



medi

medi Back-range

Treatment with supports and
braces suited to the indication

June 2026

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?”



4
medi's comfort knit

6
medi Posture plus force

7
protect.CSB

8
Lumbamed® basic

9
Lumbamed® plus

10
Lumbamed® facet

12
Lumbamed® disc

14
Lumbamed® pro

16
Lumbamed® sacro

18
Lumbamed® maternity

19
Lumbamed® E+Motion

20
Lumbamed active

21
Lumbamed® stabil

22
Spinomed®

24
Spinomed® II

25
Spinomed® active

26
Spinomed® active men

27
medi® 3C

28
medi® 4C flex

29
medi® 4C

30
studies

32
information material

medi's comfort knit

medi Comfort Zone

Soft zones in the sensitive bend areas ensure that the support does not press on or cut into the skin, even when worn all day long.

Functional and natural fibres

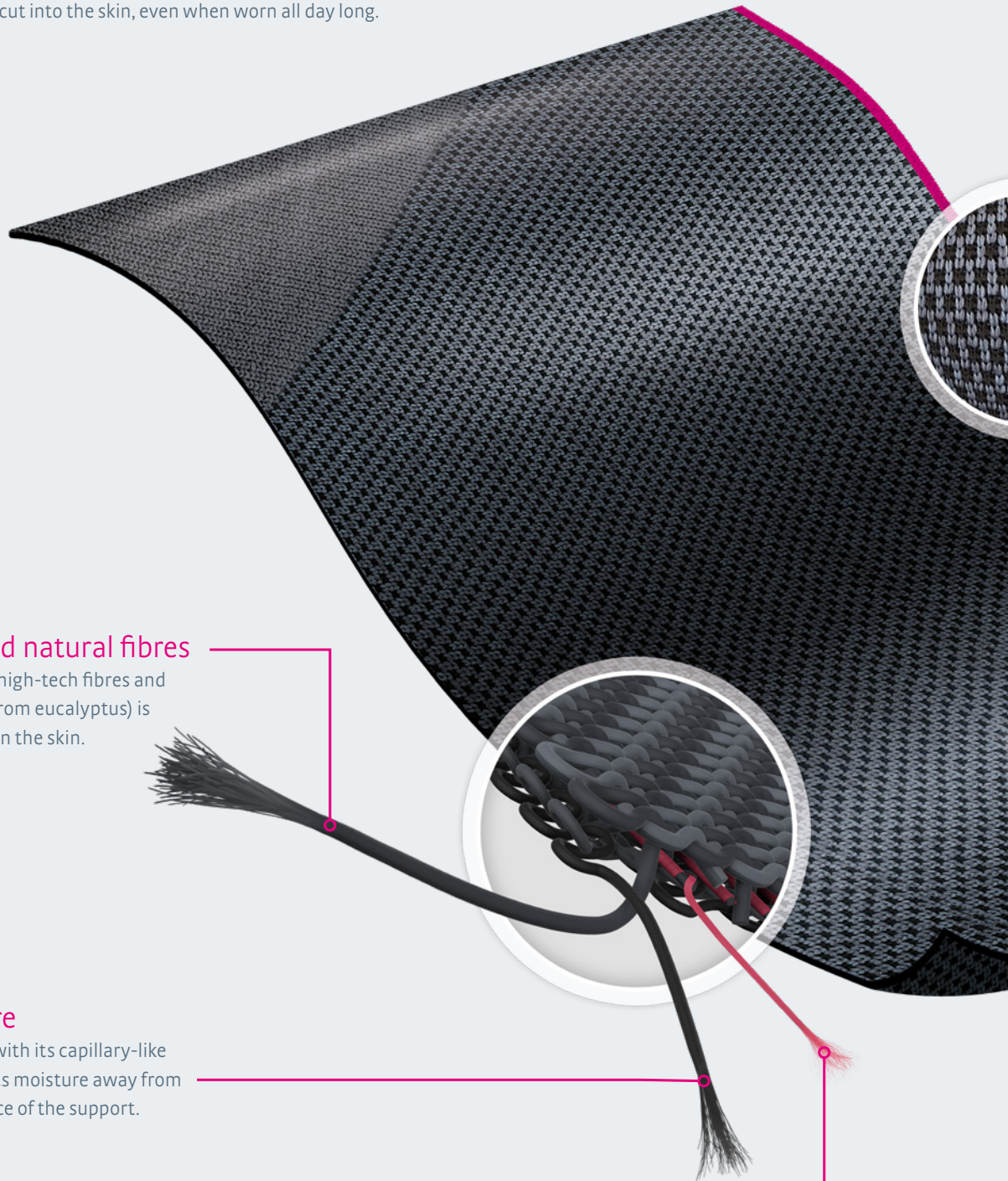
The combination of high-tech fibres and natural fibres (e.g., from eucalyptus) is particularly gentle on the skin.

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 knitted fabric can improve proprioception. The improvement in proprioception supports the body's own guidance and stabilizes the joint.



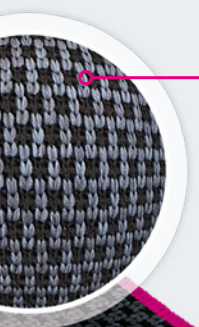
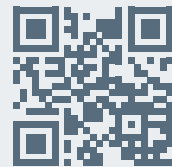


SEAQUAL YARN for our new Lumbamed range²

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, please visit: medi.biz/seaqual



Fit and elasticity

Highly elastic across and along the length with total compression effect. Comfort material for all Lumbameds Comfort Zone with 2-zone knitted fabric makes it easy to put on and comfortable to wear with proven stability.



Very easy to use

When it comes to soft supports, the wellbeing factors are wearing comfort as well as easy handling. This is crucial to ensure that the aid is worn regularly. For 84 per cent of patients, it is important that the product is easy to put on and take off.¹

Bandages and orthoses from medi impress not only with their medical effectiveness but also with their exceptional wearing comfort. With the comfort-knit technology, users experience maximum comfort – an essential feature for regular use and optimal therapeutic outcomes.

medi Clima Comfort

- wicks moisture away from the skin's surface quickly
- guarantees a high level of breathability

¹ eurocom e.V. Medical aids: Effective and established therapy for a better quality of life in everyday life, Representative survey by the Institut für Demoskopie Allensbach on behalf of eurocom e. V. 2023 survey results. Published online at: https://eurocom-info.de/wp-content/uploads/2025/10/Allensbach_englisch.pdf (Last access 28.05.2026)

² Not for Lumbamed maternity and Lumbamed plus E*Motion

medi[®] Posture plus force

Posture correction shirt



Indications

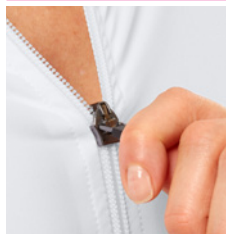
All indications where posture correction is necessary, such as:

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

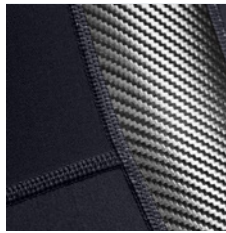
Mode of action

- 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

Product benefits



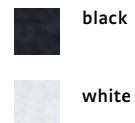
Zipper closure to ease dressing and removal.



Flat elastic seams for maximum comfort.



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



black

white

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

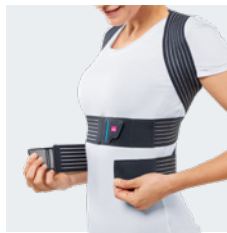
Mode of action

- 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

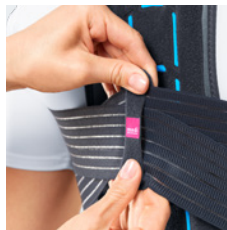
Product benefits



Supportive mouldable aluminium bars for excellent strengthening of the back.



Elastic straps can be cut to the 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

Lumbamed[®] basic

New version
coming soon

Lumbar brace for stabilisation



Indications

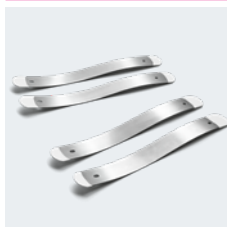
All indications requiring stabilisation of the lumbar spine, such as:

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

Mode of action

- pain relief is achieved via posture correction
- reduction of lordosis of the lumbar spine via proprioceptive compression of the abdominal area
- stabilisation of the lumbar spine and lumbosacral junction via four dorsally integrated back rods
- the compressive knitted fabric can improve proprioception: the improvement in proprioception supports the body's own stabilisation

Product benefits



Four proven support elements are anatomically preshaped and arranged in a fan-like pattern – for even more comfort.

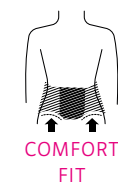


New: 2-zone knitted fabric with a higher leg cut-out for comfort and easy donning, combined with proven stability.



Hand loops on both sides with a hook and loop aid make it easy to put on and take off. The fold-down closure edges follow every movement.

dark grey



Lumbamed® plus

NEW

Lumbar brace with pad for stabilisation and massage

Also available as Lumbamed® plus E+motion® (p. 19)

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

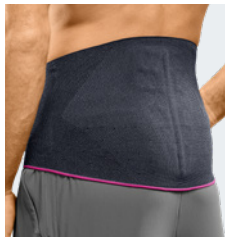
Mode of action

- pain relief is achieved via the interplay of the compressive knit fabric and integrated Vario Flex pad with 3D profile
- reduction of lordosis of the lumbar spine
- stabilisation of the lumbar spine and the lumbosacral junction via integrated Vario Flex pad with a 3D profile
- boosts circulation and decreases muscle tension in the lumbar spine area through the 3D profile of the integrated Vario Flex pad
- the compressive knitted fabric can improve proprioception: the improvement in proprioception supports the body's own stabilisation

Product benefits



Included pad with a thin, breathable and washable cover provides a noticeable massage effect thanks to 3D nubs.



New: 2-zone knitted fabric with a higher leg cut-out for comfort and easy donning, combined with proven stability.

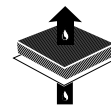


Hand loops on both sides with a hook and loop aid make it easy to put on and take off. The fold-down closure edges follow every movement.

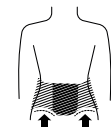
dark grey



COMFORT EFFECT



COMFORT MATERIAL



COMFORT FIT



COMFORT HANDLING



Lumbamed[®] facet

NEW

Lumbar brace 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
- stabilisation of the lumbar spine and the lumbosacral junction
- precisely regulates the intra-abdominal pressure using the double 3-point strap system and aligns the pelvis

Product benefits



A double 3-point strap system that can be individually adjusted and shortened.



Four proven support elements are anatomically preshaped and arranged in a fan-like pattern – for even more comfort.

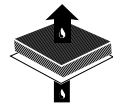


New: 2-zone knitted fabric with a higher leg cut-out for comfort and easy donning, combined with proven stability.

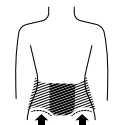
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COMFORT EFFECT



COMFORT MATERIAL



COMFORT FIT



COMFORT HANDLING



Mode of action

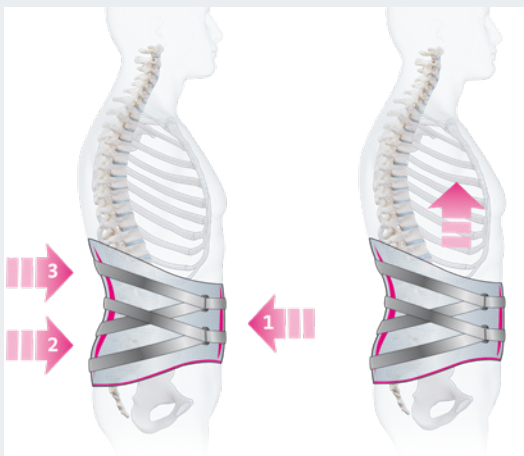
Effective therapy for the back, soothing pain relief for the patient.



Facet joint arthritis

From around the age of 55, the facet joints are among the most common causes of back pain, as the joints in the spine and the intervertebral discs wear down with age. This reduces the space between the vertebrae and places greater strain on the facet joints. This can cause painful inflammation and restricted movement. A typical symptom is a dull, localised pain in the lower back in the affected area.

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.

The result: less pain thanks to targeted relief of the facet joints.

Lumbamed[®] disc

NEW

Modular lumbar brace for stress relief and phase-appropriate mobilisation



Indications

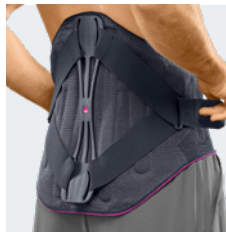
All indications requiring partial relief by reduction of lordosis of the lumbar spine with subsequent functional mobilisation of the lumbar spine, such as:

- 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

- provides targeted relief of the facet joints through effective reduction of lumbar lordosis
- reduction of lordosis of the lumbar spine through abdominal compression and integrated support elements
- continuously adjustable regulation of the delordosing effect via tension straps
- pelvic realignment without restriction of movement
- the compressive knitted fabric can improve proprioception: the improvement in proprioception supports the body's own stabilisation

Product benefits



Modular design allows individual adjustment to pain sensation and degree of movement during therapy-oriented use: bridging pad including tension straps is removable.

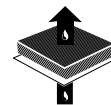
Four proven support elements are anatomically preshaped and arranged in a fan-like pattern – for even more comfort.

Individually adjustable strap system with bridging pad. The system can also be used rotated by 180° – depending on the severity of the spinal curvature.

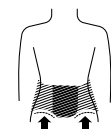
dark grey



COMFORT EFFECT



COMFORT MATERIAL



COMFORT FIT



COMFORT HANDLING





Lumbamed® pro

NEW

Modular lumbar brace for stress relief and phase-appropriate mobilisation



Indications

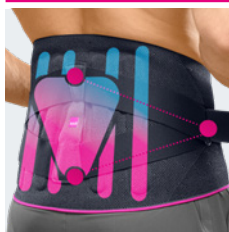
All indications requiring partial relief by reduction of lordosis of the lumbar spine with subsequent functional mobilisation of the lumbar spine, such as:

- moderate lumbosacral pain with minor deficits from disc protrusion / prolapse
- moderate pseudoradicular pain syndrome
- grade I spondylolisthesis with lumbar pain
- moderate lumbar deformity (recurrent treatment, complicated course)
- post-spinal surgery status with small to medium-sized prolapse
- degeneration

Mode of action

- reduction of lordosis by abdominal compression, integrated support elements, and continuously adjustable tension straps
- stabilization of the lumbar spine (LWS) region and the lumbosacral junction through tension straps, support elements, and an integrated Vario-Flex pad with a 3D profile
- pain relief and posture correction through the interaction of compressive knitted fabric and the integrated Vario-Flex pad with a 3D profile
- precisely regulates intra-abdominal pressure by means of a 3-point belt system
- improves blood circulation and reduces muscle tension in the lumbar spine region through the 3D profile of the integrated Vario-Flex pad
- the compressive knitted fabric can enhance proprioception: improved proprioception supports the body's natural stabilization

Product benefits



Modular design allows individual adjustment to pain sensation and degree of movement during therapy-oriented use: the brace features two-stage removability - tension straps and Vario-Flex pad are separately removable.

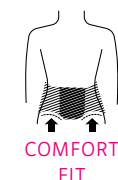
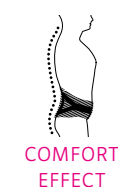


Four proven support elements are anatomically preshaped and arranged in a fan-like pattern – for even more comfort.



New: 2-zone knitted fabric with a higher leg cut-out for comfort and easy donning, combined with proven stability.

dark grey





Lumbamed[®] sacro

NEW

Modular pelvic support for stabilisation with massage pads



Indications

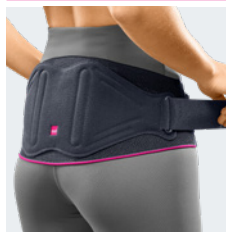
All indications requiring stabilisation of the pelvis, such as:

- 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
- stabilisation of the sacroiliac joints and the pelvis via a combination of elastic and non-elastic materials
- targeted massaging of the painful areas and acceleration of the healing process thanks to flexibly positionable pads
- the compressive knitted fabric can improve proprioception: the improvement in proprioception supports the body's own stabilisation

Product benefits



Modular design allows individual adjustment to pain sensation and degree of movement during therapy-oriented use.



Massage pads that can be positioned flexibly.



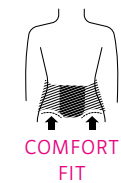
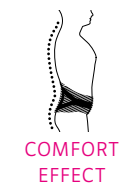
Tension straps for individually adjustable, continuous pressure.

Optional accessories



A night fastener (item no. K.280.239) can be purchased separately. When combined with the brace fabric and the pads, this can be used for stabilisation during the night.

dark grey



Modular design

Acute variant



Knitted fabric + pelvic belt



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

Light variant



Pelvic belt

Night variant

optional



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

Knitted fabric + night closure

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)

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
- when the brace is used, it relieves the tension exerted by the abdomen, which relieves stress on the abdominal wall, pelvis and lumbar spine and can alleviate pain
- integrated stabilising rods also relieve stress on the lumbar spine

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.

 silver

Supplementary digital therapy support



Access patient information using the QR code or short URL
medi.biz/maternity

Lumbamed[®] plus E⁺motion[®]

Performance lumbar support with 3D silicone quartz pad for stabilisation and massage



Indications

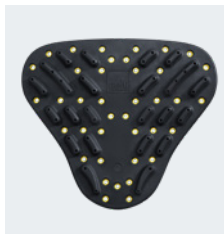
All indications requiring stabilisation of the lumbar spine by redistributing pressure using a back pad, such as:

- lower back pain (lumbago)
- postural muscle imbalance in the lumbar spine

Mode of action

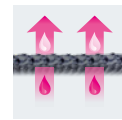
- Stabilisation of the lumbar spine region and the lumbosacral joint via integrated 3D-quartz-pad for massage
- Correction of lordosis in the lumbar spine
- Pain is relieved via the interplay of the compressive knitted fabric and integrated 3D-quartz-pad
- Boosts circulation and decreases muscle tension in the lumbar spine area via 3D-quartz-pad

Product benefits

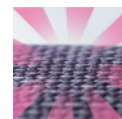


Breathable 3D quartz pad for massage and decrease of muscle tension.

black geometric



Clima Comfort



Clima Fresh



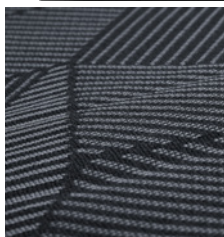
Performance fastenings with doubled velcro and ergonomic hand loops.



XL movement zone due to extra-large leg cut.



Comfort Zone



Merino wool: odour inhibiting and thermoregulating, mulesing-free. Dry skin technology for optimal moisture management.

Supplementary digital therapy support



Via QR code or short URL medi.biz/Lumbamed to the therapy-accompanying exercises

Lumbamed[®] active

Lumbar brace for stabilisation



Indications

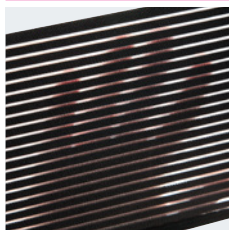
All indications requiring stabilisation of the lumbar spine, such as:

- 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

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.

 black

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

Product benefits



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

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.

black

Spinomed® – with pivot joint

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



More than 25 years of
Spinomed®:
Effective therapy for
low-pain mobilisation
in compliance with
DVO guideline¹

Indications

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

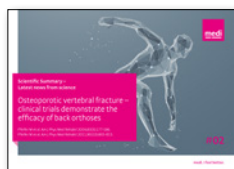
- osteoporotic bone collapse in the thoracic and lumbar spine
- juvenile Scheuermann's disease
- hyperkyphosis with chronic back pain

Mode of action

- active straightening of the spine via bio-feedback system²
- strengthening of abdominal and back musculature²
- reduction of pain²
- reduction of tendency to sway²
- improvement in vital capacity²
- improvement in quality of life²

Scientific summary No. 2

The effect of Spinomed back orthosis has been confirmed by one randomised study.²



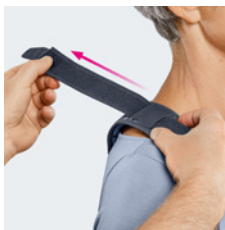
A summary of the study can be found in the scientific summary No. 2.

Article number
0090E06

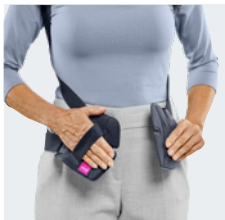
Product benefits



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.



External hand fastener and grips on both sides make it easy and effortless to put on.



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

grey

¹ DVO. Prophylaxe, Diagnostik und Therapie der Osteoporose bei postmenopausalen Frauen und bei Männern ab dem 50. Lebensjahr 2023. Published online at: <https://register.awmf.org/de/leitlinien/detail/183-001> (Last access 29.01.2026).

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.



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

Mode of action

- active straightening of the spine via bio-feedback system¹
- strengthening of abdominal and back musculature¹
- reduction of pain¹
- reduction of tendency to sway¹
- improvement in vital capacity¹
- improvement in quality of life¹

Scientific summary No. 2

The effect of Spinomed back orthosis has been confirmed by one randomised study.¹



A summary of the study can be found in the scientific summary No. 2.

Article number 0090E06

Product benefits

grey



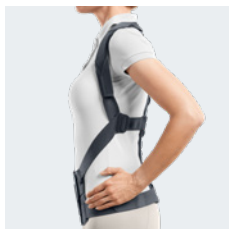
Tool-free fastening of the strap eyelets.



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



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



Slim design and low weight offer high user comfort.

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.

Spinomed® active

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



Effective therapy for low-pain mobilisation in compliance with DVO guideline¹

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 system²
- strengthening of abdominal and back musculature²
- reduction of pain²
- improvement in activities of daily living²

Scientific summary No. 11

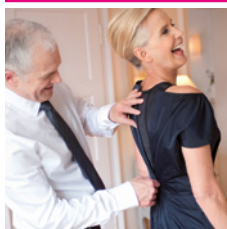
The effect of Spinomed active back orthosis has been confirmed by one randomised study.²



A summary of the study can be found in the scientific summary No. 11.

Article number 0090E07

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.

-  champagne
-  black

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

¹ DVO. Prophylaxe, Diagnostik und Therapie der Osteoporose bei postmenopausalen Frauen und bei Männern ab dem 50. Lebensjahr 2023. Published online at: <https://register.awmf.org/de/leitlinien/detail/183-001> (Last access 29.01.2026).

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.

Please use our measurement sheet, article number 0099879, to enable us to determine the correct size.

Spinomed® active men

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



Effective therapy for low-pain mobilisation in compliance with DVO guideline¹

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 system²
- strengthening of abdominal and back musculature²
- reduction of pain²
- improvement leg muscle strength in chair-rise-test³
- improvement in gait speed³

Scientific summary No. 9

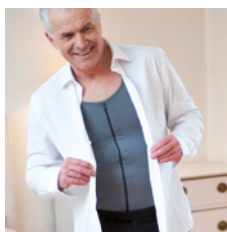
The effect of Spinomed active back orthosis has been confirmed by one randomised study.³



A summary of the study can be found in the scientific summary No. 9.

Article number 0090E08

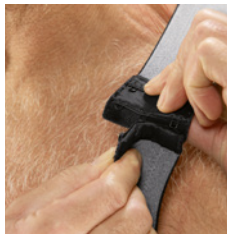
Product benefits



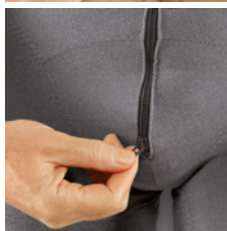
Pleasant to wear, can be worn discreetly under clothing.



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



Adjustable shoulder straps ensure a perfect fit.



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



grey

1 DVO. Prophylaxe, Diagnostik und Therapie der Osteoporose bei postmenopausalen Frauen und bei Männern ab dem 50. Lebensjahr 2023. Published online at: <https://register.awmf.org/de/leitlinien/detail/183-001> (Last access 29.01.2026).

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.

Please use our measurement sheet, article number 0099879, to enable us to determine the correct size.

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 juvenile 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

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.

silver

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, such as:

- 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

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

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

- reinclination 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

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.





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 ...

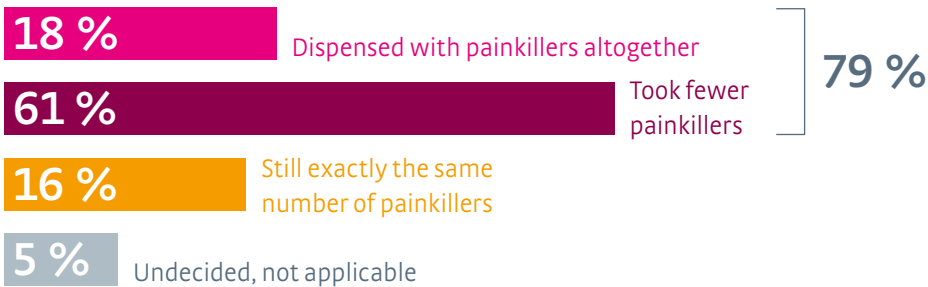
One of the most persistent myths is: soft supports and braces often only lie around in the cupboard, because patients hardly ever wear them.

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.³

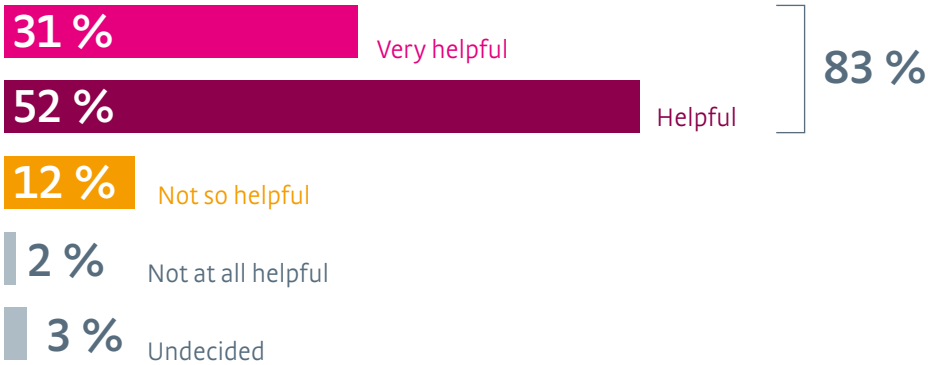
The result:

- 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.

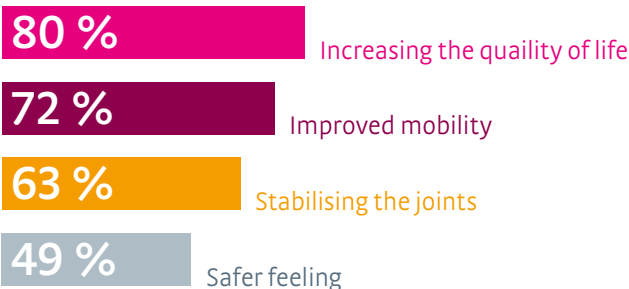
79% of patients in pain reported needing fewer or no painkillers thanks to the soft support or brace.



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.



³ eurocom e.V. Medical aids: Effective and established therapy for a better quality of life in everyday life, Representative survey by the Institut für Demoskopie Allensbach on behalf of eurocom e. V. 2023 survey results. Published online at: https://eurocom-info.de/wp-content/uploads/2025/10/Allensbach_englisch.pdf (Last access 28.05.2026)

Strengthen the back muscles

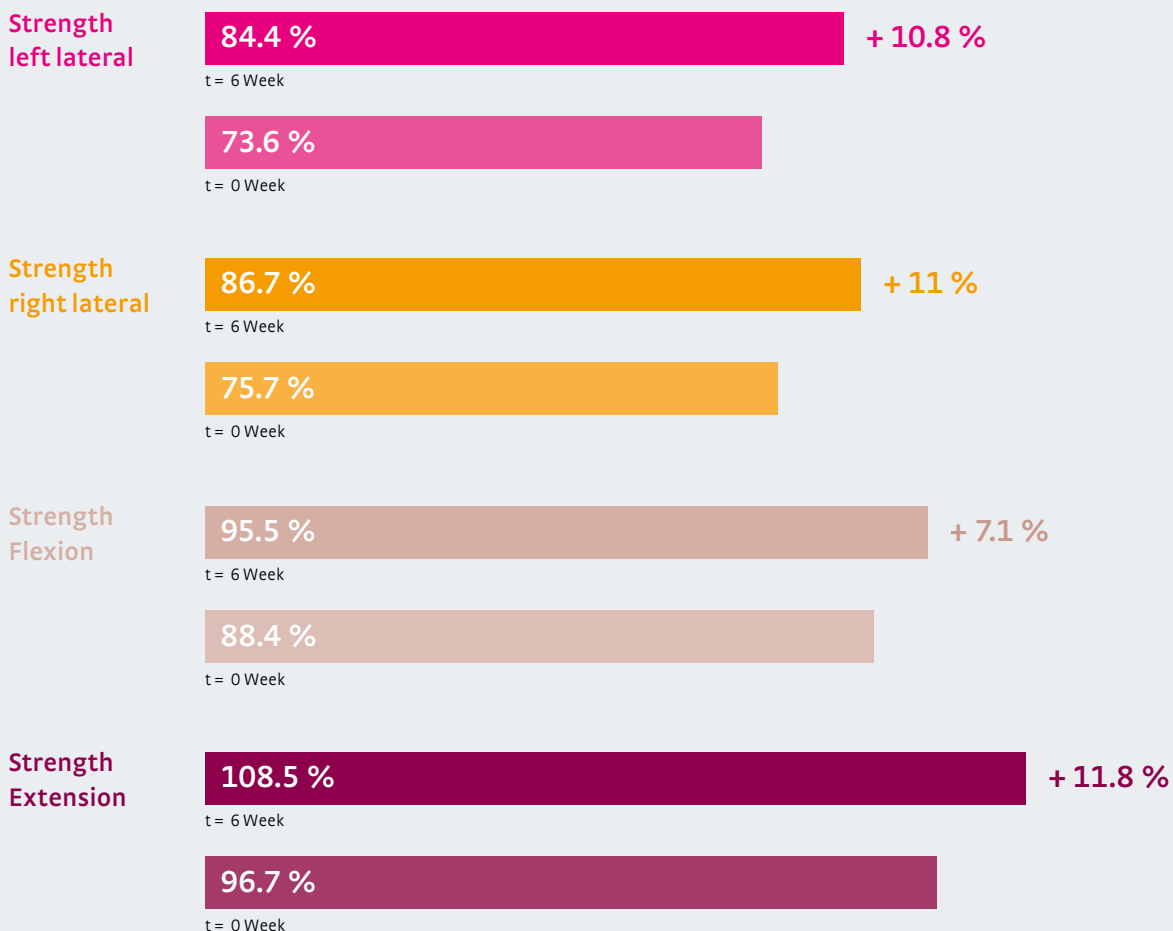
Soft supports and braces such as Lumbamed plus from medi strengthen the whole locomotor apparatus.

A study has shown that lumbar spine stabilising orthoses relieve pain, improve mobility and strengthen muscles.⁴ The integrated pad on Lumbamed plus moulds itself to the contours of the back to stabi 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.

⁴Thomas R et al. The Influence of Lumbar Spine Stabilizing Orthoses on Pain Relief, Muscle Strength and Static Situation of the Vertebral Cloumn - Prospective randomized results of a study including 70 patients. Orthopadie-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 2023 guideline⁵, the German Osteology Association (DVO) recommends the use of spinal posture-correcting orthoses as a conservative treatment for stable osteoporotic vertebral fractures.

The effectiveness of Spinomed back orthoses has been demonstrated in several studies.^{6,7,8}

The special biofeedback principle provides lasting muscle strengthening. Furthermore, the more upright posture facilitates breathing and alleviates pain.

The reduced tendency to sway ensures that patients can stand more securely.

⁵ 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 access 29.01.2026)

⁶ 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.

⁷ 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.

⁸ 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.

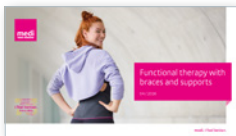
Our support for you

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

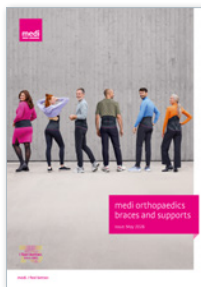
Contact

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

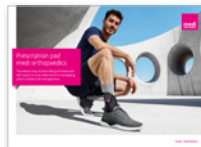
Product Information for you



Indication booklet
Art. No. 0099893



Product catalogue
Art. No. 0099944



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



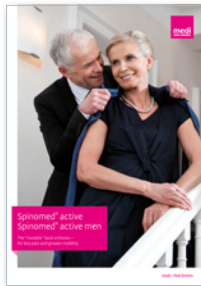
**Brochure
medi's comfort line**
Art. No. 0097E46



**Brochure
Retail sales aid**
Art. No. 0090365



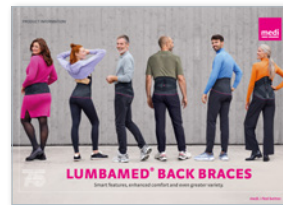
**Brochure Spinomed /
Spinomed active**
Art. No. 0090E42



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

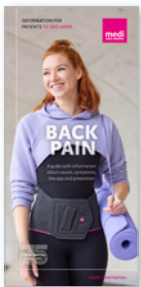


**Brochure
Spinomed II**
Art. No. 009E004

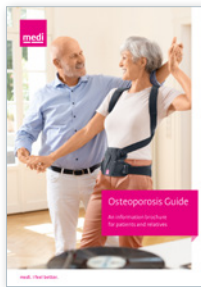


**Brochure
Lumbamed family**
Art. No. 0090360

Information for your patient



**Brochure
Advice on
back therapy**
Art. No. 0090362



**Brochure
Osteoporosis
guide for patients**
Art. No. 0090E43

medi tip

Visit 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 braces

	Product	Indications
		Lumbamed® maternity All indications requiring stabilisation of the lumbar spine with adjustable pressure such as: <ul style="list-style-type: none"> • pain in the lumbar region during pregnancy • lower back pain (lumbago)
		Lumbamed® plus / Lumbamed® plus E+motion® All indications requiring stabilisation of the lumbar spine by pressure redistribution with a back pad, such as: <ul style="list-style-type: none"> • lower back pain (lumbago) • postural muscle imbalance in the lumbar spine
		Lumbamed® basic All indications requiring stabilisation of the lumbar spine such as: <ul style="list-style-type: none"> • lower back pain (lumbago) • muscular insufficiency • painful conditions of the lumbosacral junction
		Lumbamed® active All indications requiring stabilisation of the lumbar spine such as: <ul style="list-style-type: none"> • lower back pain (lumbago) • muscular insufficiency • painful conditions of the lumbosacral junction
		Lumbamed® facet All indications requiring partial relief by reduction of lordosis of the lumbar spine such as: <ul style="list-style-type: none"> • 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
		Lumbamed® stabil All indications requiring partial relief by reduction of lordosis of the lumbar spine such as: <ul style="list-style-type: none"> • 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
		Lumbamed® disc 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"> • 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
		Lumbamed® pro 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"> • Moderate lumbosacral pain with minor deficits from disc protrusion/prolapse • Moderate pseudoradicular pain syndrome • Grade I spondylolisthesis with lumbar pain • Moderate lumbar deformity (recurrent treatment, complicated course) • Post-spinal surgery status with small to medium-sized prolapse • Degeneration



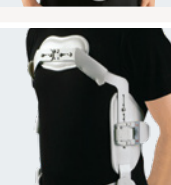
Pelvis brace

	Product	Indications
	Lumbamed® sacro	All indications requiring stabilisation of the pelvis such as: <ul style="list-style-type: none"> • 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)



Osteoporosis braces

	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"> • osteoporotic bone collapse in the thoracic and lumbar spine • hyperkyphosis with chronic back pain • juvenile Scheuermann's disease
	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"> • osteoporotic bone collapse in the thoracic and lumbar spine • hyperkyphosis with chronic back pain • juvenile Scheuermann's disease
	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"> • osteoporotic bone collapse in the thoracic and lumbar spine • hyperkyphosis with chronic back pain • juvenile Scheuermann's disease

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"> • stable vertebral compression fractures of the middle and lower thoracic and lumbar spine • hyperkyphosis in Scheuermann's disease • temporary postoperative orthotic care
	medi® 4 C	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"> • 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
	medi® 4 C 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"> • 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

medi Posture plus

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

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