



# The new Spinomed®

Guidance and tips for measuring and fitting

**Note:** The patient should stand as upright as possible when taking measurements and fitting the product.  
**Tip:** If necessary, hold on to a table or sturdy chair, for example.



1



### 1. Measuring using the measuring template provided

Have the patient locate their sacral bone, position the template at sacral bone and measure up to the 7th cervical vertebra (C7) with the template **lying against** the spine. The correct size is indicated on the measuring template – 3 – 5cm **below** C7.

### Alternative: Measuring using a measuring tape

Position the tape measure at cervical vertebra C7 and measure (with the tape measure **lying against** the spine) down to the sacral bone.



2



### 2. Fitting the back splint

Take the back splint out of the pocket and place the lower edge against the sacral bone, setting the splint from the bottom to the top. The splint should be fitted precisely to the spine. The splint should finish 3 – 5 cm below C7 Note: it is acceptable to have a 1 cm (or 2 finger width) gap at the top end – see image (**two-finger check**).



3



### 3. Adjusting the straps on the hip belt

- Close the abdominal fastener leaving a space of 2 – 3 cm at the edge.
- The lower edge of the Spinomed is at the same level of the sacrum.
- Pull the straps tight.
- Strap can be cut to length and fastened with Y-fastener.

**Important:** The hip belt sits just below the iliac crest.



#### 4. Adjusting the shoulder straps

- Tighten the shoulder strap from the bottom to the top through the reversing loop.
- Pull the strap backwards through the loop to tighten.
- Shorten the strap to fit and fasten it on the front.
- Check the tightness: There should be space for two fingers between the strap and the shoulder (**two-finger check**).



#### 5. Adjusting the intermediate strap

The intermediate strap should be placed at a 90-degree angle to the back splint. The length can be individually adjusted.

**Important:** Reversing loop is **behind** the armpit extension. The reversing loop can be bent.



#### 6. Check the tension again

There should be space for two fingers between the strap and the shoulder (**two-finger check**).



#### 7. Positioning the shoulder pads

The pads should lie on the **front** shoulder area. Slide up or down to fit.

### Summary

- Back splint must be fitted to the spine.
- Hip belt sits just below the iliac crest.
- Shoulder strap fits comfortably. Two fingers fit between the strap and the shoulder.

### Wearing information

- The Spinomed can be worn continuously for **30 minutes to two hours a day to get used to it**.
- **Once you are used to it** you can wear the Spinomed for **several hours** a day.
- You should discuss the wearing time with your **doctor**.
- Spinomed is an **active orthosis** and should be worn when the user is moving.



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

