



medi

Lumbamed® Action Size Chart for patients with an average height of 5'10"

size	item number	size range inches	size range inches
x-small	65851	24" – 28"	62cm – 71cm
small	65852	28.5" – 33.5"	72cm – 85cm
medium	65853	34" – 40"	86cm – 101cm
large	65854	40" – 45.5"	102cm – 115cm
x-large	65855	45.5" – 51"	116cm – 130cm
xx-large	65856	51.5" – 57.5"	131cm – 146cm

Lumbamed® Action Low-Profile Size Chart for patients with an average height of 5'4"

size	item number	size range inches	size range inches
x-small	65751	24" – 30"	61cm – 76cm
small	65752	27" – 34"	69cm – 86cm
medium	65753	33" – 39"	84cm – 99cm
large	65754	38" – 44"	97cm – 112cm
x-large	65755	43" – 49"	109cm – 125cm
xx-large	65756	48" – 55"	122cm – 140cm

Measurement information: circumference measurement taken at waist to determine girth size.

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Lumbamed® Action

lumbar spinal orthosis

instructions for use

Lumbamed® Action

Dear Patient,

Your doctor has recommended that you wear the Lumbamed® Action lumbosacral spinal orthosis. To make it easier for you to wear this product, please read these instructions.

Indications

- postoperative stabilization
- chronic lumbar pain and instability
- degenerative disc disease
- disc herniation
- lumbago in disc protrusion
- after vertebral disc surgery
- muscular instability and spasm
- spinal stenosis and spondylosis
- lumbar pain from osteoporosis

Features

- Breathable and moisture transporting fabric provides comfortable wearing.
- Anatomically designed support provides proper fit for women and men.
- Rigid split panel design supports torso while relieving pressure on vertebral processes increasing patient comfort and tolerance and ensuring compliance.

Mode of Action

- Lumbamed® Action reduces the load on the lumbar spine and assists the back muscles, relieving low back pain and muscle spasm.
- Active strap system provides intra-abdominal pressure while the rigid anterior and posterior panels support the lumbar region, relieving pain.
- Rigid Split Panel Bridge design adjusts to patient torso width.

Wearing Instructions

Your care provider will discuss with you the daily use of the Lumbamed® Action lumbosacral spinal orthosis. Wearing of light clothing, such as a cotton shirt, under the orthosis is recommended.

Washing Instructions

Hand wash in warm water with detergent for delicate fabrics. Dry flat.

Storage Instructions

Keep in a dry place at room temperature. Protect from heat, direct sunlight and moisture.

Warranty Information

This product is designed and sold as a single patient use orthosis. As such it is covered by a one year warranty from time of purchase for material defect and craftsmanship.

Applying the Orthosis

The support is supplied completely assembled. The abdominal panel and the posterior panels are connected to the orthosis via velcro tabs. If posterior panel is removed, always reattach with wider portion toward feet.



Step 1: Open orthosis and ensure that tension straps are loose and not attached to anterior closure (abdominal area of orthosis).



Step 2: Apply orthosis around waist while in the standing position with wider portion of posterior panel closer to feet. Close over abdomen, ensuring that the bottom edge of the posterior panel rest approximately on the top portion of the buttocks.



3a



3b

Step 3: Grasp tension strap handles (3a), pull outward then forward firmly and attach to anterior closure (3b). Pressure should be firm yet comfortable providing stabilization to the lumbar region of the spine.

Progression of Rehabilitation

As your condition improves your care provider may provide additional instruction regarding the use of the Lumbamed® Action. This product has the ability to progress with you as you become stronger by removing the anterior and/or posterior panels at the appropriate time. Always seek the advice and recommendation of your healthcare provider before making any changes to this orthosis.