



medi

# SpinoMed IV<sup>®</sup>

Spinal orthosis for osteoporosis

Instructions for use

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## Provider Fitting Instructions

### Indications

- Osteoporotic collapse of thoracic and/or lumbar vertebrae
- Juvenile Scheuermann's disease
- Kyphosis with chronic back pain

### Contraindications

None

### Measuring for the proper size Spinomed IV

Measure the length of the patient's spine from S1 to C7 with the patient in their most upright position while following the curvature of the spine.

## Fitting the Spinomed IV

### Step 1: Adjusting the aluminum "Spine" of the brace

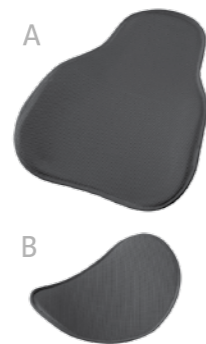
The patient should wear a light piece of clothing between the Spinomed and the skin. Hold the back brace against the patient's back so that the lower edge of the brace is level with the coccyx. The upper edge should reach to approximately 3–5 cm below C7. Start by shaping at the lordosis and then work upwards, molding to the patient's spine. The Spinomed IV aluminum panel can be cold molded by hand. If additional leverage is required, the Spinomed IV aluminum panel can be placed over a soft curve such as your thigh. Removal of aluminum panel from garment is not required.

*Remember, if the patient is looking down while watching you fit the brace, they are not in the most upright position and will have an improper fitting.*



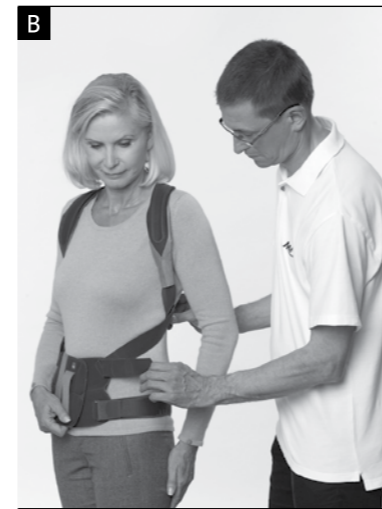
### Step 2: Full Width Posterior Panel and Anterior panel

- Adjusting the Full width posterior panel**  
The posterior panel comes pre-molded. If additional molding is necessary, the use of a heating gun (348°F) is required to obtain a permanent result. To shape the posterior panel, it is necessary to remove the panel from the pocket by opening the Velcro-type closure on the bottom of the pocket.
- The anterior panel is pre-molded and should not require adjustment.**



### Step 3: Adjusting the straps

- Pelvic strap**  
Ensure that the pelvic strap runs below the pelvic bone. This strap should be tight.
- Shoulder strap**  
The patient should stand as upright as possible without too much discomfort. Select the tension so that the shoulder strap lies flat against the shoulder but it should not cut in. It should still be possible to slide a flat hand between the strap and the shoulder. It is important that you stretch the entire belt from top to bottom. The shoulder pad should be in contact with the anterior area of the shoulder and curl under the arm to avoid any chafing. A pre-shaped plastic stabilizer is inserted to make it easier to don/doff. This plastic stabilizer can be removed at any time.
- Elastic middle strap**  
Adjust the middle strap to the optimum length so that the reverse buckle is located in the extension of the armpit and the patient's shoulders are adequately held back.



### Check the fit of the brace

- Aluminum back panel adjusted to fit the patient's spinal curvature
- The pelvic strap runs firmly below the pelvic bone
- The shoulder strap is flat against the body and a flat hand can still be inserted between the strap and the shoulder
- The shoulder pad is in the optimum position
- The elastic connecting strap is adjusted to the correct length

## Putting on the Spinomed IV

### Putting on the orthosis

Wear the Spinomed over a thin layer of clothing. Standing in front of a long mirror will make it easier to don.

*The Spinomed IV has been professionally fit for your individual needs and should not be adjusted. Never adjust the pelvic (lower) and shoulder straps. If additional adjustment is required, please contact your provider.*

### Putting on the Spinomed

- Undo the large Velcro fastening on the front of the brace.
- Put on the orthosis as you would put on a backpack (Fig. 1).
- Slide your right hand into the hand-loop on the right abdominal closure.
- Hold the left-hand abdominal closure with your left hand.
- Push slightly down and out to position the Spinomed correctly (Fig. 2).
- Place the left-hand closure over the abdomen and complete the application by placing the right-hand closure on top of the left (Fig. 3).
- The Spinomed is positioned correctly when the abdominal closure is squarely positioned and the lower strap sits just below the hip bones.

### Look in the mirror to check the fit

The brace should nestle closely against your spine. The bottom edge of the brace is level with the buttock cleft (Fig. 4). For optimal comfort and to avoid migration, ensure the pelvic strap is tighter than the shoulder strap.

### Mode of operation

When the Spinomed is worn, your back muscles are activated. As a result, your upper body will be gently straightened, countering the curvature of the spine which is typical of osteoporosis. Once the Spinomed is properly fit by a technician, the brace will support your muscles while holding your shoulders back and straightening your upper body. You will still be able to freely move your shoulders and arms. You will be able to breathe unhindered and will likely experience reduced pain and increased daily mobility.

### Application

Wearing of the brace should be gradually increased to progressively re-establish muscle activity. Try to wear the Spinomed a little longer each day, gently training the muscles. Your care provider will discuss with you the daily use requirements of the Spinomed IV for your particular needs. The Spinomed IV is not suitable for use when lying down.

### Care instructions

Handwash the back pocket, strap, shoulder pad and abdominal pad in water, using mild detergent. The back brace can be wiped with a damp cloth. The Spinomed should not be washed in the washing machine or dryer.

### Storage instructions

Store the Spinomed in a cool, dry place and protect from direct sunlight.

