TIPS AND TRICKS FOR OPTIMAL CARE



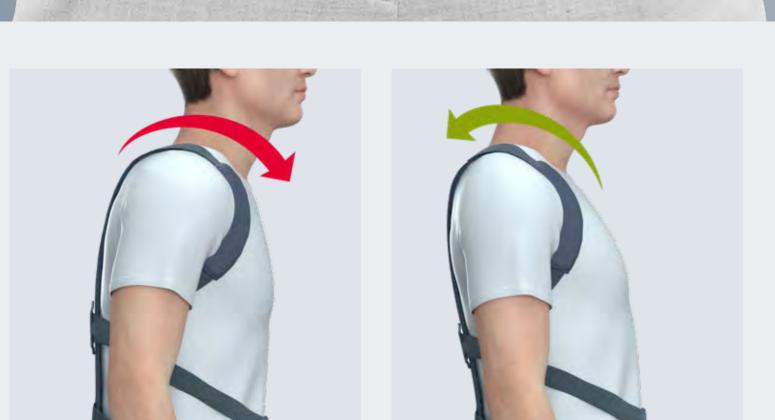
2-finger check

Pads lie on
the front
shoulder area

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

Spinomed[®] – your training device with immediate effects

Suitable e.g. for osteoporotic vertebral fractures.



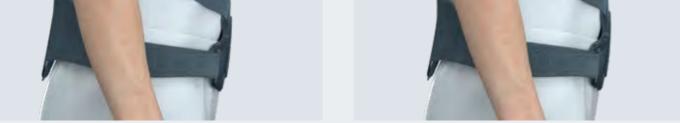


Wearing time

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.



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.

Proven effectiveness

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

strengthened back muscles
strengthened abdominal muscles

✓ less pain

reduced body swaying



For technicians: For users:



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.

medi. I feel better.

www.medi.de/en