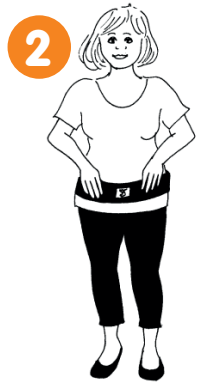


Wearing the Serola Belt

The Serola Belt is worn a little lower than a normal belt, fitting over the large bones of the pelvis. Measure around hips with Serola tape measure to find the correct size.



1 Hold belt out behind you with narrow end in right hand



2 Fasten around the lower part of the stomach to give a snug fit



3 Pull the elasticated wings out to each side



4 Stretch the wings forward, then fasten the Velcro to give a comfortable support



5 Make sure the belt isn't done up too tightly. You only need a gentle pressure