

# DDS Posture



Disc Disease Solutions introduces a comfortable approach in the treatment of poor posture and upper back pain. The easy-to-use figure 8 design clavicle brace helps to correct shoulder slump and treat clavicle injuries. The padded shoulder straps allow you to wear it comfortably under clothing without irritation while allowing a full range of motion.

**Important:** Read all the instructions and precautions before using DDS.



**1.** Open the brace fully so that both velcro arms are unattached and lay the brace flat. The tag should be faced down.

**2.** Fold each arm down at approximately the midpoint.

**Note:** The velcro side of each arm should be exposed and facing upward when folded.



**3.** Thread each arm through their corresponding metal loop from the outside-in.



**4.** Proceed to pull through the metal loop and attach the velcro arm to the shoulder strap. Attach the velcro minimally with enough resistance to remain intact when trying on.



**5.** Try on brace and adjust for comfort.

**Note:** The tag should be on the outside when wearing.



**Important:** The brace should have a snug fit allowing full circulation and a full range of motion.

## Care Instructions:

- Machine Wash on a Gentle Cycle
- Wash Separately
- Line Dry

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