjust the Spine so the Eye Hole displays your sizing index number.
- Using your thumb, push the slider in.
- While the slider is pushed in, adjust the spine to match the appropriate sizing index number.

