



medi

Spinomed®
Spinomed® active
Spinomed® active men

Instructions for use

medi. I feel better.



Dear Patient,

Spinomed orthoses from medi are an effective add-on for your osteoporosis treatment. They act quickly and medi is continually developing them further to make them even more comfortable to wear.

Spinomed back braces strengthens the muscles of your torso, improves your posture and give you more energy for the activities of daily living. The effect of Spinomed orthoses has been proven by two studies*.

Please always use the orthosis, which has been adjusted especially for you by your surgical appliance retailer, according to the fitting instructions. Only then can it support your treatment in the best possible way. We hope you will get well soon!

Studies

* Pfeifer, M. et al. (2011 & 2004): "Effects of two newly developed spinal orthoses on trunk muscle strength, posture, and quality of life in women with postmenopausal osteoporosis: a randomized trial", in: *Am J Phys Med Rehabil*, 2011, 90(10), p. 805-815 and *Am J Phys Med Rehabil*, 2004, 83, p. 177-186

Mode of action

Strengthens muscles and improves posture

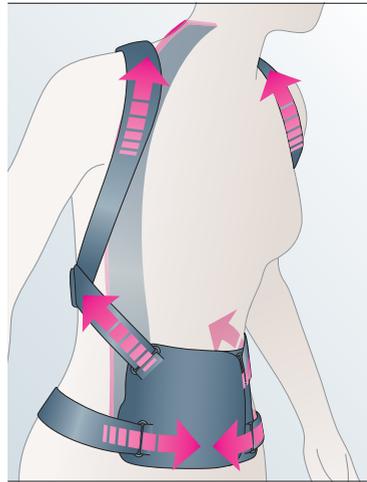
All Spinomed models work according to the same principle of action.

Together with the back splint, the elastic stretch materials and straps exert noticeable tension forces on the pelvic and shoulder areas.

Every time you slump into a poor posture (rounded back), the Spinomed back brace exerts gentle pressure via the straps to remind you of the correct posture.

As a reflex response to this, you tense your trunk muscles to straighten your upper body again under your own power. This process is also known as the, biofeedback principle.

The benefits: the trunk muscles are gently strengthened and the rounded back typical of osteoporosis straightens while wearing the Spinomed. The more erect posture makes it aids deep breathing, relieves pain and increases your mobility in everyday life.





Desirable side-effect

With Spinomed you can feel your muscles growing stronger every day

Wearing the Spinomed orthoses regularly activates your muscles. This can cause muscle stiffness. However, as with all sports, the muscle pain fades as the muscles grow stronger and then disappears altogether. So you should see the stiff muscles as a positive side-effect of your orthosis.

Tip

How long should you wear the orthosis for?

Get used to your orthosis gradually. This means you should wear the Spinomed a little longer each day to train your muscles gently. Wearing the brace continuously for about 30 minutes is a good starting point depending on your condition. You can gradually increase this to two hours daily. Later on you can wear the orthosis for even longer.

If you develop persistent muscle pain despite wearing it properly, please speak to your doctor.

Spinomed®

The different models

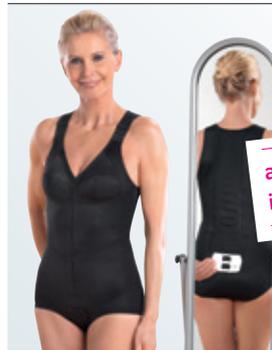
Spinomed consists of a stable back brace and a strap system that is worn over light clothing like a backpack. Ergonomically moulded shoulder straps ensure simple application. Active breathing materials ensure it is comfortable to wear.



Spinomed

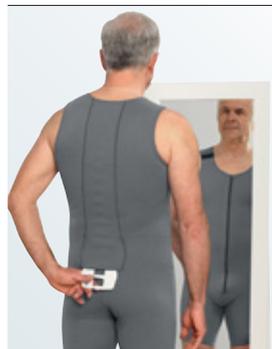
Spinomed active and **Spinomed active men** feature a stable back brace and a body with integrated elastic stretch materials. The body is worn next to the skin. The materials are very high-quality, easily washable and quick drying.

The orthopaedic technician at your surgical appliance retailer will mould the back brace to the contour of your spine. This then remains dimensionally stable, no matter how often you wear it. Please do not try to change the shape yourself.



Spinomed active black

If you have the feeling your back brace should be checked or corrected, please contact your surgical supplier. He will also give you all the advice you need.



Spinomed active men



Use

You can simply wear your Spinomed orthosis over your clothes – Spinomed active is inconspicuous when worn under clothing.

Spinomed orthoses work best when you are physically active (for example, when going for walks or doing light housework or jobs in the garden).

Please note that none of the Spinomed back braces are suitable for wearing when lying down. You can take the Spinomed off when lying or sitting down for a longer rest. If you have the Spinomed active, you can simply take the splint out of the back pocket without taking the body off. Put the splint back in the pocket for any activities afterwards.

A properly fitted Spinomed orthosis gives you a comforting sense of stability from the moment you first put it on and you gain more confidence with every day you wear it.

Feedback



The doctor: “Spinomed is the only orthosis for osteoporosis whose mode of action has been studied and proven scientifically”.

Prof. Helmut W. Minne,
„Der Fürstenhof“ clinic, Bad Pyrmont



The patient: “I can enjoy life again. I'm straighter, I can look straight ahead better and I can take deeper breaths because my ribcage is no longer constricted”.

Margarete S.



The technician: “Spinomed helps patients, because they accept the medical device and they understand the treatment concept”.

Florian Korte,
Brandscheidt surgical supplier, Syke

Your specialist dealer

Headquarters
medi GmbH & Co KG
Medicusstraße 1
95448 Bayreuth
Germany
T +49 921 912-0
F +49 921 912-781
export@medi.de
www.medi.de/en

