

## **ACTIMOVE INSTRUCTIONS FOR USE**

### **Actimove® Back Support**

Medical device, medical accessory.

Intended use: For acute and chronic lower back pain, degenerative issues, lumbar instability, and postoperative rehabilitation

Expiry date and size: see on the packaging.

Manufacturer: BSN Medical GmbH, Germany, Schützenstrasse 1-3 22761 Hamburg

Storage: at room temperature, protected from direct heat.

Distributed by Essity Hungary Ltd. Budakeszi Road 51. 1021 Budapest

**Introduction:** Thank you for choosing Actimove® Back Support.

**Description of the product:** Made of excellent neoprene-free material that reduces pain in the lumbar region. The tapered design and high-density foam panel strengthens and stabilizes the lumbar area. The raised pressure pads provide a pain-relieving massaging effect. Thanks to the gripping openings and loops, it is easy to put on and adjust to the necessary pressure.

### **Intended use:**

The intended use of the product is to provide relieving massage effect and stability in the lumbar region. Its application is recommended in various cases, including:

- Acute and chronic lower back pain
- Degenerative back issues (e.g., spondylosis)
- Lumbar instability (e.g., muscular weakness)
- Postoperative rehabilitation

Please contact a healthcare professional if you are unsure whether the product is suitable for you.

### **Contraindications:**

- Diseases associated with peripheral venous occlusion (phlebo-thrombosis, thrombo-phlebitis)
- Peripheral arterial circulatory disorders
- Venous inflammation caused by microorganisms (septic phlebitis)
- Skin diseases (dermatoses)
- Open wounds, any surface lesions with disruption of skin continuity, ulcers
- Advanced peripheral neuropathy due to nerve damage or degeneration in the extremities
- Intolerance to the material of the product

**Instructions for use:** For everyday use, whether s for degenerative or acute issues, the usage time can vary from one hour to even long-term, especially if daily use is recommended due to a chronic condition. The product is recommended to be applied on clothing. The Actimove® Back Support is washable at 40°C.

### **Application:**

1. Open the back support (the inner label should be positioned at the top).
2. Put your right hand through the loop on the right side and your left hand through the loop on the left side, located at both ends of the belt.
3. Place the belt around your waist and use your left hand to adjust the desired tightness, then fix the belt with your right hand.
4. Check if the raising pressure pads on the back of the belt are in appropriate position.

### **Warning:**

- Generally there is no side effects when wearing a device recommended by your medical practitioner and properly fitting.
- In case of existing sensory disorders, numbness may lead to circulatory problems due to compression at the pressure points.
- In such cases, always check the position of the product and the strength of the fastening.
- Improper application and fastening of the device may cause skin changes and impairment of arterial blood supply.
- If the symptoms are unchanged, consult your treating physician immediately.

### **Note**

Check the expiry date on the packaging.

Please immediately report any serious and unexpected events related to the use of the device to BSN medical GmbH (BSN Medical GmbH, Germany, Schützenstrasse 1-3, 22761 Hamburg) or Essity Hungary Ltd. ( Budakeszi Road 51. 1021 Budapest ), as well as to the relevant local authorities (National Institute of Pharmacy and Nutrition - OGYÉI, 1051 Budapest 3 Zrínyi str. Budapest, Tel: (1) 8869-300, E-mail: [amd.vig@ogyei.gov.hu](mailto:amd.vig@ogyei.gov.hu), 1372 P.O. Box 450).



Closing date: July 22, 2022.