

Lumbamed® Family

Lumbar braces - Comfort line

medi. I feel better.

Unspecific lumbar pain

Specific lumbar pain

Pelvic pain

Product

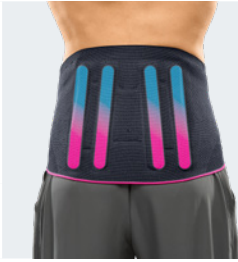
Individual Comfort Effect Features

Available in size I to VII. *1 – 7 (for size)

Pad

Stabilisation elements

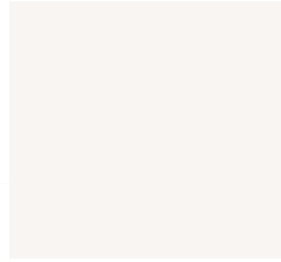
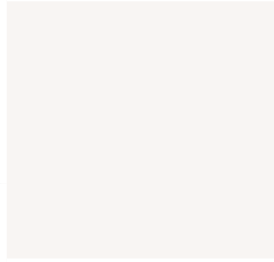
Strap system



Lumbamed basic

Lumbar brace for stabilisation

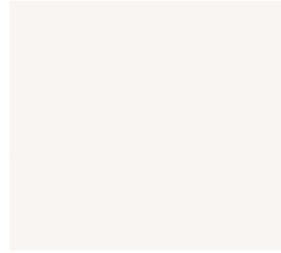
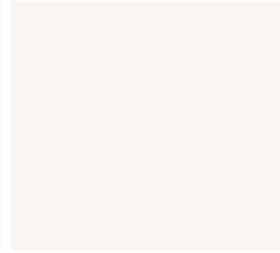
Art.No.:
K.200.25*



Lumbamed plus

Lumbar brace with pad for stabilisation and massage

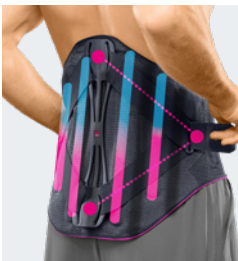
Art.No.:
K.210.25*



Lumbamed pro

Modular lumbar brace for stress relief and phase-appropriate mobilisation

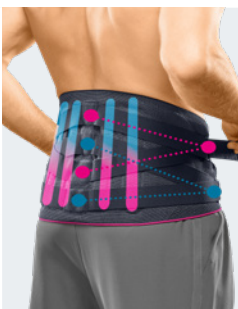
Art.No.:
K.290.20*



Lumbamed disc

Modular lumbar brace for stress relief and phase-appropriate mobilisation

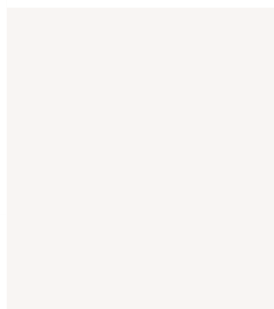
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Lumbamed facet

Lumbar brace for targeted relief of the facet joints

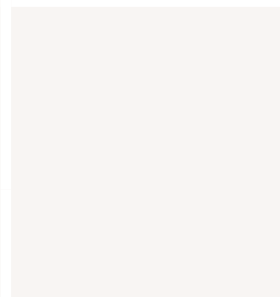
Art.No.:
K.270.22*



Lumbamed sacro

Modular pelvic brace for stabilisation and with massage pads

Art.No.:
K.280.21*



Focus	Indications
<ul style="list-style-type: none"> • Entry-level product for unspecific lumbar pain • Stabilisation of lumbar spine 	<p>All indications requiring stabilisation of the lumbar spine, such as:</p> <ul style="list-style-type: none"> • Lower back pain (lumbago) • Muscular insufficiency  <p>Scan for more product information</p>
<ul style="list-style-type: none"> • Entry-level product for unspecific lumbar pain • Decreasing muscular tension and boosting blood circulation 	<p>All indications requiring stabilisation of the lumbar spine by pressure redistribution with a back pad, such as:</p> <ul style="list-style-type: none"> • Lower back pain (lumbago) • Postural muscle imbalance in the lumbar spine  <p>Scan for more product information</p>
<ul style="list-style-type: none"> • Product for extended therapy courses and more complex cases • Combines Lumbamed basic und plus and comes with additional removable strap system • Modular design: flexibly adaptable to therapy (two-stage removability: strap system and Vario-Flex pad are separately removable) 	<p>All indications requiring partial relief by reduction of lordosis of the lumbar spine with subsequent functional mobilisation of the lumbar spine, such as:</p> <ul style="list-style-type: none"> • Moderate lumbosacral pain with minor deficits from intervertebral disc protrusion or prolapse • Moderate pseudoradicular pain syndrome  <p>Scan for more product information</p>
<ul style="list-style-type: none"> • Product with taller compressive knitted fabric (total height: 36 cm) and bridging pad for maximum support e.g., after disc related indications • Modular design: flexibly adaptable to therapy strap system including bridging pad is removable) 	<p>All indications requiring partial relief by reduction of lordosis of the lumbar spine with subsequent functional mobilisation of the lumbar spine, such as:</p> <ul style="list-style-type: none"> • Intervertebral disc protrusion or disc prolapse (non-surgical, postoperative) • Pseudo-radicular pain syndrome  <p>Scan for more product information</p>
<ul style="list-style-type: none"> • Specific lumbar brace for facet joint relief with maximum stability e.g., for facet joint osteoarthritis • Adjustable 3-point-strap system: 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 	<p>All indications requiring partial relief by reduction of lordosis of the lumbar spine, such as:</p> <ul style="list-style-type: none"> • Facet joint osteoarthritis • Intervertebral disc protrusion or prolapse  <p>Scan for more product information</p>
<ul style="list-style-type: none"> • Allrounder product for pelvic issues • Modular design: flexibly adaptable to therapy and pain. Brace can be used in three different variants: <ul style="list-style-type: none"> - acute variant: knitted fabric + pelvic belt - light variant: pelvic belt - night variant: knitted fabric + additional night closure (available to purchase) 	<p>All indications requiring stabilisation of the pelvis, such as:</p> <ul style="list-style-type: none"> • Sacroiliac joint dysfunction • Sacroiliac joint instability  <p>Scan for more product information</p>

Symptoms for typical back pain indications:

Unspecific lumbar pain:

- Dull, pressing or pulling pain in the lower back, often accompanied by muscle tension and restricted movement
- Symptoms often occur acutely (e.g., "lumbago")

Intervertebral disc prolapse:

- Local back pain or spinal pain, often sharp or dull
- Abnormal sensations, such as tingling or numbness
- Motor impairments, such as muscle weakness or paralysis
- Typically, the symptoms worsen with physical strain or coughing

Facet joint osteoarthritis:

- Dull, localised pain in the lower back (lumbar region)
- Pain usually occurs when standing up from a seated position or after standing for a prolonged period of time
- Gets worse when the spine is bent backward (hyperextension)

Sacroiliac joint syndrome

- Sudden or gradually developing pain, usually on one side, over the affected joint
- Movement restrictions, such as difficulty getting up, bending forward, stretching, or rotating the upper body
- Increased pain during prolonged sitting or standing, climbing stairs, sports activities, or outward rotation of the leg
- A feeling of blockage or instability in the pelvic area



Variant simplification ("One variant fits all") and size expansion

Every product comes in a unisex variant, that can be used for waisted and straight body shapes. Due to additional sizes, abdominal and hip circumferences of up to 170 cm can be covered.

Scan the QR code to find out how to measure the unisex variant.



Therapy-accompanying exercises as a digital addition for patients

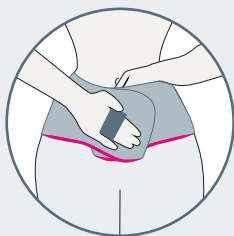
By scanning the QR code, you and your patients access free therapy-accompanying exercises and additional information on common indications of the lower back.



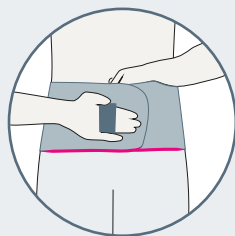
Product wearing and caring

Wearing:

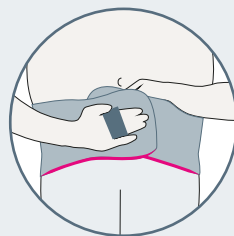
- Product should be worn directly on the skin or on thin clothes
- Magenta edge = lower edge of brace
- For braces with strap systems, the straps must be loosened before donning
- Correct brace closing depending on body shape:



waisted



straight



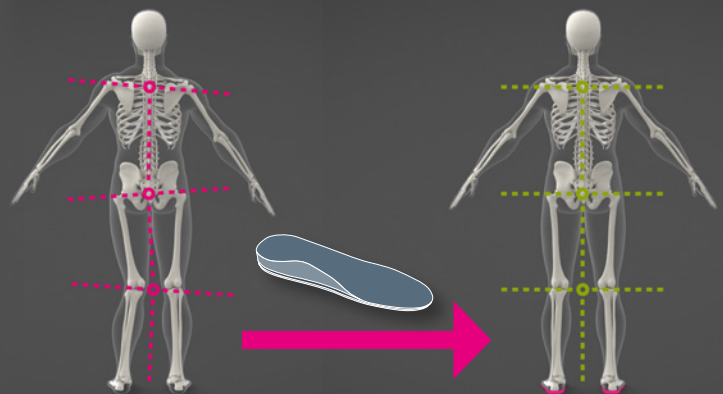
larger abdomen

Caring:

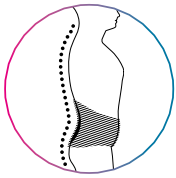
- Product can be washed by hand or at 30° on a gentle cycle with mild detergent, without fabric softeners
- Product shall be not machine dried
- Hook-and-loop elements shall be closed before washing

Foot orthotics and back problems

Foot orthotics play an important role in supporting the entire musculoskeletal system¹. 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 accessed 24 March 2026).



COMFORT EFFECT

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



Kompressive knitted fabric
... can improve proprioception. An improved proprioception supports the body's own active stabilisation (applies to all introduced Lumbameds).



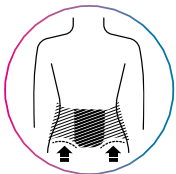
Anatomically preshaped support elements
...help to stabilise and relieve the lumbar spine.



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.



COMFORT FIT

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



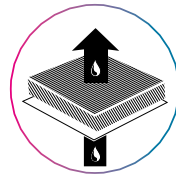
Adjusted leg cut-out
...sits particularly high in the sensitive bending area to prevent pressure-induced irritations.



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.

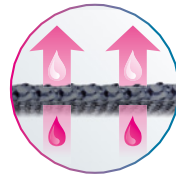


COMFORT MATERIAL

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



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



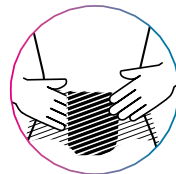
Clima Comfort
...ensures an optimal climate regulation. Modern fibre technology wicks moisture away from the skin's surface quickly and ensures a high level of breathability.



Fibre combination
...made from high-tech fibres and natural fibres (e.g., from eucalyptus) is particularly gentle on the skin. Now also included: innovative 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. For more information, visit medi.biz/seaqual.



COMFORT 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 hook-and-loop.



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



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

Note: The Lumbamed sacro has a slightly different closure in order to provide an even better fit on the pelvis. It does not have a finger tab and fold-down closure edges.

Intended purpose:

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

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

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

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

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

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

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