



medi

Spinomed® active  
Spinomed® active men

The “invisible” back orthoses –  
for less pain and greater mobility

medi. I feel better.

# Spinomed® active

The non-medicated alternative for pain relief  
in osteoporosis-related back pain

Proven effectiveness, custom-fit comfort, high compliance and guideline-compliant treatment in osteoporosis therapy – medi combines all these advantages with the Spinomed active back orthosis. Another benefit: as the orthosis is worn under clothing, treatment with it is virtually invisible.



also available  
in black

## Effects you can feel but not see.

Current study data<sup>1</sup> shows  
significant improvements in:

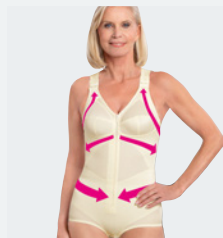
- ✓ Pain: - 37 %
- ✓ Kyphosis angle: - 10 %
- ✓ Trunk muscle strength: + 20 %
- ✓ Reduction in the number of days with painkillers: - 51 %

The study results  
can be found here:



The study results correspond to the recommendation of the DVO guideline<sup>2</sup> for early mobilisation in low-traumatic, stable vertebral body fractures. The excellent patient compliance of > 80 % among the study of the study participants<sup>1</sup> underlines the high attractiveness and ease of use of the orthosis.

### Product benefits



**Proven effectiveness** due to active straightening of the spine using the biofeedback system



**Quick tool-free adjustment** to the shape of the spine with the aluminium back splint

<sup>1</sup> 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. doi: 10.3389/fpain.2022.1038269  
<sup>2</sup> DVO. Prophylaxe, Diagnostik und Therapie der Osteoporose bei postmenopausalen Frauen und bei Männern ab dem 50. Lebensjahr; 2023. Online veröffentlicht unter: <https://register.awmf.org/de/leitlinien/detail/183-001> (Last accessed 28.11.2023).

# Wide range of Spinomed® active

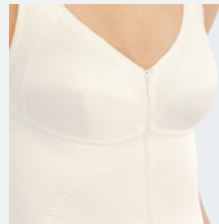
Optimum wearing comfort for maximum patient compliance

Spinomed active comes in a variety of options and sizes that can be offered to patients for a customised and individualised osteoporosis treatment with comfort that feels like a second skin.

94%  
recommendation<sup>3</sup>



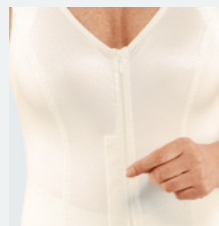
## Product versions\*



Spinomed active 3D:  
with integrated cup



Gusset with hooks / eyelets

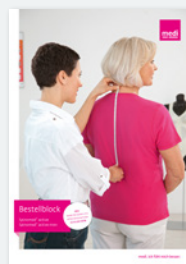


Spinomed active OK:  
without integrated cup



Gusset with hook-and-loop closure

\* Spinomed active in black only available with integrated cup



## Note

For the Spinomed active / Spinomed active men please request a separate measuring chart (Art.-No. 0099879)

## Spinomed active is recommended for:

- Patients with an active lifestyle
- Fractures that occurred in the past
- Patients who require a discreet back orthosis

<sup>3</sup> medi GmbH & Co. KG, 2020. Repräsentative Umfrage mit über 300 Osteoporose-Patienten bestätigt Nutzen einer wirbelsäulenaufrichtenden Orthese; 2020. Online veröffentlicht unter: <https://images.medi.de/Storage/Documents/Deutschland/Spinomed-Repraesentative-Umfrage-mit-Osteoporose-Patienten-2021-08.pdf> (Last accessed 09.01.2024).

# Spinomed® active men

## The “invisible” back orthosis for a stronger back

The spine-straightening orthosis has been scientifically proven to strengthen the abdominal and back muscles, making the Spinomed active men an effective training device.

Spinomed active men’s range comes in a variety of sizes to suit the majority of body types. Similar to the women’s range, the orthosis can be customised to offer patients individualised osteoporosis treatment with comfort that feels like a second skin.



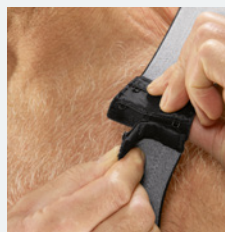
## The positive results of the Spinomed® active men study<sup>4</sup>:

- ✓ Highest training adherence
- ✓ Trunk muscle flexors: + 27 %
- ✓ Gait speed: + 6 %
- ✓ Significant improvement in the chair rise test

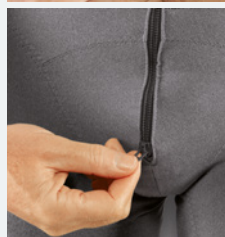
The study results can be found here:



### Product benefits



**High comfort** thanks to individually adjustable shoulder straps



**Easy handling** thanks to 2-way front zip




**Quick tool-free adjustment** to the shape of the spine with the aluminium back splint

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

# How biofeedback works

## Reminder function and training in one


All Spinomed versions work according to the biofeedback principle: elastic and non-elastic materials, the belt system and the back splint interact in a complex way to exert the desired tensile effect.



### Biofeedback principle


If the patient falls into the incorrect posture, the Spinomed orthoses apply gentle pressure to remind them of the correct posture. The muscles are reflexively tensed and strengthened, and they straighten up their upper body using their own strength. This process is also known as the “biofeedback principle”.

More information about biofeedback can be found under the following QR code:



[medi.biz/biofeedback](https://medi.biz/biofeedback)

## The alternative product: Spinomed®



### Spinomed is recommended for

- ✓ **New fractures (acute treatment)**
- ✓ **Treatment in the clinic**
- ✓ **Patients with reduced mobility**

At [medi.biz/spinomed](https://medi.biz/spinomed) you will find further information, videos, helpful tips and tricks for the use of all Spinomed back orthoses.



[medi.biz/spinomed](https://medi.biz/spinomed)

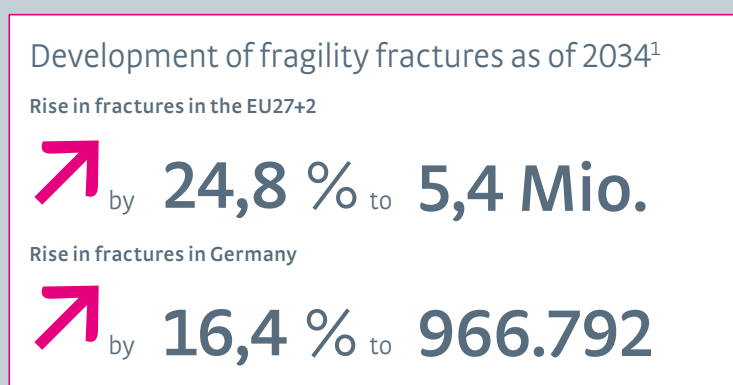
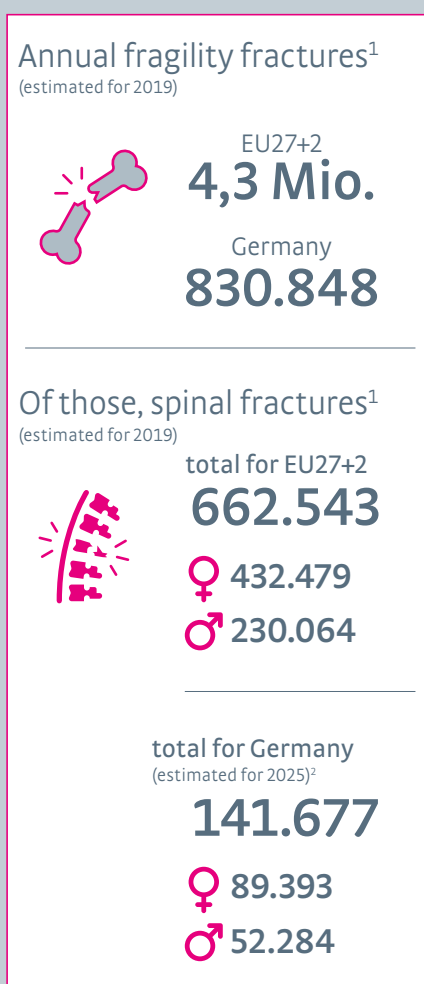
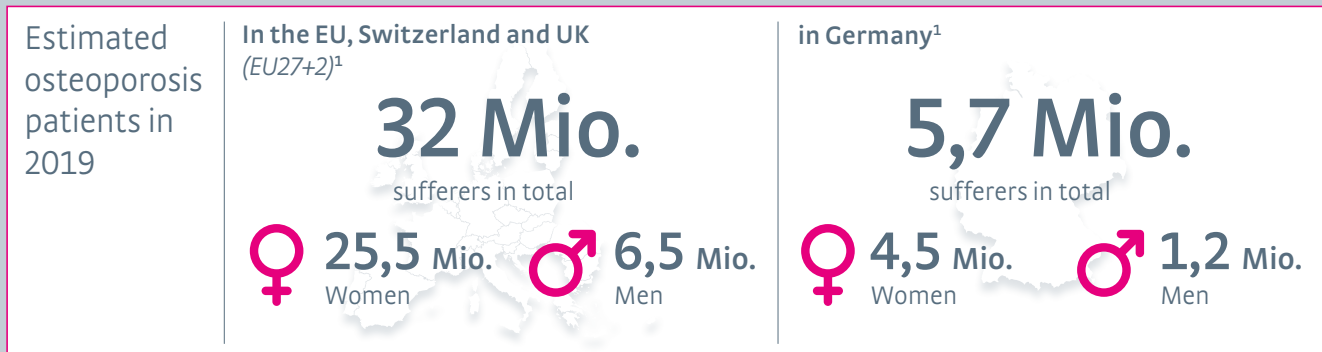
### Indications Spinomed® / Spinomed® active / Spinomed® active men

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

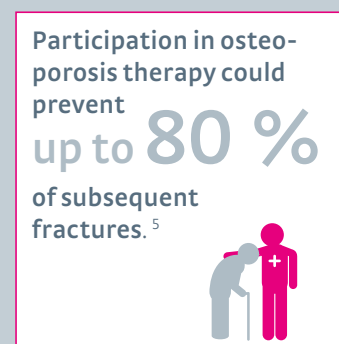
- Osteoporotic bone collapse in the thoracic and lumbar spine
- Juvenile Scheuermann's disease
- Hyperkyphosis with chronic back pain

# Osteoporosis – a widespread disease

## FACTS AND FIGURES



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.<sup>3</sup>



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

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

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

<sup>4</sup> Brendler M. Medical Tribune. Osteoporose: Nur jeder Fünfte wird leitliniengerecht behandelt. Online veröffentlicht unter: [www.medical-tribune.de/medizin-und-forschung/artikel/osteoporose-nur-jeder-fuenfte-wird-leitliniengerecht-behandelt/](http://www.medical-tribune.de/medizin-und-forschung/artikel/osteoporose-nur-jeder-fuenfte-wird-leitliniengerecht-behandelt/) (Last accessed 13.09.2021)

<sup>5</sup> Ärzte Zeitung. Projekt "FLS-CARE" 3,2 Millionen für bessere Versorgung von Osteoporose-Patienten. Published online under: [www.aerztezeitung.de/](http://www.aerztezeitung.de/)

Medizin/32-Millionen-fuer-bessere-Versorgung-von-Osteoporose-Patienten-252073.html (Last accessed 13.09.2021)

# Our support for you

Benefit from our comprehensive information material.

## Information material for healthcare professionals



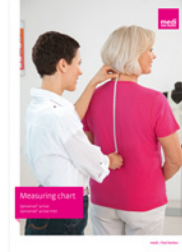
**Product information**  
**Spinomed,**  
DIN A4,  
Art.-No. 0090E42



**Prescription pads back,**  
DINA4,  
Art.-No. 0098221



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



**Bestellblock**  
**Spinomed active /**  
**Spinomed active**  
**men, DIN A4,**  
Art.-Nr. 0099879

Only available  
in digital form  
on request.



**Product catalogue**  
**medi orthopaedics,**  
DINA4,  
Art.-No. 0099944



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

## Studies

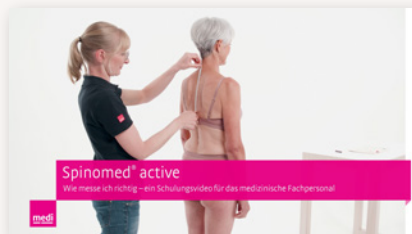


**Study brochure**  
**Spinomed®,**  
DINA5,  
Art.-No. 0090E39



**Study brochure**  
**Spinomed®**  
**Onepager,**  
DINA5,  
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>



**Intended purpose:** Spinomed® / Spinomed® active / Spinomed® active men is a brace designed to actively relieve load and correct the lumbar spine / thoracic spine in the sagittal plane.

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