



medi

## medi Back-range

Treatment with supports and  
orthoses suited to the indication

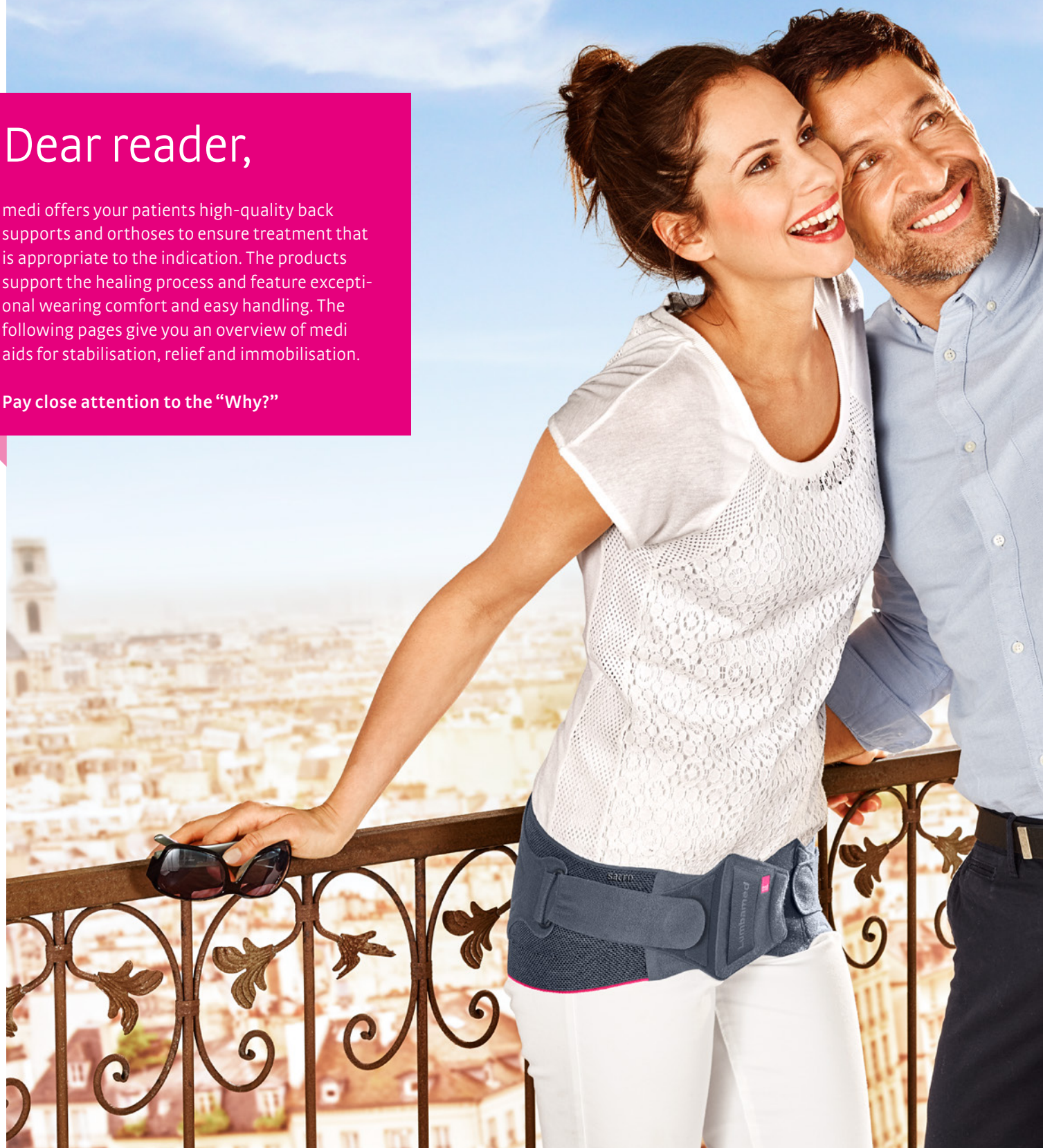
September 2024

medi. I feel better.

Dear reader,

medi offers your patients high-quality back supports and orthoses to ensure treatment that is appropriate to the indication. The products support the healing process and feature exceptional wearing comfort and easy handling. The following pages give you an overview of medi aids for stabilisation, relief and immobilisation.

Pay close attention to the “Why?”





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# medi's comfort knit

## Comfort Zone

Soft zones in the sensitive flexor areas ensure that the support does not press on or cut into the skin, even when worn all day long.  
> The result: soothing pain relief that simply feels good.

## Fibre technology

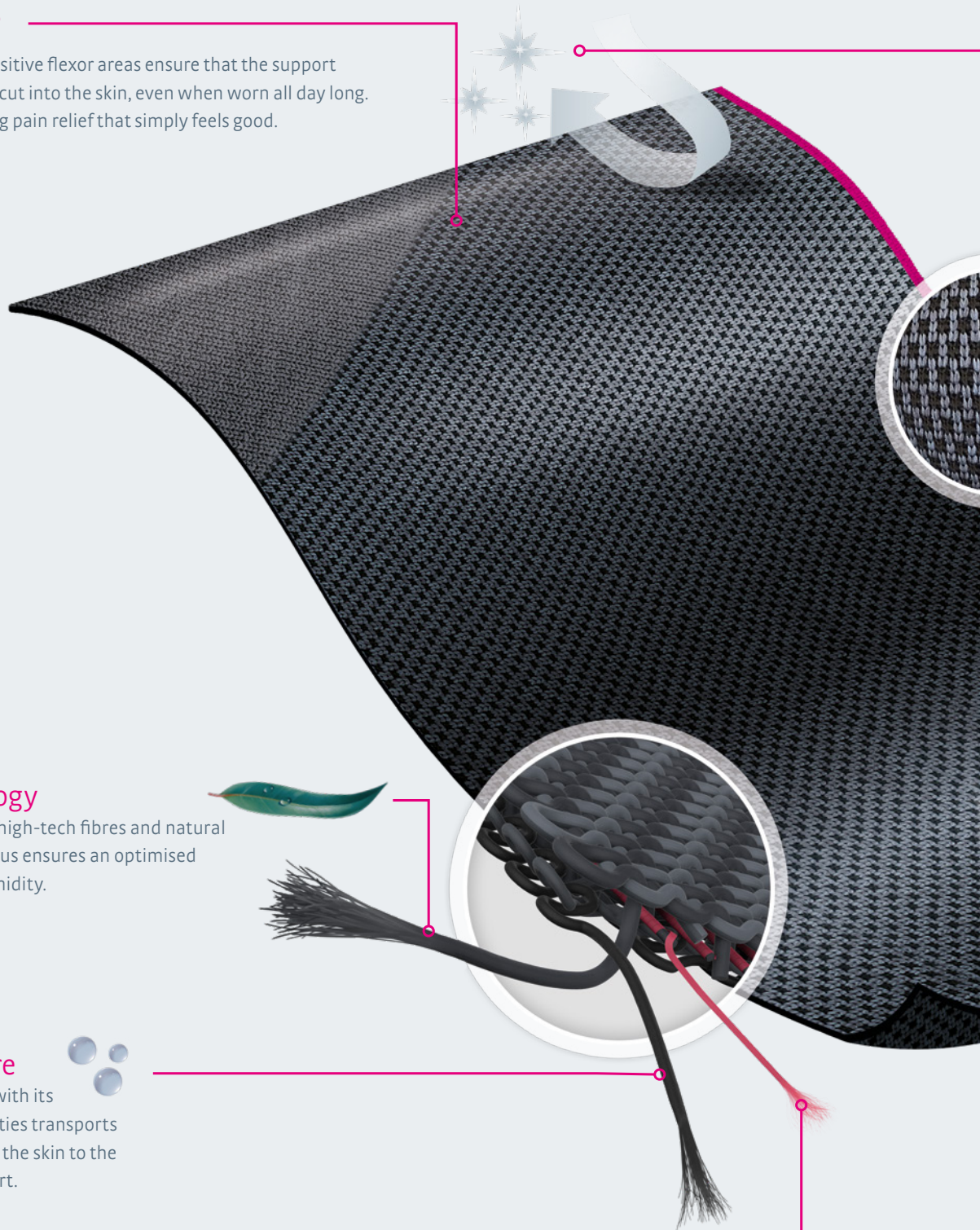
The combination of high-tech fibres and natural fibres from eucalyptus ensures an optimised management of humidity.

## High-tech fibre

The high-tech fibre with its capillary-like properties transports moisture away from the skin to the surface of the support.

## medi compression technology

The compressive knit can improve proprioception. Improved proprioception supports the body's own guidance and stabilisation of the joint.



## Clima Fresh

- Integrated Clima Fresh function
- Odour-inhibiting effect

## Comfortable knitted fabric

Particularly high elasticity and anatomic fit – while ensuring full effect and stability.

## Clima Comfort\*

- Wicks moisture away from the skin's surface quickly
- Guarantees a high level of breathability

## The benefit for your patients

### High wearing comfort

medi combines the capillary properties of high-tech fibres with natural eucalyptus fibres. This ensures improved moisture management. While the high-tech fibres transport the moisture faster from the skin to the surface, the natural fibres help protect the skin's moisture balance. Thanks to the smooth structure of the natural fibres, bandage wearers feel that the fabric is very soft and supple on their skin. Features that will impress users, since 85 per cent of patients attach great importance to the support being comfortable to wear.<sup>1</sup>

### Very easy to use

When it comes to support, the well-being factors are wearing comfort as well as easy handling. This is crucial to ensure that the aid is worn regularly. For 81 per cent of patients, it is important that the product is easy to put on and take off.<sup>1</sup>

The medi comfort knit features new materials and an improved knitted fabric binding. This has significantly improved the longitudinal as well as transverse elasticity of the comfort support while maintaining the same compressive effect and stability. The benefit for users: It takes less effort to put on the support. The cleverly attached hand loops also facilitate closing the comfort back support.<sup>1</sup>

<sup>1</sup> Allensbach Institute for Public Opinion Research on behalf of eurocom e. V. (March 2014), Elastic bandages and orthoses: Quality of care and product satisfaction – results of a representative patient survey.

\* Scientifically tested by French institute IFTH<sup>1</sup>. The test results show that Clima Comfort technology from medi assures climate control between the skin and the stocking. With 11/12 points, medi achieved an outstanding overall score.

<sup>1</sup> Gardon-Mollard C., Gogue-Meunier G. Etude comparative du transfert de la vapeur d'eau dans différents articles de compression médicale. *Phlébologie* 2011,64(2):53-60

# Lumbamed<sup>®</sup> sacro

Modular pelvis orthosis for stabilisation and stress relief with massage pads



## 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)

## Mode of action

- pain relief is achieved via stabilisation of the pelvis and iliosacral joints via circumferential compression)
- targeted massaging of the painful areas and acceleration of the healing process thanks to flexibly positionable pads
- stabilisation of the sacroiliac joints and the pelvis via a combination of elastic and non-elastic materials

## Why Lumbamed<sup>®</sup> sacro?

Modular pelvic brace for individual stabilisation and adjustment to the origin of pain

## Product benefits



Modular design allows customised adjustment to the onset of pain and degree of activity by day and night.



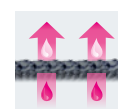
Flexibly massage pads.



Tension straps for infinitely variable and individually adjustable pressure.



silver



Clima Comfort



Clima Fresh

## Accessories



Fastener for elastic comfort knit  
If the stabilisation and stress relief is sufficient through the elastic comfort knit, it can be worn with the fastener, for example, at night or when exercising, with or without the outer pelvis brace.

## Supplementary digital therapy support



Access patient information using the QR code or short URL [www.medi.biz/sacro](http://www.medi.biz/sacro)

Intended purpose: Lumbamed<sup>®</sup> sacro is a brace for stabilisation of the pelvis.

# Day and Night

## ① Complete orthosis variant in the acute phase

Pads + support + pelvic brace



The combination of the elastic support and inelastic pelvic brace offers the greatest possible stabilisation and relief from the start of treatment thanks to the circular proprioceptive compression. The flexibly adjustable massage pads also ensure precision pain relief in the SIJ area. The slim design of the orthosis allows it to be worn under clothing.

## ② Light variant for more direct transfer of force

Pads + pelvic brace



If the support is removed, the pelvic brace offers your patients an even more direct transfer of force. The massage pads can be flexibly placed on the entire inner area. The variable tension-strap system ensures individual pressure adjustment.

## ③ Variant for stabilisation at night

Pads + support + additional fastener



The support can also be used without any assistance by means of the enclosed additional fastener. This variant provides stability in a comfortable way, particularly at night. It can be worn with or without massage pads.

# Lumbamed® maternity

Lumbar support for stabilisation  
during pregnancy



## Indications

All indications requiring stabilisation of the lumbar spine with adjustable pressure such as:

- pain in the lumbar region during pregnancy
- lower back pain (lumbago)
- lower back pain with sciatica

## Mode of action

- material wraps around the body with integrated stabilisation rods and tension forces that can be regulated individually, which all support the increasing stress exerted by the growing stomach
- reduced tension in the abdomen means that stress on the abdominal wall, pelvis and lumbar spine is relieved and pain is alleviated
- the brace supports the stomach, counteracting the increased tension forces that the stomach exerts
- integrated stabilising rods also relieve stress on the lumbar spine

## Why Lumbamed® maternity?

Individually adjustable relief and easy adaptation to the growing stomach

## Supplementary digital therapy support



Access patient information using the QR code or short URL  
[www.medi.biz/maternity](http://www.medi.biz/maternity)

## Product benefits



Stomach belt can be adjusted without interval and is easy to adjust to accommodate the growing stomach.



External hand loop enable the brace to be put on easily: little energy is required.

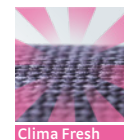


Tension steps to adjust the device to the individual.

Pleasant, soft material, along with a shape that moulds to the body.



Clima Comfort



Clima Fresh

Intended purpose: Lumbamed® maternity is a brace for stabilising the lumbar spine using pressure that can be applied at different levels.

# Lumbamed® plus

Lumbar support with massage pad



## 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

## Mode of action

- stabilisation of the lumbar spine and the lumbosacral junction via integrated Vario-flex-pad
- correction of lordosis in the lumbar spine
- pain is relieved via the interplay of the compressive knit fabric and integrated Vario-flex-pad with 3D profile
- boosts circulation and decreases muscle tension in the lumbar spine area via the 3D profile of the integrated Vario Flex pad

## Why Lumbamed® plus?

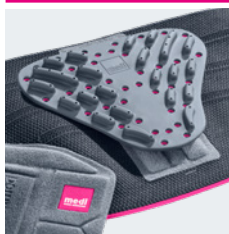
Massage effect and stabilisation of the lumbar area and the lumbosacral transition thanks to the Vario-Flex pad

## Supplementary digital therapy support



Access patient information using the QR code or short URL [www.medi.biz/Lumbamed](http://www.medi.biz/Lumbamed)

## Product benefits



New: Integrated Vario-Flex pad now with thinner, breathable pad cover as well as improved climate management thanks to optimized ventilation holes for pleasant wearing comfort.



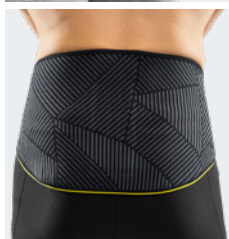
Opening tab: The brace can be opened easily using just one finger.



Fastening edges fold down to ensure a high level of comfort during movement and while seated.




The support is particularly simple to apply thanks to bilateral hand loops.

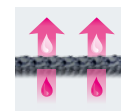


Also available as Lumbamed E+motion

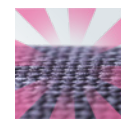
More information on [medi.biz/emotion](http://medi.biz/emotion)

 silver

 sand (women)



Clima Comfort



Clima Fresh



Comfort Zone

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

# Lumbamed® basic

Lumbar support for  
stabilisation



## Indications

All indications requiring stabilisation of the lumbar spine such as:

- lower back pain (lumbago)
- muscular insufficiency
- painful conditions of the lumbosacral junction

## Mode of action

- stabilisation of the lumbar spine and lumbosacral junction via four dorsally integrated back rods
- correction of lordosis of the lumbar spine via proprioceptive compression of the abdominal area
- posture correction reduces pain

## Why Lumbamed® basic?

Therapy-oriented mobilisation through 3-step disassembly of tension belts and support elements.

## Product benefits



The support can be opened comfortably with a single finger (due to the triangular tab).




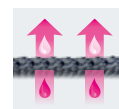
Fastening edges fold down to ensure a high level of comfort during movement and while seated.



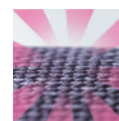
The support is particularly simple to apply thanks to bilateral hand loops.

 silver

 sand  
(women)



Clima Comfort



Clima Fresh



Comfort Zone

## Supplementary digital therapy support



Access patient information using the QR code or short URL [www.medi.biz/Lumbamed](http://www.medi.biz/Lumbamed)

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

# Lumbamed® active

Lumbar brace for stabilisation



## Indications

All indications requiring stabilisation of the lumbar spine, such as:

- lower back pain (lumbago)
- muscular insufficiency
- painful conditions of the lumbosacral junction

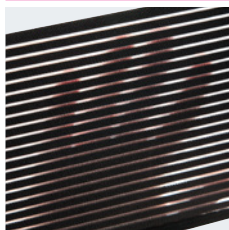
## Mode of action

- stress relief on the lumbar spine, achieved via stabilising effect
- stress relief and stabilisation of the lumbosacral junction via four stabilisation rods
- reduction of pain and muscular tension thanks to compressive effect
- pain reduction via posture correction
- the compressive knitted fabric can improve proprioception. The improvement in proprioception supports the body's own stabilisation

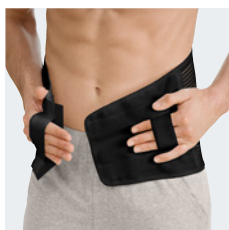
## Why Lumbamed® active?

Stabilisation of the lumbar spine area and lumbosacral transition with dorsally integrated stabilisation elements.

## Product benefits

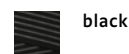


A good skin climate is achieved thanks to the air-permeable structure.



The support is particularly simple to apply thanks to bilateral hand loops.

High level of comfort due to the elastic, supple bandage material.



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

# Lumbamed<sup>®</sup> facet

Lumbar support for targeted relief of the facet joints



## 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

## Mode of action

- targeted relief of the facet joints through effective reduction of lordosis
- precisely regulates the intra-abdominal pressure using the double 3-point strap system
- aligns the pelvis
- stabilises the lumbar spine and the lumbosacral junction

## Why Lumbamed<sup>®</sup> facet?

Targeted relief of the facet joints through effective reduction of lordosis

### medi tip

Information for patients and the mode of action video can be found at [www.medi.de/en/products/lumbamed-facet](http://www.medi.de/en/products/lumbamed-facet)

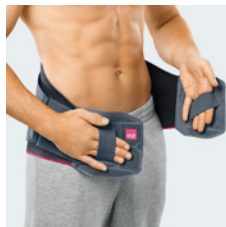
## Product benefits



The precise double 3-point strap system enables the circumferential pressure around the body to be increased individually without intervals.



Knit fabric and strap layout enclose the pelvis and sacroiliac joint optimally, particularly effective for complaints which involve the sacroiliac joint.

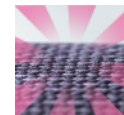


The support is particularly simple to apply thanks to bilateral hand loops

silver



Clima Comfort



Clima Fresh

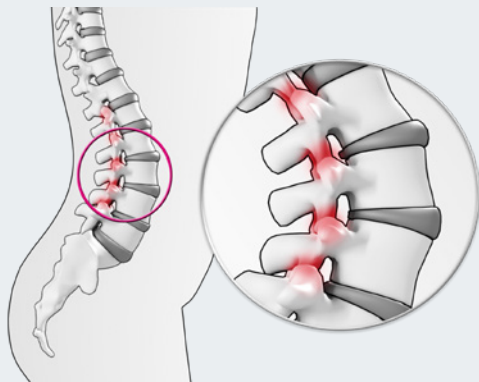


Comfort Zone

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

# Mode of action

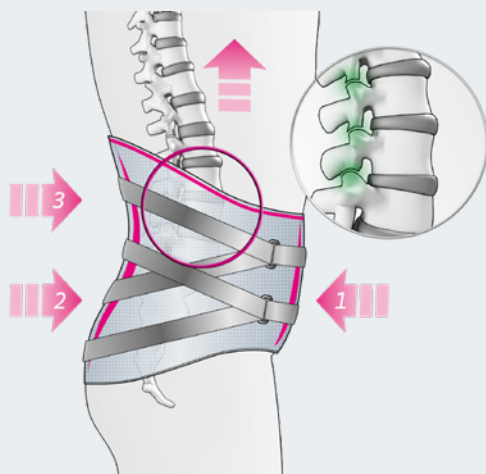
Effective therapy for the back, soothing pain relief for the patient.



## Facet joint arthritis

Facet joint arthritis causes chronic back pain. Therefore, patients with this degenerative disease visit their doctor particularly frequently. Treatment should aim to effectively relieve pain and the affected facet joints.

Pain medication is often the first choice for acute treatment. There are also various therapeutic interventions for the pain that can reduce the symptoms in the long term.



## double 3-point strap system Description

1. The abdominal panel and the double 3-point strap system with two circular straps at the side allow for the precise adjustment of the intra-abdominal pressure.
2. The Lumbamed facet surrounds the sacroiliac joint and straightens the pelvis.
3. The orthosis reduces lordosis of the spine and stabilises the entire lumbar spine as well as the lumbosacral transition.

# Lumbamed® stabil

Lumbar support for relief



## Indications

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

- 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
- intervertebral disc protrusion, prolapse

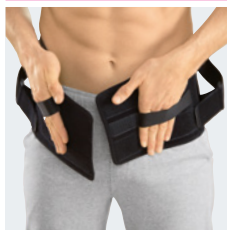
## Mode of action

- effective correction of lordosis and stress relief via the 3-point strap system: strong tension straps support abdominal compression and lift the lower stomach
- pain relief via compressive effect of the knit fabric and massaging from the pads
- the compressive knitted fabric can improve proprioception. The improvement in proprioception supports the body's own stabilisation

## Why Lumbamed® stabil?

Individual adjustment of abdominal compression using tension straps.

## Product benefits

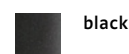


The support is particularly simple to apply thanks to bilateral hand loops.

Patient receives optimized care as two back lengths are available: 26cm and 32cm.

Tension elements can be adjusted without intervals.

Tension straps allow the brace to be adapted to the patient's individual therapy plan as the pressure can be set without having to select an interval.



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

# Lumbamed<sup>®</sup> disc

Lumbar support with adjustable stabilisation system



## 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

## Mode of action

- lordosis in the lumbar spine is corrected via compression of the abdomen and integrated support elements
- smooth regulation of the corrective effect on lordosis via tension straps
- targeted stress relief on the facet joints via effective correction of lordosis
- aligns the pelvis without limiting movement

## Why Lumbamed<sup>®</sup> disc?

Stability can be adapted in three stages to suit the treatment thanks to pads and the rod system

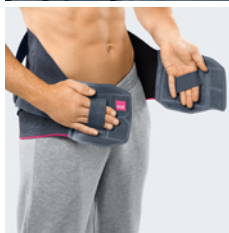
### medi tip

Information for patients and the mode of action video can be found at [www.medi.de/en/products/lumbamed-disc](http://www.medi.de/en/products/lumbamed-disc)

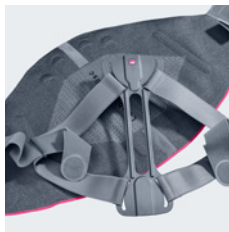
## Product benefits



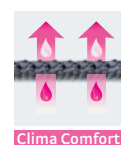
Diamond-shaped function zone in the back area ensures increased breathability via large air holes.



The support is particularly simple to apply thanks to bilateral hand loops.



Can be adapted in three stages to suit the treatment (pad with bridging effect incl. removable tension straps, interchangeable hardness of the back rods).



# Spinomed® II

Back orthosis for vertebral extension in osteoporosis and strengthening of the core musculature



## Indications

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
- hyperkyphosis with chronic back pain
- juvenile Scheuermann`s disease

## Mode of action

- activates back muscles through biofeedback<sup>1</sup>
- straightens the upper body by strengthening muscle power with reduction of osteoporosis-related kyphosis<sup>1</sup>
- reduces pain<sup>1</sup>
- improves vital capacity and quality of life<sup>1</sup>

## Why Spinomed® II?

Spine straightening orthosis with unique, scientifically proven effect according to DVO guidelines.

## Scientific summary No.2

The effect of Spinomed back orthosis has been confirmed by one randomised study.<sup>1</sup>



A summary of the study can be found in the scientific summary No.2 under the following QR code:



## Product benefits



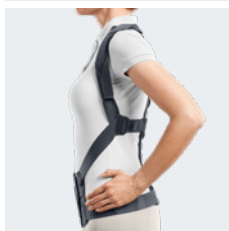
Tool-free fastening of the strap eyelets.



Soft back padding can be removed quickly and easily for cleaning.



Back splint can be cold-formed without tools for individual adaptation to the spine.



Slim design and low weight offer high user comfort.

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

<sup>1</sup> 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

# Spinomed® – with pivot joint

Back orthosis for vertebral extension  
in osteoporosis and strengthening of  
the core musculature



Proven efficacy in  
a clinical study<sup>1</sup>

## Indications

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

## Mode of action

- active straightening of the spine via bio-feedback system
- strengthening of abdominal and back musculature<sup>2</sup>
- reduction of pain and tendency to sway
- improvement in vital capacity and quality of life<sup>2</sup>
- improvement in lung function<sup>2</sup>

## Scientific summary No.2

The effect of Spinomed back orthosis has been confirmed by one randomised study.<sup>1</sup>



A summary of the study can be found in the scientific summary No.2 under the following QR code:

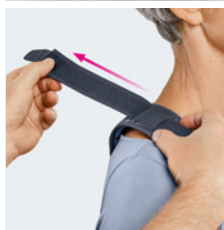


Intended purpose: Spinomed® is a brace designed to actively relieve load and correct the lumbar spine / thoracic spine in the sagittal plane.

## Product benefits



Pivot joint for optimum freedom of movement, secure fit and high wearing comfort.



Belt system for straightening and pain relief in accordance with therapeutic needs.



Swivel joints on the abdominal fastener allows optimised fit.



Effortless donning and doffing thanks to pre-shaped shoulder straps.



grey

## medi tip

Information for patients and the mode of action video can be found at [www.medi.de/en/products/spinomed](http://www.medi.de/en/products/spinomed)

<sup>1</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> (Letzter Zugriff 28.11.2023)

<sup>2</sup> 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.

# Spinomed® active

Back orthosis for vertebral extension in osteoporosis and strengthening of the core musculature



Proven efficacy in a clinical study<sup>1</sup>

## Indications

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

## Mode of action

- active straightening of the spine via bio-feedback system
- strengthening of abdominal and back musculature<sup>2</sup>
- reduction of pain<sup>2</sup>
- improvement in everyday restrictions caused by back pain<sup>2</sup>

## Why Spinomed® active?

Spine straightening orthosis with unique, scientifically proven effect according to DVO guidelines.

## Scientific summary No.11

The effect of Spinomed back orthosis has been confirmed by one randomised study.<sup>1</sup>



A summary of the study can be found in the scientific summary No.11 under the following QR code:



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

## Product benefits



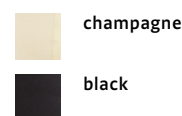
Comfortable and discreet to wear under clothing.



Can be adapted to the individual's spine without tools thanks to the aluminium back splint.



Adjustable shoulder straps ensure a perfect fit.



A range of options is available to fit patients' various needs (with cup, without cup, hooks (gusset), hook and loop fastener (gusset), black, champagner).

## medi tip

Information for patients and the mode of action video can be found at [www.medi.de/en/products/spinomed-active](http://www.medi.de/en/products/spinomed-active)

<sup>1</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> (Letzter Zugriff 28.11.2023)

<sup>2</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.

# Spinomed® active men

Back orthosis for vertebral extension in osteoporosis and strengthening of the core musculature



Proven efficacy in a clinical study<sup>1</sup>

## Indications

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

## Mode of action

- active straightening of the spine via bio-feedback system
- strengthening of abdominal and back musculature<sup>2</sup>
- improvement in leg muscle strength in the chair-rise-test<sup>2</sup>
- increase in normal walking speed<sup>2</sup>

## Why Spinomed® active men?

Spine straightening orthosis with unique, scientifically proven effect according to DVO guidelines.

### Scientific summary No.9

The effect of Spinomed back orthosis has been confirmed by one randomised study.<sup>1</sup>

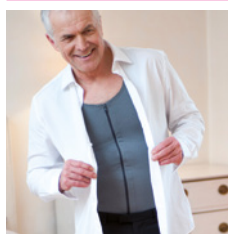


A summary of the study can be found in the scientific summary No.9 under the following QR code:

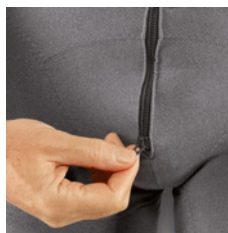


Intended purpose: Spinomed® active men is a brace designed to actively relieve load and correct the lumbar spine / thoracic spine in the sagittal plane.

## Product benefits



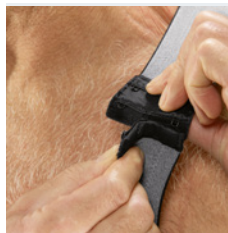
Pleasant to wear, can be worn discreetly under clothing.



Practical 2-way-front zip is easy to use.



Can be adapted to the individual's spine without tools thanks to the aluminium back splint.



Adjustable shoulder straps ensure a perfect fit.



grey

## medi tip

Information for patients and the mode of action video can be found at [www.medi.de/en/products/spinomed-active-men](http://www.medi.de/en/products/spinomed-active-men)

<sup>1</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> (Letzter Zugriff 28.11.2023).

<sup>2</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.

# medi 3 C

Brace for relieving load on the lumbar spine / thoracic spine in the sagittal plane



## Indications

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

- stable vertebral compression fractures of the middle and lower thoracic and lumbar spine
- hyperkyphosis in Scheuermann's disease
- temporary postoperative orthotic care

## Mode of action

- reinclination of the lumbar spine and lower thoracic spine and fixation of the lumbar spine in hyperlordosis

## Why medi 3 C?

Movable sternal pad prevents pressure on the larynx region.

## Product benefits

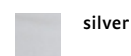


Easy closing thanks to ratchet fastening on brace.



Dynamic adaptation of the sternum pad to different body positions: standing, sitting, etc.

Impervious material ensures that the brace fits into the patient's daily routine.



Intended purpose: medi 3 C is a brace for relieving load on the lumbar spine / thoracic spine (sagittal limitation of range of motion)

# medi 4C flex

Hyperextension brace with  
cantilever closing mechanism



## Indications

All indications requiring a partial relief by correction of the lumbar/thoracic spine and movement restriction in sagittal and frontal plane:

- stable vertebral compression fractures of the middle and lower thoracic and lumbar spine
- temporary postoperative immobilisation
- nonsurgical inoperable or postoperative treatment for tumours and metastases of the spinal column
- axial stabilisation for osteoporotic vertebral collapse in the thoracic and lumbar spine

## Mode of action

- reclination of the lumbar spine and lower thoracic spine
- fixation of the lumbar spine in hyperlordosis position
- effective limitation of movement in the sagittal and frontal planes

## Why medi 4c flex?

Moveable symphysis plate increases wearing comfort during sitting

### medi tip

Information for patients can be found at [www.medi.de/en/products/medi-4c-flex](http://www.medi.de/en/products/medi-4c-flex)

## Product benefits



Available with button or hook closer.

Increased comfort during sitting due to moveable symphysis plate.

Length and width can be set to fit individual.



silver

Intended purpose: Brace for relieving load on the lumbar spine/thoracic spine (sagittal and frontal limitation of range of motion).

# medi 4C

Brace for relieving load on the lumbar spine / thoracic spine in the sagittal and frontal plane



## Indications

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

- stable vertebral compression fractures of the middle and lower thoracic and lumbar spine
- temporary postoperative orthotic care
- nonsurgical inoperable or postoperative treatment for tumours and metastases of the spinal column
- axial stabilisation for osteoporotic vertebral collapse in the thoracic and lumbar spine

## Mode of action

- reclinatioin of the lumbar spine and lower thoracic spine
- fixation of the lumbar spine in hyperlordosis position
- effective limitation of movement in the sagittal and frontal plane

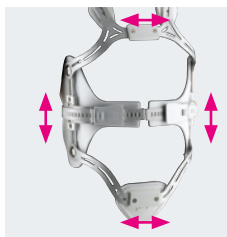
## Why medi 4C?

Individually adaptable thanks to infinitely variable adjustment options in three levels.

## Product benefits



Easy closing thanks to ratchet fastening on brace.



Good fit thanks to setting options without intervals in three planes.

High level of comfort thanks to lightweight construction and comfortable padding.

silver

Intended purpose: medi 4C is a brace for relieving load on the lumbar spine/thoracic spine (sagittal and frontal limitation of range of motion).

# medi Posture plus force

Posture correction shirt



## Indications

All indications where posture correction is necessary, such as:

- hunched back with chronic back pain
- posture-related pain in the spine
- muscle weakness and/or imbalance in the back and / or shoulder area

## Mode of action

- the interplay of the non-elastic fabric elements in the back and abdominal area exert a light tension
- the functional elements in the shoulder and back area work together with the slightly compressive material to give the wearer a “reminder” when they move out of the desired position
- the non-elastic fabric offers a “reminder function” so that the body can realign itself

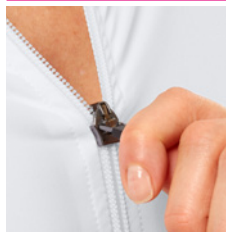
## Why medi Posture plus force?

- good posture through functional textiles
- improves body awareness

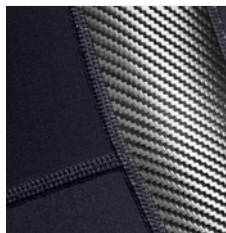
### medi tip

More patients' information [www.medi.de/en/products/posture-plus-force](http://www.medi.de/en/products/posture-plus-force)

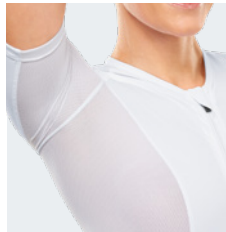
## Product benefits



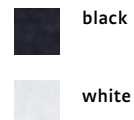
Zipper closure to ease dressing and removal.



Flat elastic seams for maximum comfort.



Breathable and highly elastic fabric ensuring maximum comfort in the armpit area.



black

white

Intended purpose: medi Posture plus force is a posture correction shirt.



# medi Posture plus comfort

Posture correction shirt



## Indications

All indications where posture correction is necessary, such as:

- hunched back with chronic back pain
- posture-related pain in the spine
- muscle weakness and/or imbalance in the back and / or shoulder area

## Mode of action

- can help to improve posture
- functional elements in shoulder/back and abdominal area work together to generate sensorimotor stimulation
- the non-elastic fabric offers a “reminder function” so that the body can realign itself

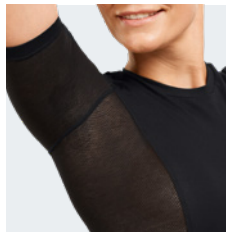
## Why medi Posture plus comfort?

- good posture through functional textiles
- can improve posture

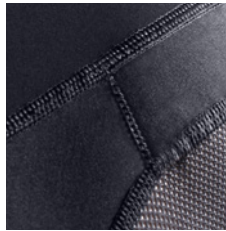
### medi tip

More patients' information [www.medi.de/en/products/posture-plus-comfort](http://www.medi.de/en/products/posture-plus-comfort)

## Product benefits



Breathable and highly elastic fabric ensuring maximum comfort in the armpit area.



Flat elastic seams for maximum comfort.

The T-shirt stretches over the pelvis and the seam is coated with silicone.

 black

# medi Posture plus young

T-shirt for posture correction for adolescents and children



## Indications

All indications where posture correction is necessary, such as:

- hunched back with chronic back pain
- posture-related pain in the spine
- muscle weakness and /or imbalance in the back and /or shoulder area

## Mode of action

- can help to improve posture
- functional elements in shoulder/back and abdominal area work together to generate sensorimotor stimulation
- the non-elastic fabric offers a “reminder function” so that the body can realign itself

## Why medi Posture plus young?

- good posture through functional textiles
- can improve posture

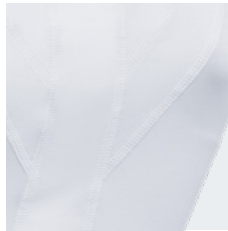
## medi tip

More patients' information [www.medi.de/en/products/posture-plus-young](http://www.medi.de/en/products/posture-plus-young)

## Product benefits



Breathable and highly elastic fabric ensuring maximum comfort in the armpit area.



Flat elastic seams for maximum comfort.

The T-shirt stretches over the pelvis and the seam is coated with silicone.

white

Intended purpose: medi Posture plus young is a posture correction shirt.

# protect.CSB

Back brace for posture correction



## Indications

All indications which require straightening of and stress relief on the thoracic vertebrae, such as:

- poor posture, postural deviations or spinal deviations
- posture-related pain in the spine
- muscle weakness and/or imbalance in the back
- hunched back with chronic back pain

## Mode of action

- the brace can support correct posture by activating the back musculature
- the strap system is similar to the straps on a rucksack: it pulls the shoulders back slightly without limiting freedom of movement in the shoulders and arms

## Why protect.CSB?

- strap system straightens the thoracic spine
- can improve posture
- good posture becomes a habit

## medi tip

More patients' information  
[www.medi.de/en/products/protect-csb](http://www.medi.de/en/products/protect-csb)

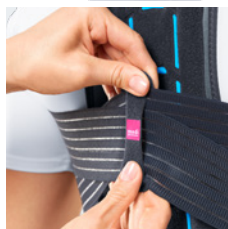
## Product benefits



Supportive mouldable aluminium bars for excellent strengthening of the back.



Elastic straps can be cut to desired length.



Adaptable loop for individual positioning of the strap system.

Highly elastic strap system for great comfort.

Orthosis is almost invisible under clothing.

grey

Intended purpose: protect.CSB is a corset brace for posture correction and load relief on the thoracic spine.



## Trust the facts

Supports and orthoses strengthen your patients.

There are many prejudices against them. For example, that supports and orthoses reduce muscular mass. Or that aids only end up being stored in the cupboard rather than being worn. Numerous studies have proven the opposite.

Read on the following pages how orthopaedic aids accelerate the healing process and in many cases even strengthen the muscles.

# Patients say ...

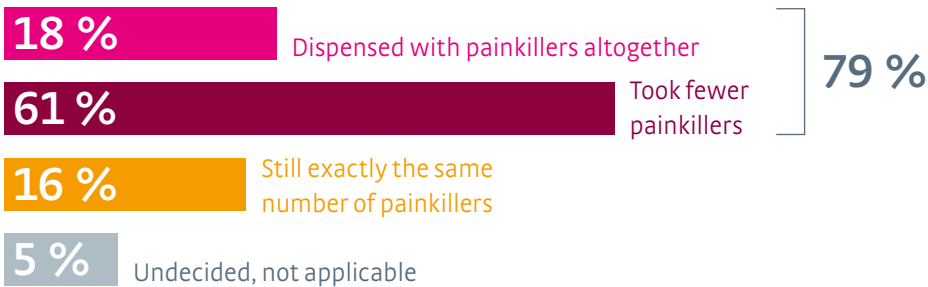
One of the most persistent myths is: soft supports and braces often only lie around in the cupboard, because patients hardly ever wear them.

Surveys show: the opposite is true! The Institute for Demoscopy in Allensbach, Germany investigated how intensively soft supports and braces are actually used. Furthermore, 424 wearers of soft supports and braces were asked whether the medical device had changed their sensitivity to pain.<sup>3</sup>

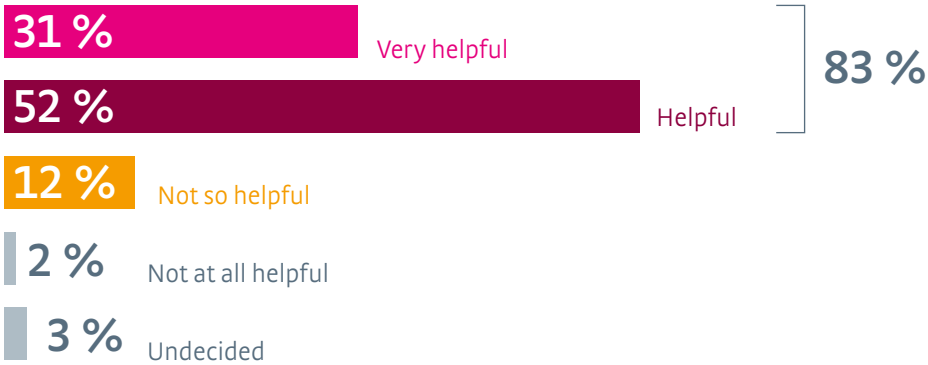
The result:

- Soft supports and braces have positive effects on the patients all day life.
- The medical device had helped their treatment considerably.
- Soft supports and braces had reduced or stopped the consumption of painkillers.

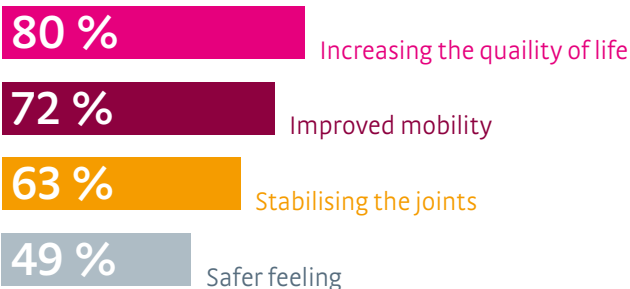
79% of patients in pain reported needing fewer or no painkillers thanks to the soft support or brace.



83% of the patients reported the soft support or brace had been helpful or very helpful for their treatment.



Positive effects when wearing soft support or brace.



<sup>3</sup> eurocom e.V. Medizinische Hilfsmittel - Wirkungsvolle und etablierte Therapie für mehr Lebensqualität im Alltag, Repräsentative Umfrage des Instituts für Demoskopie Allensbach im Auftrag von eurocom e.V. Umfrageergebnisse 2023. Online veröffentlicht unter [https://www.eurocom-info.de/wp-content/uploads/2023/08/Allensbach-Patientenumfrage-2023\\_web.pdf](https://www.eurocom-info.de/wp-content/uploads/2023/08/Allensbach-Patientenumfrage-2023_web.pdf) (Letzter Zugriff am 04.03.2024)

# Strengthen the back muscles

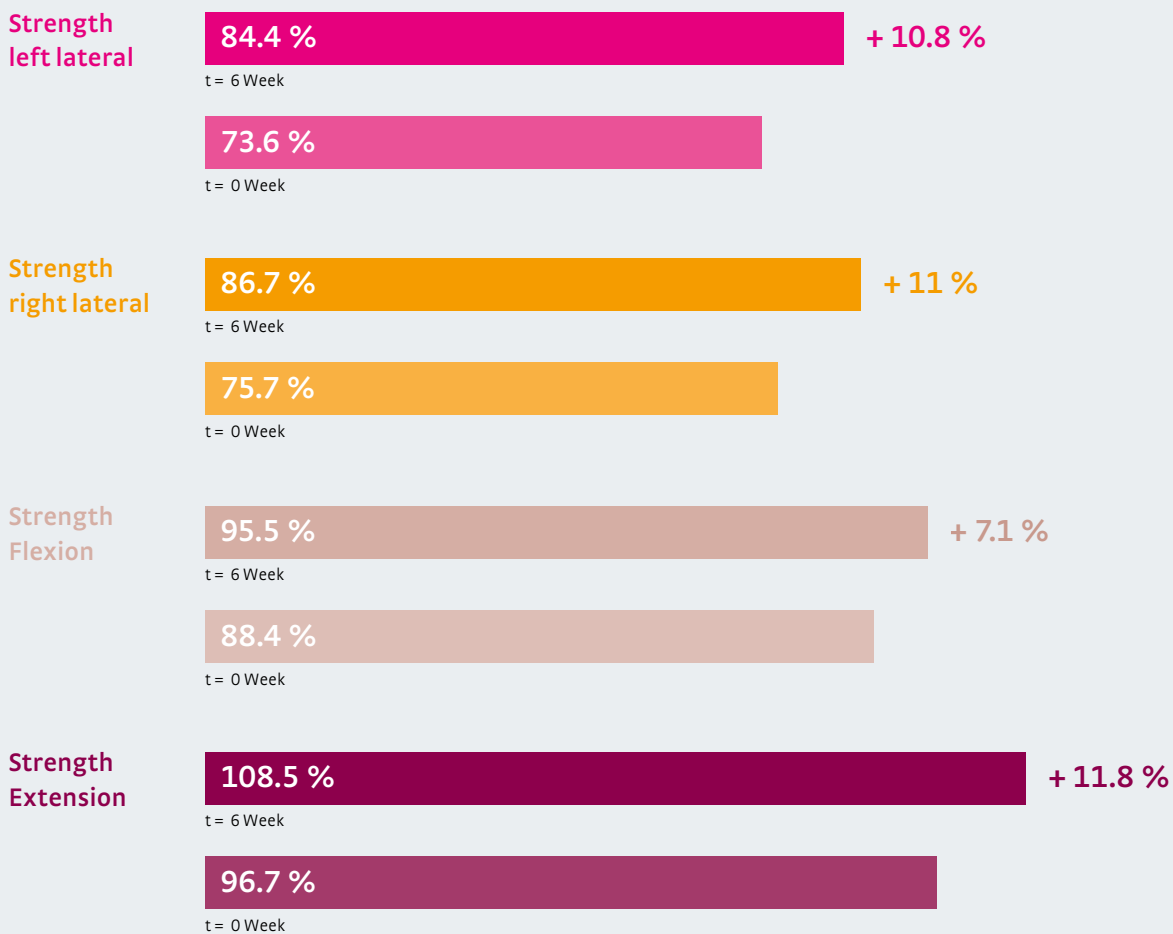
Soft supports and braces such as Lumbamed plus from medi strengthen the whole locomotor apparatus.

A study has shown that lumbar spine stabilising orthoses relieve pain, improve mobility and strengthen muscles.<sup>1</sup> The integrated pad on Lumbamed plus moulds itself to the contours of the back to stabilise and massage it gently. This improves the circulation, reduces pain and prevents protective postures. Patients move more freely and thus automatically improve muscular control.

**Summary: wearing lumbar orthoses regularly strengthens the muscles.**

<sup>1</sup>Thomas R, Ducke I, Fischer D, Jachmann H, Mellerowicz H, von Mioduski C. The influence of Lumbar Spine Stabilising Orthoses on Pain Relief, Muscle Strength and Static Situation. Orthopädie-Technik 2013; 12: 64-69.

The study results clearly show that Lumbamed plus significantly relieves pain and improves mobility and muscle strength.



Mean strength scores and their relative change in % with reference to one individual 100% reference subject

# Stronger with osteoporosis

## Spinomed back braces strengthen the trunk muscles and improve the overall posture.

In its current guideline 2023<sup>1</sup>, the German Osteology Association (DVO) recommends the use of orthoses that straighten the spine for conservative therapy for stable osteoporotic vertebral body fractures.

The effect of Spinomed back orthoses has been proven in several studies.<sup>2,3,4</sup>

The special biofeedback principle sustainably strengthens the muscles. The more upright posture also makes breathing easier and relieves pain. The reduced tendency to sway ensures that patients can stand more confidently. Spinomed back braces act more quickly than medication.

The muscle strengthening effect starts on day one.

The special biofeedback principle strengthens the muscles in the long term. The more erect posture makes breathing easier and relieves pain. The reduced tendency to sway ensures that patients can stand more safely.

<sup>1</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> (Letzter Zugriff 28.11.2023)

<sup>2</sup> 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.

<sup>3</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.

<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.

## Scientifically proven effectiveness of Spinomed back orthoses

The back muscles are strengthened by up to **73 %**

Abdominal muscles are strengthened by up to **58 %**

The kyphotic angle is reduced by **11 %**

Pain is relieved by up to **37 %**

Reduction of days with medication for pain by **51 %**

General well-being is increased by up to **15 %**

Spinomed back braces help reduce the risk of falls and thus the risk of additional fractures, because the orthosis reduces the degree of body sway by up to **25 %**.

The walking speed is increased by up to **6 %**.

Spinomed back orthoses work quickly and effectively. The muscle-strengthening effect begins on the very first day.

# Our support for you

Besides the broad product spectrum, take advantage of our comprehensive information material.

## Contact

T +49 921 912-0  
F +49 921 912-783  
export@medi.de

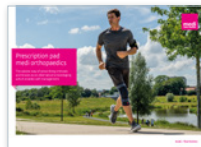
## Product Information for you



**indication booklet**  
Art. No. 0099893



**product catalogue**  
Art. No. 0099944



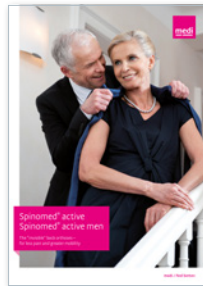
**prescription pad  
orthopaedics**  
Art.No. 0099E12



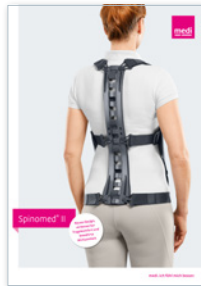
**comfort supports  
collection from medi**  
Art. No. 0097E46



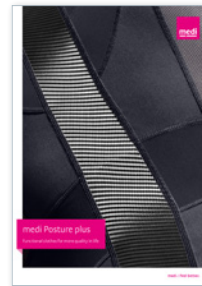
**brochure Spinomed /  
Spinomed active**  
Art. No. 0090E42



**brochure  
Spinomed active (men)**  
Art.No. 0090E45



**brochure Spinomed II**  
Art. No. 009E004

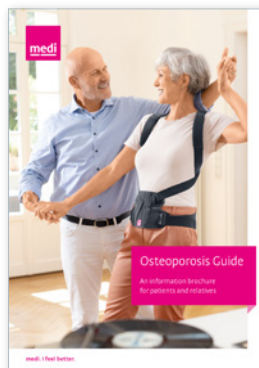


**brochure  
medi Posture plus**  
Art. No. 0097E31

## Information for your patient



**advice on  
back therapy**  
Art. No. 0097E45



**osteoporosis  
guide for patients**  
Art. No. 0090E43

## medi tip

Visit [www.vimeo.com/medivideo](http://www.vimeo.com/medivideo) to find helpful tips and tricks for you and your patients.



The digital versions of the „Scientific Summaries“ and the study brochure can be found at




# medi back range




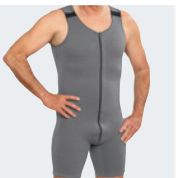
## Lumbar supports

	Product	Indications
		<b>Lumbamed® maternity</b> All indications requiring stabilisation of the lumbar spine with adjustable pressure such as: <ul style="list-style-type: none"> <li>• pain in the lumbar region during pregnancy</li> <li>• lower back pain (lumbago)</li> </ul>
		<b>Lumbamed® plus</b> All indications requiring stabilisation of the lumbar spine by pressure redistribution with a back pad, such as: <ul style="list-style-type: none"> <li>• lower back pain (lumbago)</li> <li>• postural muscle imbalance in the lumbar spine</li> </ul>
		<b>Lumbamed® basic</b> All indications requiring stabilisation of the lumbar spine such as: <ul style="list-style-type: none"> <li>• lower back pain (lumbago)</li> <li>• muscular insufficiency</li> <li>• painful conditions of the lumbosacral junction</li> </ul>
		<b>Lumbamed® active</b> All indications requiring stabilisation of the lumbar spine such as: <ul style="list-style-type: none"> <li>• lower back pain (lumbago)</li> <li>• muscular insufficiency</li> <li>• painful conditions of the lumbosacral junction</li> </ul>
		<b>Lumbamed® facet</b> All indications requiring partial relief by reduction of lordosis of the lumbar spine such as: <ul style="list-style-type: none"> <li>• facet joint osteoarthritis</li> <li>• intervertebral disc protrusion, prolapse</li> <li>• lower back pain (lumbago)</li> <li>• lower back pain with sciatica</li> <li>• lumbar vertebral canal stenosis</li> <li>• postural muscle imbalance in the lumbar spine</li> <li>• spondylolisthesis</li> <li>• spondylosis</li> <li>• painful conditions of the lumbosacral junction</li> </ul>
		<b>Lumbamed® stabil</b> All indications requiring partial relief by reduction of lordosis of the lumbar spine such as: <ul style="list-style-type: none"> <li>• lower back pain (lumbago)</li> <li>• lower back pain with sciatica</li> <li>• lumbar vertebral canal stenosis</li> <li>• postural muscle imbalance in the lumbar spine</li> <li>• spondylolisthesis</li> <li>• spondylosis</li> <li>• painful conditions of the lumbosacral junction</li> <li>• intervertebral disc protrusion, prolapse</li> </ul>
		<b>Lumbamed® disc</b> All indications requiring partial relief by reduction of lordosis of the lumbar spine with subsequent functional mobilisation of the lumbar spine such as: <ul style="list-style-type: none"> <li>• intervertebral disc protrusion or disc prolaps (Nonsurgical, postoperative)</li> <li>• pseudo-radicular pain syndrome</li> <li>• postural muscle imbalance in the lumbar spine</li> <li>• moderate lower back pain (lumbago)</li> <li>• moderate lower back pain with sciatica</li> </ul>


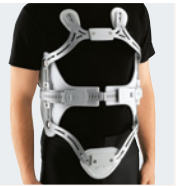

## Pelvis orthosis

	Product	Indications
	Lumbamed® sacro	All indications requiring stabilisation of the pelvis such as: <ul style="list-style-type: none"> <li>• sacroiliac joint dysfunction</li> <li>• sacroiliac joint instability</li> <li>• muscle pain and tendon disease in the pelvic region</li> <li>• pelvic ring instability</li> <li>• for recurring muscle and tendon disease (rectus abdominis muscle, piriformis muscle)</li> </ul>





## osteoporosis orthoses

	Product	Indications
	Spinomed®	All indications requiring a relief and/or correction of the lumbar/thoracic spine as well as movement restriction in sagittal plane, such as: <ul style="list-style-type: none"> <li>• osteoporotic bone collapse in the thoracic and lumbar spine</li> <li>• hyperkyphosis with chronic back pain</li> <li>• juvenile Scheuermann's disease</li> </ul>
	Spinomed® II	
	Spinomed® active	All indications requiring a relief and/or correction of the lumbar/thoracic spine as well as movement restriction in sagittal plane, such as: <ul style="list-style-type: none"> <li>• osteoporotic bone collapse in the thoracic and lumbar spine</li> <li>• hyperkyphosis with chronic back pain</li> <li>• juvenile Scheuermann's disease</li> </ul>
	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: <ul style="list-style-type: none"> <li>• osteoporotic bone collapse in the thoracic and lumbar spine</li> <li>• hyperkyphosis with chronic back pain</li> <li>• juvenile Scheuermann's disease</li> </ul>

## Hyperextension braces

	Product	Indications
	medi 3 C	All indications requiring a partial relief by correction of the lumbar/thoracic spine and movement restriction in sagittal plane: <ul style="list-style-type: none"> <li>• stable vertebral compression fractures of the middle and lower thoracic and lumbar spine</li> <li>• hyperkyphosis in Scheuermann's disease</li> <li>• temporary postoperative orthotic care</li> </ul>
	medi 4C	All indications requiring a partial relief by correction of the lumbar/thoracic spine and movement restriction in sagittal and frontal plane: <ul style="list-style-type: none"> <li>• stable vertebral compression fractures of the middle and lower thoracic and lumbar spine</li> <li>• temporary postoperative orthotic care</li> <li>• nonsurgical inoperable or postoperative treatment for tumours and metastases of the spinal column</li> <li>• axial stabilisation for osteoporotic vertebral collapse in the thoracic and lumbar spine</li> </ul>
	medi 4C flex	All indications requiring a partial relief by correction of the lumbar/thoracic spine and movement restriction in sagittal and frontal plane: <ul style="list-style-type: none"> <li>• stable vertebral compression fractures of the middle and lower thoracic and lumbar spine</li> <li>• temporary postoperative immobilisation</li> <li>• nonsurgical inoperable or postoperative treatment for tumours and metastases of the spinal column</li> <li>• axial stabilisation for osteoporotic vertebral collapse in the thoracic and lumbar spine</li> </ul>

## medi Posture plus

Product	Indications
	<p><b>medi Posture plus force</b></p> <p>All indications where posture correction is necessary, such as:</p> <ul style="list-style-type: none"> <li>• hunched back with chronic back pain</li> <li>• posture-related pain in the spine</li> <li>• muscle weakness and/or imbalance in the back and/or shoulder area</li> </ul>
	<p><b>medi Posture plus comfort</b></p> <p>All indications where posture correction is necessary, such as:</p> <ul style="list-style-type: none"> <li>• hunched back with chronic back pain</li> <li>• posture-related pain in the spine</li> <li>• muscle weakness and/or imbalance in the back and/or shoulder area</li> </ul>
	<p><b>medi Posture plus young</b></p> <p>All indications where posture correction is necessary, such as:</p> <ul style="list-style-type: none"> <li>• hunched back with chronic back pain</li> <li>• posture-related pain in the spine</li> <li>• muscle weakness and/or imbalance in the back and/or shoulder area</li> </ul>
	<p><b>protect.CSB</b></p> <p>All indications which require straightening of and stress relief on the thoracic vertebrae, such as:</p> <ul style="list-style-type: none"> <li>• poor posture, postural deviations or spinal deviations</li> <li>• posture-related pain in the spine</li> <li>• muscle weakness and/or imbalance in the back</li> <li>• hunched back with chronic back pain</li> </ul>

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