

## How Back Supports Work

- Back Support Belts properly aligns the lumbar region and aids in restricting the spine from flexing to side to side and backward motions.
- Normally, internal abdominal and back muscles protect your lower spine – they tighten and create inner abdominal pressure.
- When your inner abdominal muscle groups are weak or fatigued, a greater possibility of injury exists.
- Your back support acts as an external set of abdominal and back muscles. When worn properly, the belt can help enhance the muscle groups by applying pressure to them.
- When your body has greater abdominal internal pressure, it reduces the stress on your back.

