

Spinomed® Fitting Guide



IMPORTANT: DO NOT ALTER THE PERSONALIZED CONFIGURATIONS AND SETTINGS CREATED BY YOUR CARE PROVIDER.

Please follow these three easy steps. The first few times you apply the orthosis, try facing a mirror so that you can watch the steps. This will help you learn the feel of the correct application.



Step one: While standing in your most upright position, put the Spinomed® on like a vest or backpack. Slide your right hand into the loop on the front of right abdominal panel. Use your left thumb and forefinger to grasp the left side where the strap meets the left abdominal panel.



Step two: Push out and then down slightly while folding first the left and then the right panel over the abdomen into the closed position.

Step three: Check the position of the Spinomed®. The lowest strap should sit just below the hip bones. Repeat steps one and two if necessary to achieve proper position.

Spinomed® FAQs

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How often should I wear the Spinomed®? Your care provider will give daily application instructions that take into account your specific condition. Please follow your care provider's prescribed treatment. The success of the Spinomed® is based on ongoing, daily wear.

Can I wash the Spinomed®? Yes! Simply hand wash in cool water with a mild detergent and air dry. Wash with the aluminum panel installed, or remove it (in the pocket covered by the Spinomed® velcro label) and reinstall after drying.

The Spinomed® seems to “ride-up” on me. I cannot seem to get the Spinomed® to feel like it felt when I received it from my care provider. Is there anyway to fix this? Ideally, the lower strap should fit just below your hip bones, anchoring the garment. To ensure that you are correctly applying the Spinomed®, see the reverse for easy, three-step fitting instructions.

medi USA wishes you all the best and would like to hear about your experience with the Spinomed®. Please contact us at info@mediusa.com or ask your care provider for more information.