



Pads lie on the front shoulder area

Spinomed® – your training device with immediate effects

Suitable e.g. for osteoporotic vertebral fractures.

What Spinomed users say:

94 %
recommendation¹

Spinomed Orthoses Patient Survey



2-finger check

2-finger check
Splint ends 3–5 cm below
cervical vertebra C7.

Reversing loop is
behind the armpit
extension.

Lower edge of Spinomed is at
the height of the sacral bone.

The hip belt
sits just below
the iliac crest.



The biofeedback principle

If osteoporosis patients tend to slump forward with their upper body, the Spinomed actively reminds them to straighten up again. This can minimise the tendency to sway and the risk of falling.

Wearing time

As Spinomed activates the abdominal and back muscles, it should be worn during activity.

We recommend a wearing time of 30 minutes to two hours daily to get used to it. Once you are used to it you can wear the Spinomed for several hours a day.

Note: Discuss the wearing time with your doctor.

Proven effectiveness

Two clinical studies^{2,3} demonstrate, among other things:

- ✓ strengthened back muscles
- ✓ strengthened abdominal muscles
- ✓ less pain
- ✓ reduced body swaying

More information

For technicians:

For users:



www.medi.biz/
spinomed-technikvideo



www.medi.biz/
spinomed-handling

¹ medi GmbH & Co. KG, 2020. Representative survey of osteoporosis patients. Published online under: <https://images.medi.de/Storage/Documents/Deutschland/Spinomed-Repraesentative-Umfrage-mit-Osteoporose-Patienten-2021-08.pdf> (Accessed: 16 September 2021).

² Pfeifer M et al. Am J Phys Med Rehabil 2004;83(3):177-186.

³ Pfeifer M et al. Am J Phys Med Rehabil 2011;90(10):805-815.

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