

Spinomed® – support that fits.

Effective and guideline-compliant therapy
especially of stable osteoporotic vertebral
body fractures: with an innovative pivot joint

Shopping

Dancing

Hiking

Gardening

PIVOT-JOINT

Spinomed® with an innovative pivot joint

Feeling secure is the foundation of osteoporosis therapy along with the right care that is both effective and complies with guidelines. Spinomed fits all of these points and is the reason why it is THE comfortable and dependable accessory for everyday life. Trailblazing features, tried-and-tested features.

In short: A back support that fits.



①



Pivot joint

Decouples the back splint from the hip belt. For a secure fit and user comfort in motion.



②



Shoulder strap system

Indication-specific rearward pull direction. The system provides a straightening effect and pain relief. The new shoulder padding offers plenty of comfort.

⑤



Gripping aids

on both sides

For easy and effortless closing.

③



Pre-shaped

shoulder straps

For easy and effortless donning and doffing.

⑥



Swivel joints

Swivel joints on the abdominal fastener allows optimised fit.

④



Back padding

New design and material offer even higher level of user comfort and efficient climate management.

⑦



Hip belt

The flexible connector between the non-elastic hip belt and abdominal fastener makes it easier to close.



Spinomed back orthoses are mainly recommended when patients have suffered stable osteoporotic vertebral fractures. They are osteoporotic orthoses where the effectiveness has been demonstrated in prospective, randomised, controlled clinical trials.^{1,2,3}

The results: Spinomed back orthoses reduce pain, strengthen the core muscles and straighten the posture of the upper body. Thus, the orthoses increase well-being and mobility in everyday life.

Place your trust in Spinomed – the original from medi.



At medi.biz/spinomed you will find further information, films and helpful tips and tricks for the application.

¹ Pfeifer M et al. Effects of a New Spinal Orthosis on Posture, Trunk Strength, and Quality of Life in Women with Postmenopausal Osteoporosis: A Randomized Trial Am J Phys Med Rehabil 2004;83(3):177-186.

² Hettchen M et al. Effects of the "Spinomed active" orthosis on chronic back pain in kyphotic women with osteoporotic vertebral fractures three months and older: A randomized controlled study. Front. Pain Res. 3:1038269.

³ Genest F et al. Feasibility of simple exercise interventions for men with osteoporosis – A prospective randomized controlled pilot study. Bone Rep. 2021;15:101099.

Spinomed®

All information on Spinomed®

Indications

All indications requiring a relief and / or correction of the lumbar / thoracic spine as well as movement restriction in sagittal plane, such as:

- Stable osteoporotic bone collapse in the thoracic and lumbar spine
- Juvenile Scheuermann's disease
- Hyperkyphosis with chronic back pain

Mode of action

- Active straightening of the spine via bio-feedback system
- Reduction of pain and tendency to sway¹
- Improvement of lung function¹
- Improvement in vital capacity and quality of life¹
- Strengthening of abdominal and back musculature¹

Why Spinomed?

Spine straightening orthosis with scientifically proven effectiveness for guideline-based therapy in accordance with DVO and pivot joint.



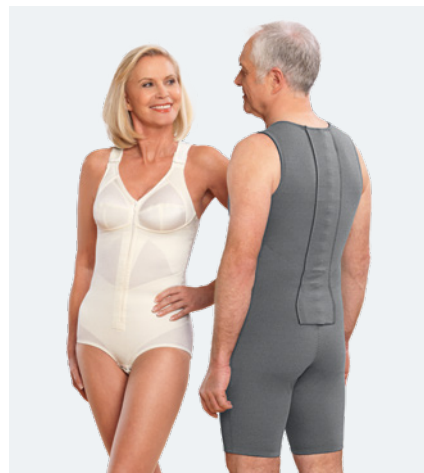
Donning video

More information



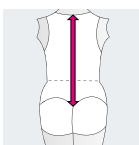
www.medi.biz/
spinomed-handling

Use the QR code or short URL **medi.biz/spinomed-handling** to go directly to a donning demonstration video for patients.



Variants

Also available as body variants: **Spinomed active** (in the colours champagne and black) and **Spinomed active men** (in grey).
→ see double page spread near the end



back length (cm)	up to 42	41 – 48	47 – 54	53 – 60	59 – 66	65 – 72
size	XS	S	M	L	XL	XXL
article number	5.669.081	5.669.082	5.669.083	5.669.084	5.669.085	5.669.086

¹ Pfeifer M et al. Effects of a New Spinal Orthosis on Posture, Trunk Strength, and Quality of Life in Women with Postmenopausal Osteoporosis: A Randomized Trial Am J Phys Med Rehabil 2004; 83(3):177–186.



Osteoporosis-experts
recommend dancing as an
effective coordination training.

Spinomed® – designed for everyday life

For an orthosis to be effective, patients need to be willing to wear their orthoses regularly. For this reason, Spinomed's product managers place great importance on easy handling, high wearing comfort and best suitability for everyday use.

Spinomed – the effective orthosis with easy handling

The ergonomically pre-shaped shoulder straps make it easy to don and doff. Thanks to the gripping aids on both sides of the abdominal fastener, this allows the orthosis to be closed easily and individually.

The newly designed back padding also offers optimised comfort and efficient climate management. This makes Spinomed ideal for everyday use and provides patients with a feeling of security. The quick and easy donning and doffing of the orthosis encourages compliance and contributes to the success of the therapy.

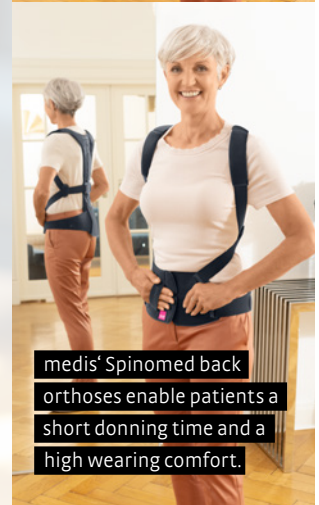
Return to an active daily life, feeling secure and confident:

Spinomed offers a sense of security that patients can rely on which enables them to lead a mobile, self-determined life. 311 Spinomed users confirmed this fact in a survey.¹

What
Spinomed
users say:

94 %
recommendation¹

Spinomed Orthoses
Patient Survey



medis' Spinomed back
orthoses enable patients a
short donning time and a
high wearing comfort.

¹ medi GmbH & Co. KG, 2020. Representative survey of osteoporosis patients. Published online at: <https://images.medi.de/Storage/Documents/Deutschland/Spinomed-Repraesentative-Umfrage-mit-Osteoporose-Patienten-2021-08.pdf> (last accessed on: 09 June 2023).

Scientifically proven: The effectiveness of Spinomed® back orthoses ^{2,3,4}

Reduction
of the kyphosis
angle by up to
11 %

Reduction
of tendency to
sway by up to
25 %

Pain alleviation
by up to
37 %

Reduction of days
with pain reliever by
up to
51 %

Strengthening
of the back
muscles by up to
73 %

Strengthening
of the abdominal
muscles by up to
58 %

The biofeedback principle

The shoulder strap system of the Spinomed together with the back splint exert noticeable pulling forces on the pelvic and shoulder area. Every time osteoporosis patients slump into an incorrect posture (hunchback), the Spinomed back orthosis reminds them through gentle pressure of the correct posture. This triggers a reflex response to tense the core muscles and to straighten their upper body using their own muscle strength. This process is also known as the “biofeedback” principle.

MORE INFORMATION



medi.biz/biofeedback

Use the QR code or short URL
medi.biz biofeedback
to go directly to a
demonstration video.





DVO Guidelines 2023

According to the S3 Guideline “Prevention, Diagnostics and Therapy of Osteoporosis in Postmenopausal Women and in Men 50 Years and Older” published by the German speaking umbrella organisation Dachverband Osteologie e. V. (DVO), early mobilisation after minor traumatic stable vertebral fractures should be performed to avoid complications, which might occur following immobility such as pneumonia, pulmonary embolism and functional deficits (highest grade of recommendation A).¹

For the painless mobilisation following acute stable osteoporotic vertebral fractures, different therapy approaches are available. According to the S3 Guideline, conservative treatment with spinal orthoses such as the Spinomed® or Spinomed® active may be considered. Furthermore, spinal orthoses should be used in combination with physiotherapeutic exercises and posture training.

→ As evidence for pain reduction, enhanced posture and improved function, the S3 Guideline refers to the publication by Hettchen et al. (2022) among others.

→ In this randomised controlled trial, the efficacy of the spinal orthosis Spinomed® active has been proven in women with older osteoporotic vertebral fractures and hyperkyphosis.³



The effect of Spinomed back orthoses has been proven in clinical studies. You can find a summary of the clinical studies in the Scientific Summaries via the QR code.

¹ DVO (German osteology governing body). Prophylaxis, diagnostics and osteoporosis therapy in postmenopausal women and men 2017:196-200. Published online at: <https://www.awmf.org/leitlinien/detail/ll/183-001.html> (last accessed on 09.06.2023).

² Pfeifer M et al. Effects of a New Spinal Orthosis on Posture, Trunk Strength, and Quality of Life in Women with Postmenopausal Osteoporosis: A Randomized Trial Am J Phys Med Rehabil 2004; 83(3):177-186.

³ Hettchen M et al. Effects of the “Spinomed active” orthosis on chronic back pain in kyphotic women with osteoporotic vertebral fractures three months and older: A randomized controlled study. Front. Pain Res. 3:1038269.

⁴ Genest F et al. Feasibility of simple exercise interventions for men with osteoporosis – A prospective randomized controlled pilot study. Bone Rep. 2021;15:101099.

Spinomed® active Spinomed® active men

Bodysuits with high effectiveness.

Indications

All indications requiring a relief and/or correction of the lumbar / thoracic spine as well as movement restriction in sagittal plane, such as:

- Stable osteoporotic bone collapse in the thoracic and lumbar spine

Mode of action of Spinomed active

- Active straightening of the spine via bio-feedback system
- Strengthening of abdominal and back musculature¹
- Reduction of pain¹
- Improvement in everyday restrictions caused by back pain¹

Mode of action of Spinomed active men

- Active straightening of the spine via bio-feedback system
- Improvement of leg muscle strength in the Chair Rise Test²
- Strengthening of abdominal and back musculature²
- Increase in gait speed²

An added bonus for patients

- Care compliant with guidelines
- Inconspicuous and comfortable when worn under clothing
- Variants available for individual needs (with cups, without cups, black, champagne)

High level of user comfort

Adjustable straps ensure a perfect fit.

Noticeable effect

Integrated, flexible material ensure the effective posture correcting using the biofeedback principle.

Dynamic stabilization

The custom-fitted integrated aluminium splint promotes dynamic stabilisation. If necessary, the splint can be removed.

¹ Hettchen M et al. Effects of the "Spinomed active" orthosis on chronic back pain in kyphotic women with osteoporotic vertebral fractures three months and older: A randomized controlled study. *Front. Pain Res.* 3:1038269.

² Genest F et al. Feasibility of simple exercise interventions for men with osteoporosis – A prospective randomized controlled pilot study. *Bone Rep.* 2021;15:101099.

Intended purpose: brace designed to actively relieve load and correct the lumbar spine / thoracic spine in the sagittal plane.

Product benefits



High level of user comfort
Adjustable shoulder straps
ensure a perfect fit



Customised, tool-free
adjustment to the shape
of the back thanks to
aluminium back splint

Active straightening
of the spine using
a biofeedback system

Product versions



With built-in cups

Without built-in cups



**Gusset with hooks /
eyelets**

**Gusset with hook-and-
loop closure**



Women's bodysuit
also available in black
(with cups)



Easy handling
Practical 2-way front zip
is easy to use

Osteoporosis – a widespread disease

Facts and figures

Estimated osteoporosis patients in 2019

In the EU, Switzerland and UK (EU27+2)¹

32 Mio.

sufferers in total



25,5 Mio.
Women



6,5 Mio.
Men

in Germany¹

5,7 Mio.

sufferers in total



4,5 Mio.
Women



1,2 Mio.
Men

Annual fragility fractures¹
(estimated for 2019)



EU27+2
4,3 Mio.

Germany
830.848

Of those, spinal fractures¹
(estimated for 2019)



total for EU27+2
662.543

♀ **432.479**

♂ **230.064**

total for Germany
(estimated for 2025)²

141.677

♀ **89.393**

♂ **52.284**

Development of fragility fractures as of 2034¹

Rise in fractures in the EU27+2



by **24,8 %** to **5,4 Mio.**

Rise in fractures in Germany



by **16,4 %** to **966.792**

Women aged 50–80 are five times more likely to have a subsequent fracture in the first year after their first fragility fracture than women who have not yet had a fracture.³



Only one in every five osteoporosis patients is treated in compliance with official guidelines.⁴

Participation in osteoporosis therapy could prevent

up to **80 %**

of subsequent fractures.⁵



¹ Kanis JA et al. SCOPE 2021: a new scorecard for osteoporosis in Europe. Arch Osteoporos.2021;16(1):82.

² Svedbom A et al. Osteoporosis in the European Union: a compendium of country-specific reports. Arch Osteoporos. 2013;8(1):137.

³ Geel TA van et al. Clinical subsequent fractures cluster in time after first fractures. Ann Rheum Dis. 2009;68(1):99–102.

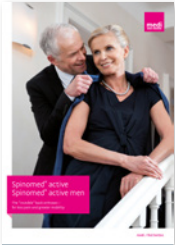
⁴ Brendler M. Medical Tribune. Osteoporose: Nur jeder Fünfte wird leitliniengerecht behandelt. Published online at: www.medical-tribune.de/medizin-und-forschung/artikel/osteoporose-nur-jeder-fuenfte-wird-leitliniengerecht-behandelt/ (last accessed on 09.06.2023).

⁵ Ärzte Zeitung. Projekt „FLS-CARE“ 3,2 Millionen für bessere Versorgung von Osteoporose-Patienten. Published online at: www.aerztezeitung.de/Medizin/32-Millionen-fuer-bessere-Versorgung-von-Osteoporose-Patienten-252073.html (last accessed on 09.06.2023).

Our support for you

Benefit from our comprehensive informational material.

Product Information for doctors



Spinomed active / Spinomed active men,
DIN A4,
Art.-No. 0090E45



Prescription pad spine,
DIN A4,
Art.-No. 0098221



Patient information
Osteoporosis,
DIN A5,
Art.-No. 0090E43



Pocket product catalogue
medi orthopedics,
DIN long,
Art.-No. 0099893

Product Information for retailers



Measuring chart
Spinomed active /
Spinomed active men,
DIN A4,
Art.-No. 0099879



Spinomed
measuring template,
Art.-No. 0030225



Spinomed fitting room
poster,
57,0 x 84,1 cm,
Only digital



Osteoporosis guide book
for patients,
DIN A5,
Art.-No. 0090E43



Product catalogue medi
orthopedics,
DIN A4,
Art.-No. 0099944

Studies

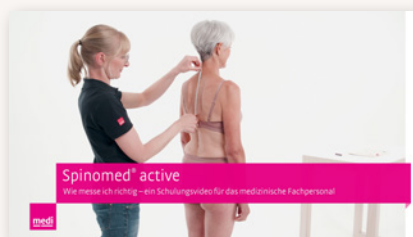


Study brochure Spinomed,
DIN A5,
Art.-No. 0090E39



Study brochure Spinomed
Onepager,
DIN A5,
Art.-No. 0090E38

Instruction videos for technicians and specialised personnel



Instruction videos on how to correctly measure and fitting of the Spinomed active and Spinomed, and further information on the subject of osteoporosis can be found via the QR code or at:
<https://vimeo.com/779240702>



Instruction videos

[www.medi.biz/
spinomed-technikvideo](http://www.medi.biz/spinomed-technikvideo)

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