PRODUCT INFORMATION



LUMBAMED® BACK BRACES

Smart features, enhanced comfort and even greater variety

I feel better. Since 1951.

medi. I feel better.

Lumbamed® lumbar braces

Ideal support for the lower back

When the back hurts, the quality of life for those affected quickly deteriorates. Back pain is and will continue to be a global health problem. In 2020, the worldwide prevalence of lower back pain amounted to 619 million cases, and an increase is projected.[1] These problems can be caused, for example, by poor posture, overuse or illness.

13 percent of patients who wear a brace or support do so because of lumbago, slipped discs or osteoporosis.[2] These can stabilise the lumbar spine, relieve pressure on the back or alleviate pain – for greater mobility in everyday life. With the optimised and expanded Lumbamed Comfort range, medi now offers an even wider variety of products for back pain. The smart features enable personalised care and a high level of comfort.

[1] Ferreira M et al. Global, regional, and national burden of low back pain, 1990–2020, its attributable risk factors, and projections to 2050: a systematic analysis of the Global Burden of Disease Study 2021. The Lancet Rheumatology 2023;5(6):e316-329.

[2] Medical aids: Effective and established therapy for a better quality of life in everyday life. Representative survey by the Institut für Demoskopie Allensbach on behalf of eurocom e.V.2023 survey results. Published online at: https://eurocom-info.de/wp-content/uploads/2025/10/Allensbach_englisch.pdf (Last access 24 March 2026).

[3] Azadinia F et al. Can lumbosacral orthoses cause trunk muscle weakness? A systematic review of literature. Spine J. 2017;17(4):589-602.

[4] Thomas R et al. Der Einfluss von Lumbalorthesen auf Schmerzlinderung, Muskelkraft und Statik. Orthopädie-Technik 2013;12: 64-69.

NEW

I – VII

”One variant fits all“
Variant simplification and size expansion

Every product is available in a unisex variant. With the addition of new sizes, abdominal and hip circumferences of up to 170 cm can now be covered.



NEW

Therapy-accompanying exercises

As a digital addition, we support you with therapy-accompanying exercises and information on lower back indications.

medi® product
made with
SEAQUAL YARN

What is SEAQUAL YARN?

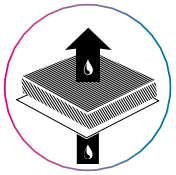
The new Lumbamed knitted fabric consists of twelve percent SEAQUAL YARN – a yarn made from recycled PET bottles: On average, this corresponds to a **one-litre bottle per product**.

Evidence at a Glance

1. **No evidence that lumbar braces cause weakening or atrophy** of the trunk muscles.[3]
2. Trunk muscle strength **increased by +7.1 to +11.8 percent** after six weeks of using Lumbamed plus. Lumbar braces **support pain relief** and **help improve mobility**.[4]

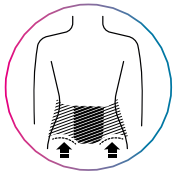
Unspecific lumbar pain		Specific lumbar pain			Pelvic pain
					
Lumbamed basic	**Lumbamed plus**	**Lumbamed pro** NEW	**Lumbamed disc**	**Lumbamed facet**	**Lumbamed sacro**
Brace for stabilisation of the lumbar spine and lumbosacral junction via integrated stabilisation elements.	Brace with massage effect for stabilisation of the lumbar spine and lumbosacral junction via Vario-Flex pad.	Modular lumbar brace for relief and subsequent phase- / therapy-appropriate mobilisation with two-stage removability - tension straps and Vario-Flex pad are separately removable.	Modular lumbar brace for relief and subsequent phase- / therapy-appropriate mobilisation: bridging pad including tension straps is removable.	Lumbar brace for targeted relief of the facet joints through effective reduction of lordosis.	Modular pelvis brace for individual stabilisation and adjustment to pain sensation and degree of movement.

4-way comfort – with the new and improved features



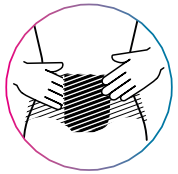
COMFORT MATERIAL

Pleasant wearing comfort:
Breathable materials ensure optimal clima regulation while providing comfortable stability.



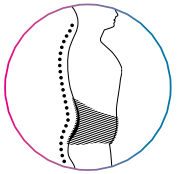
COMFORT FIT

Optimal fit:
The brace flexibly adapts to every movement and - depending on the brace - offers a modular design. Components can be removed.



COMFORT HANDLING

User-friendly handling: patients can easily don and doff the brace.



COMFORT EFFECT

Effective therapy:
functional elements provide targeted support to the back through their individual modes of action.

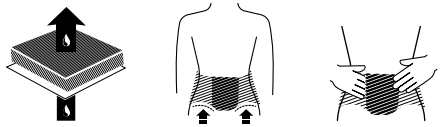
Apply to all six braces.
Detailed information on the common features see after the product pages.

Customised for each brace – depending on the components used. Further information can be found on the following product pages.

Lumbamed® basic

Lumbar brace for stabilisation

A back brace with four integrated dorsal support elements, designed as an entry-level product for non-specific back pain.



COMFORT MATERIAL

COMFORT FIT

COMFORT HANDLING

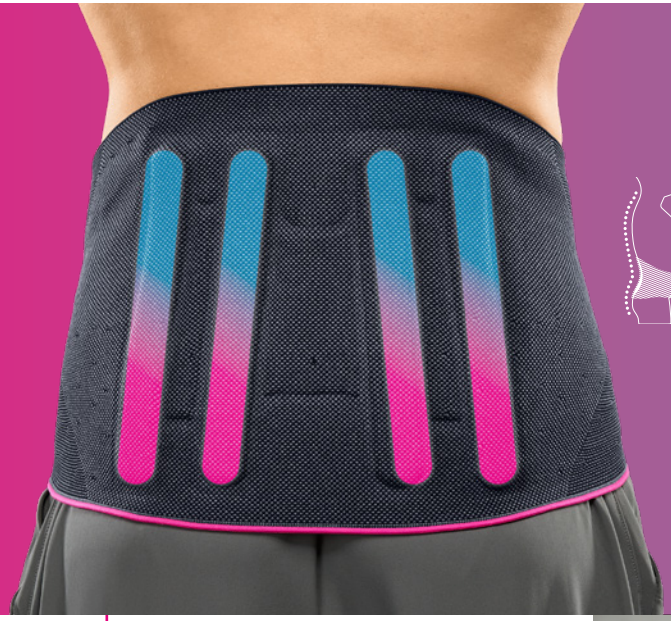
Indications

All indications requiring stabilisation of the lumbar spine such as:

- Lower back pain (lumbago)
- Muscular insufficiency
- Painful conditions of the lumbosacral junction

Intended purpose:
Lumbamed® basic is a brace for stabilisation of the lumbar spine.





COMFORT EFFECT

- Integrated support elements provide **stabilisation and relief for the lumbar spine**.
- **Pain relief** is achieved via posture correction.



Anatomically preshaped support elements
The proven, permanently integrated support elements are anatomically preshaped and arranged in a fan-like pattern – for even greater comfort.

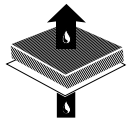




Lumbamed® plus

Lumbar brace with a pad for stabilisation and massage

The back brace with Vario-Flex pad is our entry-level product for non-specific back pain. It allows targeted massage of painful areas.



COMFORT MATERIAL



COMFORT FIT



COMFORT HANDLING

Indications

All indications requiring stabilisation of the lumbar spine by pressure redistribution with a back pad, such as:

- Lower back pain (lumbago)
- Postural muscle imbalance in the lumbar spine

Braces such as the Lumbamed plus from medi can support the entire musculoskeletal system. Study results show that wearing the Lumbamed plus regularly improves core muscle strength.[1]

[1] Thomas R et al. The effect of lumbar orthoses on pain relief, muscle strength and posture. Orthopaedic Technology 2013;12:64–69.

Intended purpose:
Lumbamed® plus is a brace for stabilisation of the lumbar spine with back pad.





COMFORT EFFECT

- Flexibly positionable Vario-Flex pad offer **targeted massage of pain points**.
- Compressive knitted fabric and Vario-Flex pad ensure a **de-lordosis of the lumbar spine and pain relief**.



Vario-Flex pad
The included pad, with noticeable 3D massage nubs, has a thin, breathable and washable cover. It can help decrease muscle tension and boosts blood circulation.

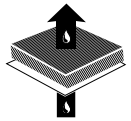




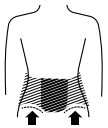
Lumbamed® facet

Lumbar brace for targeted relief of the facet joints

The back brace with integrated support elements and a double 3-point strap system, has been specially designed for facet joint osteoarthritis. Effective correction of lordosis provides targeted relief for the facet joints.



COMFORT MATERIAL



COMFORT FIT



COMFORT HANDLING

Indications

All indications requiring partial relief by reduction of lordosis of the lumbar spine such as:

- Facet joint osteoarthritis
- Intervertebral disc protrusion, prolapse
- Lower back pain (lumbago)
- Lower back pain with sciatica
- Lumbar vertebral canal stenosis
- Postural muscle imbalance in the lumbar spine
- Spondylolisthesis
- Spondylosis
- Painful conditions of the lumbosacral junction

Intended purpose:
Lumbamed® facet is a brace for partial stress relief of the lumbar spine via correction of lordosis.







COMFORT EFFECT

- Integrated support elements provide **enhanced stabilisation and relief** of the lumbar spine.
- The precise double 3-point strap system enables **individual and infinitely variable adjustment of the circular pressure** around the body.
- While load is applied abdominally via the anterior abdominal panel, the lower strap aligns the pelvis, and the upper strap supports reduction of lumbar lordosis.





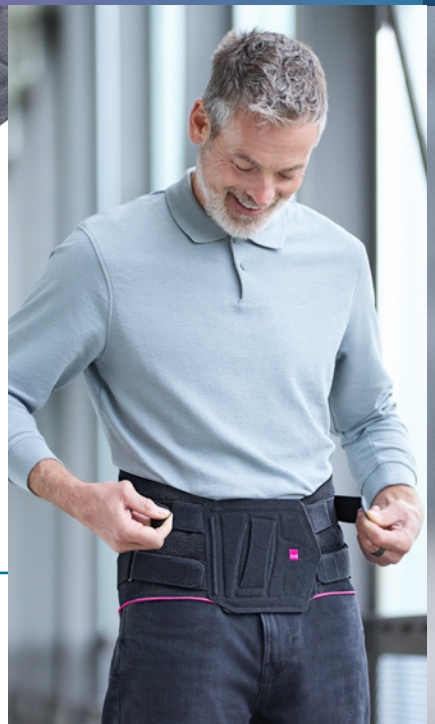
Anatomically preshaped support elements

The proven, permanently integrated support elements are anatomically preshaped and arranged in a fan-like pattern – for even greater comfort.



Adjustable strap system

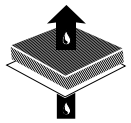
The strap can be shortened to individual length.

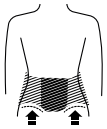


Lumbamed® pro NEW

Modular lumbar brace for stress relief and phase-appropriate mobilisation

Thanks to its flexible design and therapy oriented adjustment options, the brace is suitable for more complex lower back indications and extended therapy courses. It impresses with its slim design. The two components – the strap system and the Vario-Flex pad – can be removed separately.


COMFORT MATERIAL


COMFORT FIT


COMFORT HANDLING

Indications

All indications requiring partial relief by reduction of lordosis of the lumbar spine with subsequent functional mobilisation of the lumbar spine such as:

- Moderate lumbosacral pain with minor deficits from disc protrusion/prolapse
- Moderate pseudoradicular pain syndrome
- Grade I spondylolisthesis with lumbar pain
- Moderate lumbar deformity (recurrent treatment, complicated course)
- Post-spinal surgery status with small to medium-sized prolapse
- Degeneration

Intended purpose:
Lumbamed® pro is a brace for partial stress relief via correction of lordosis and functional mobilisation of the lumbar spine.



Modular design

Relief phase



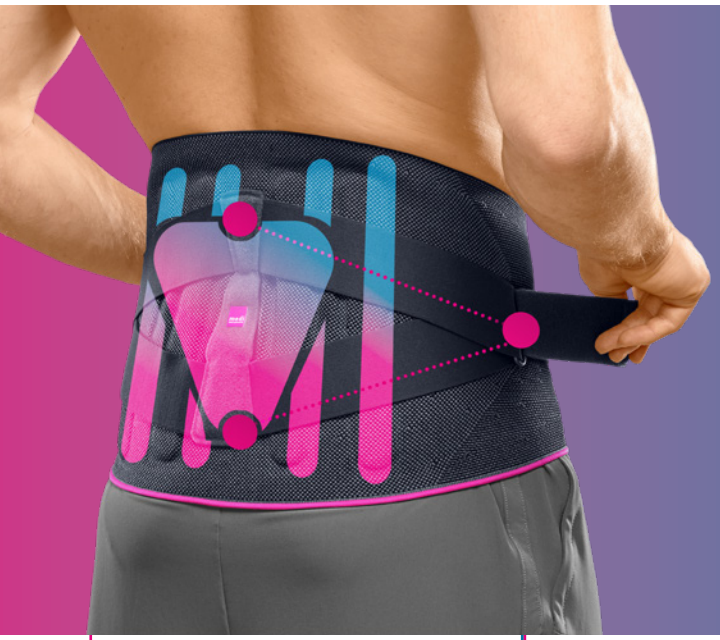
Knitted fabric with support elements + strap system ① (+ pad ②)

Mobilisation phase



Knitted fabric with support elements (+ pad ②)

Two-stage removability: the strap system ① and pad ② can be removed separately



COMFORT EFFECT

- Integrated support elements provide **enhanced stabilisation and relief** of the lumbar spine. Pain relief is achieved via posture correction.
- The precise 3-point strap system enables **individual and infinitely variable adjustment of the circular pressure** around the body.
- Flexibly positionable Vario-Flex pad offer **targeted massage of pain points**.



Anatomically preshaped support elements

The proven, permanently integrated support elements are anatomically preshaped and arranged in a fan-like pattern – for even greater comfort.



Vario-Flex pad

The included pad, with noticeable 3D massage nubs, has a thin, breathable and washable cover. It can help decrease muscle tension and boost blood circulation.



Adjustable strap system

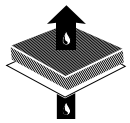
The strap can be shortened to individual length.

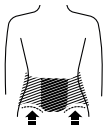


Lumbamed® disc

Modular lumbar brace for stress relief and phase-appropriate mobilisation

The design of the back brace allows a component to be removed. Once the relief of the affected area has been successfully achieved, the strap system – including the bridging pad – can be removed for subsequent mobilisation.


COMFORT MATERIAL


COMFORT FIT


COMFORT HANDLING

Indications

All indications requiring partial relief by reduction of lordosis of the lumbar spine with subsequent functional mobilisation of the lumbar spine such as:

- Intervertebral disc protrusion or disc prolaps (nonsurgical, postoperative)
- Pseudo-radicular pain syndrome
- Postural muscle imbalance in the lumbar spine
- Moderate lower back pain (lumbago)
- Moderate lower back pain with sciatica

Intended purpose:
Lumbamed® disc is a brace for partial stress relief via correction of lordosis and functional mobilisation of the lumbar spine.



Modular design

Relief phase



Knitted fabric with support elements + strap system, including a bridging pad

Mobilisation phase



Knitted fabric with support elements

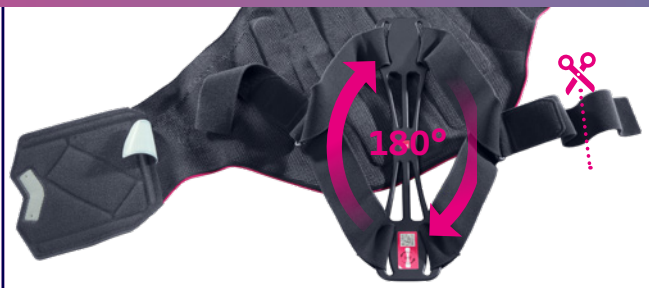


COMFORT EFFECT

- Integrated support elements provide **enhanced stabilisation and relief** of the lumbar spine.
- The precise 3-point strap system enables **individual and infinitely variable adjustment of the circular pressure** around the body.



Anatomically preshaped support elements
The proven, permanently integrated support elements are anatomically preshaped and arranged in a fan-like pattern – for even greater comfort.



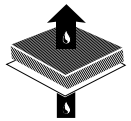
Adjustable strap system
Depending on the severity of the spinal curvature, the strap system with a bridging pad can also be attached to the knitted fabric rotated by 180°. The straps can also be individually shortened.



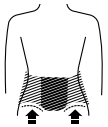
Lumbamed® sacro

Modular pelvic brace for stabilisation and with massage pads

The pelvic brace, with its modular design, allows individual adjustment to pain levels and activity levels.



COMFORT MATERIAL



COMFORT FIT



COMFORT HANDLING

Indications

All indications requiring stabilisation of the pelvis, such as:

- Sacroiliac joint dysfunction
- Sacroiliac joint instability
- Muscle pain and tendon disease in the pelvic region
- Pelvic ring instability
- For recurring muscle and tendon disease (rectus abdominis muscle, piriformis muscle)

Intended purpose:
Lumbamed® sacro is a brace for stabilisation of the pelvis.



Modular design

Acute variant



Knitted fabric
+ pelvic belt

Light variant



Pelvic belt

Night variant

optional



Knitted fabric
+ night closure



Including massage pads
(can be used in all three versions)



Night closure (item no.: K.280.239)
available to purchase



COMFORT EFFECT

- **Circular compression and stabilisation** of the pelvis and the sacroiliac joints provide **pain relief**.
- Flexibly positionable massage pads offer **targeted massage of pain points**.
- The precise belt system allows for individual and continuous adjustment of the **circular pressure** around the pelvis.



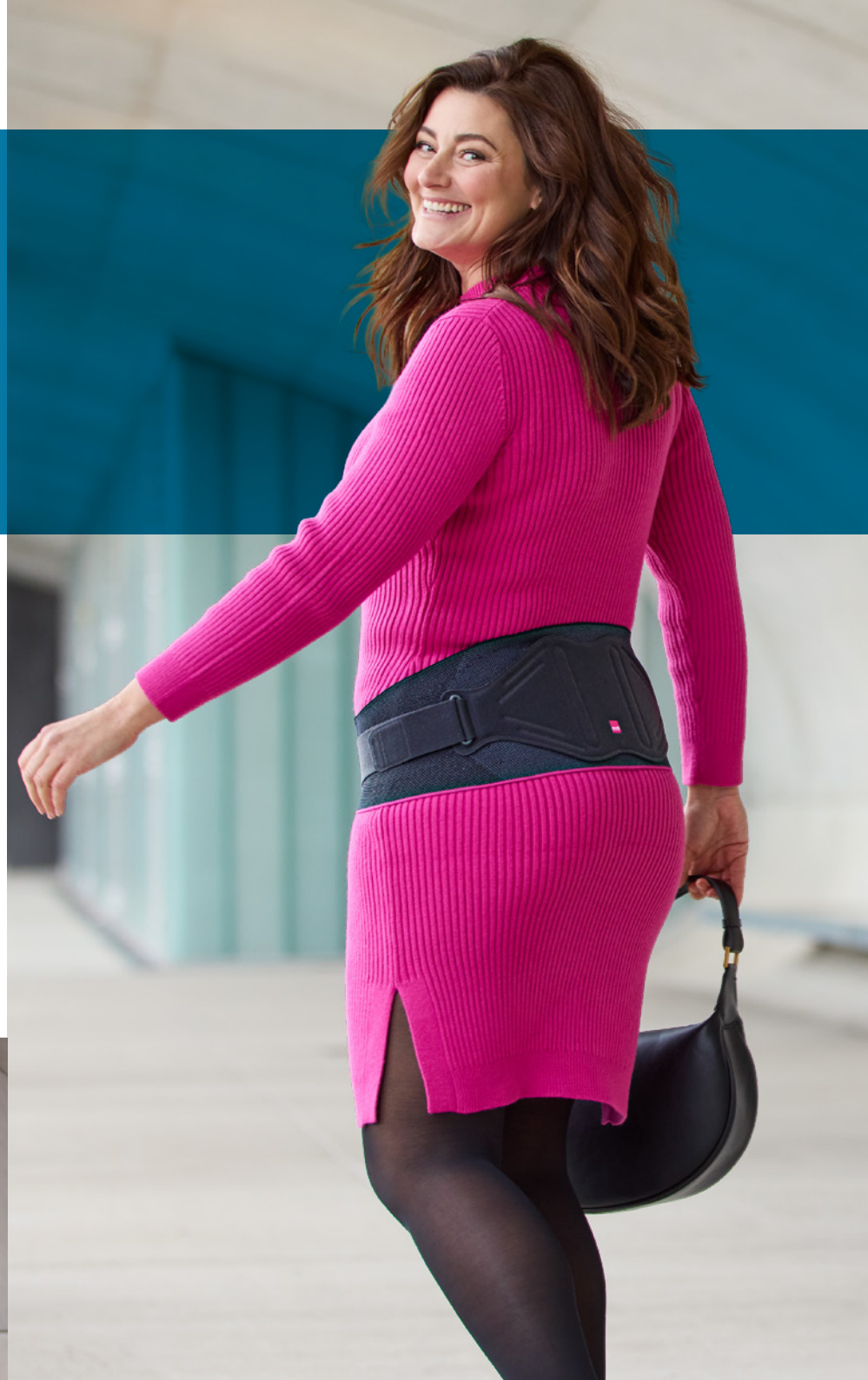
Lumbamed® maternity

Lumbamed® sacro

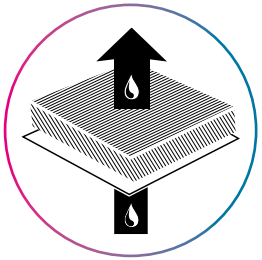
Two solutions – during and after pregnancy

Lumbamed maternity - with its stomach belt that can be individually adjusted to the abdominal circumference - is used during pregnancy for pain in the lumbar region. If pelvic ring instability is present after pregnancy, the Lumbamed sacro pelvic brace can be used.



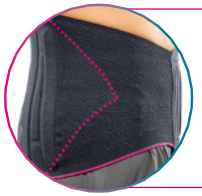


Lumbamed® – the back braces with 4-way comfort



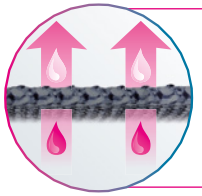
COMFORT MATERIAL

Pleasant wearing comfort: Breathable materials ensure optimal clima regulation while providing comfortable stability.



NEW

Comfort Zone
...with 2-zone knitted fabric: easy donning and comfortable to wear whilst offering proven stability.

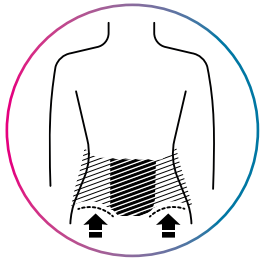


Clima Comfort
... ensures optimal clima regulation. Modern fibre technologies quickly wick moisture away from the skin's surface and provide excellent breathability.



OPTIMISED

Fibre combination
... made from high-tech fibres and natural fibres (e.g. eucalyptus) is particularly gentle on the skin. Now also included: innovative SEAQUAL YARN.



COMFORT FIT

Optimal fit: The brace flexibly adapts to every movement and - depending on the brace - offers a modular design. Components can be removed.



OPTIMISED

Adjusted leg cut-out
... sits particularly high in the sensitive bend area to prevent pressure-induced irritations.



OPTIMISED

Fold-down closure edges
... noticeably increase comfort while moving and sitting thanks to the optimised sit-bend edge.



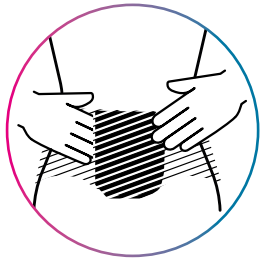
Modular design
...allows individual adjustment to pain sensation and degree of movement during therapy-oriented use: Individual elements can be removed.

Where does SEAQUAL YARN come from?

SEAQUAL YARN – certified according to the Global Recycled Standard – is made from recycled PET bottles (10 percent marine plastic and 90 percent land-based sources). medi obtains the yarn from SEAQUAL INITIATIVE, a community dedicated to cleaning the oceans and recycling plastic.
For more information, please scan the QR code.

4XCOMFORT

comfort



COMFORT AND HANDLING

User-friendly handling: patients can easily don and doff the brace.



Hand loops on both sides
... make it easy to don: as the closure is positioned on the inside and outside of the knitted fabric, the skin does not come into contact with the velcro.

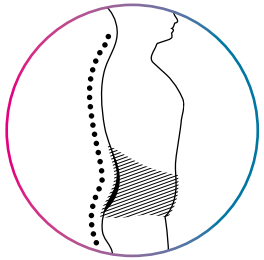


Useful finger tab
...makes it easier to open the brace.



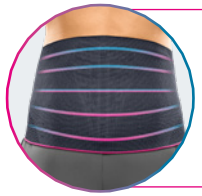
Practical hook-and-loop aid NEW
... simplifies closing.

Note: The Lumbamed sacro has a slightly different fastening system to ensure an even better fit around the pelvis. It does not have a finger tab or fold-down closure edges.



COMFORT EFFECT

Effective therapy: functional elements provide targeted support to the back through their individual modes of action.



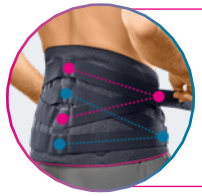
Compressive knitted fabric
... can improve proprioception. Improved proprioception supports the body's own active stabilisation.



Anatomically preshaped support elements
... help to stabilise and relieve on the lumbar spine.



Precise pads
... are used for targeted massage of pain points or can bridge selected areas of the spine (bridging pad).



Adjustable strap systems
... enable individual and infinitely variable adjustment of the circular pressure around the body.

Packaging = Sales tool

Your smart go-to tool for your sales conversation, which includes
- the features for each product,
- a donning video for patients,
- measurements and
- article numbers.



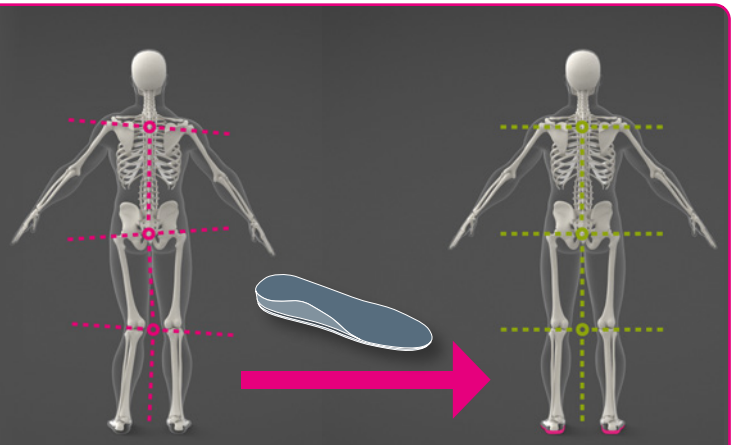
Acconpanying exercises for a holistic therapy approach

Your patients can access free therapy-accompanying exercises for
- non-specific back pain,
- facet joint osteoarthritis,
- slipped disc and
- sacroiliac joint syndrome (SIJ).

Accessible by scanning the QR code and do them easily at home.

Foot orthotics and back pain

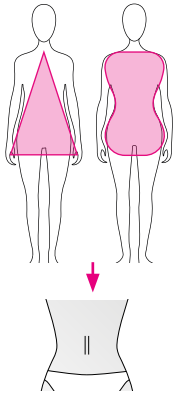
Foot orthotics play an important role in supporting the entire musculoskeletal system[1]. Foot orthotics, e.g. from medi, can be a conservative way to relieve back pain by helping stabilise and realign body posture, which may have a positive effect on the back.



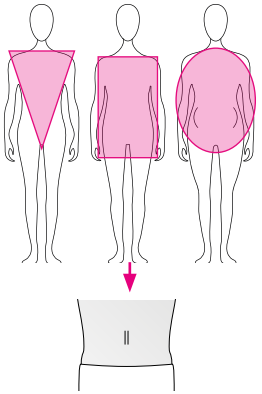
[1] Medical aids: Effective and established therapy for a better quality of life in everyday life.Representative survey by the Institut für Demoskopie Allensbach on behalf of eurocom e.V.2023 survey results. Published online at: https://eurocom-info.de/wp-content/uploads/2025/10/Allensbach_englisch.pdf (Last access 24 March 2026).

Unisex variant – choosing the right size

Classify body shape
(for example)

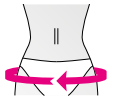


Waisted shape

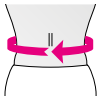


Straight shape

Take measurements



Measure the hip circumference



Measure the abdominal circumference at the level of your navel

Refer to the table for the correct size

cm	Size
76 – 86	*1
86 – 98	*2
98 – 111	*3
111 – 125	*4
125 – 140	*5
140 – 155	*6
155 – 170	*7

cm	Size
66 – 76	*1
76 – 88	*2
88 – 101	*3
101 – 115	*4
115 – 130	*5
130 – 150	*6
150 – 170	*7

Lumbamed plus: K.210.25*
Lumbamed basic: K.200.25*
Lumbamed facet: K.270.22*
Lumbamed pro: K.290.20*
Lumbamed disc: K.220.35*
Lumbamed sacro: K.280.21*

-> Lumbamed sacro is a pelvic brace, so the hip circumference measurement is always the correct one

For further information about measurment, please scan the QR code for the video.









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