

medi



# medi Lumbar 627, 631, 637

Directions for use

## medi Lumbar 627, 631, 637

Directions for use



Distributed by  
medi USA, L.P.  
6481 Franz Warner Parkway  
Whitsett, NC 27377  
www.mediusa.com

EC REP medi GmbH & Co. KG  
Medicusstraße 1  
95448 Bayreuth, Germany  
www.medi.de

PBO156

medi. I feel better.

# medi Lumbar 627, 631, 637

## Directions for use

### Indications

- Non-specific pain of the lumbar spine. Irritation of the sacro-iliac joint.
- Excessive stress on the border between the lumbar spine and the pelvis.
- Weak or imbalanced musculature in the trunk (back or stomach)

### Contraindications

- There are no known side-effects if the product is used as intended with the supervision of a doctor. If unexpected pain, swelling, or numbness occur while wearing the brace, remove it immediately and seek medical advice.
- This product is only a support device, not to prevent injuries or prevent re-occurrence of injuries.

### Size the device to fit

- Lay brace face down (medi logo towards you) on table or hard surface with wrap panels opened out flat.
- Open back cover from the bottom by pulling hook and loop closure from below medi logo and lifting cover panel away from the pulley cords.
- Independently adjust wrap panels by opening hook and loop closure on each side of pulley cord frame, moving wrap panel in or out to fit based on size chart. Size letter keys are on the inside of each wrap panel. Once wrap panel adjustment is made, reattach the pulley cord frame. Repeat for both sides.
- Replace back cover over the pulley cord frame by reattaching the hook and loop closure.
- Fasten the large oval front panel, with the flat edge up, to the inside of the left wrap band using the hook and loop closure so that it is centered over the abdomen when the wrap bands are closed.

note: for smaller sizes wrap panel ends can be trimmed for easier fitting

### Installing additional buttresses (for Lumbar 637 only)

- There are three additional panels included to convert the Lumbar 631 to Lumbar 637.
- To install these panels, lay the device face down with the medi logo facing you and reading right side up. Place the first W-panel under the left side wrap panel. (the left W panel will have the top of the W pointing towards the center back and the closure tabs facing up).
- Wrap the closure tabs around the side wrap panels with the top edge of the W touching the main back panel.
- Repeat this process on the opposite side for the right side wrap panel.

### Putting on the device

- Place back panel, with medi logo facing up, over the lower back, the wrap panels should sit just above the hip bones.
- Pull left wrap panel around to the front followed by the right and to attach using the hook and loop closure. If a sizing adjustment is necessary, repeat size to fit instructions and adjust as necessary.
- Once the wrap panels are fastened, detach the O-ring cinch straps and pull them forward to tighten the pulley cord frame as desired and re-attach the O-ring cinch straps to the wrap panels.

### Wearing the device

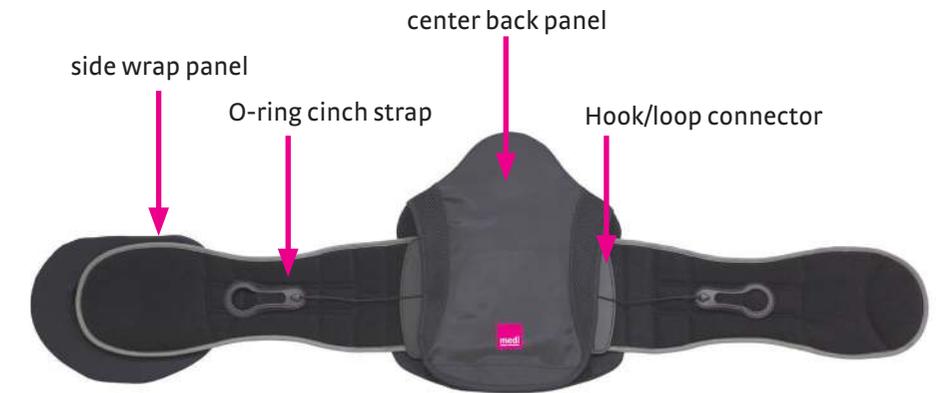
- Wear the device as needed per doctor's instructions.

### Taking off the device

- Detach the O-ring cinch straps from the wrap panels and allow them to loosen the pulley cord frame.
- Open the hook and loop closure holding the wrap panels together.

### Care of the device

- Store in a cool, dry place.
- Hand wash only.



### Sizing guide (adjustment of the side wrap panels)

Sizing should follow pant waist sizing, inches.

note: for smaller sizes wrap panel ends can be trimmed for easier fitting

medi Lumbar Back Braces				
size	waist circumference	part number		
		style-627	style-631	style-637
Regular	26"-43"	77700	77800	77900
XXL+	41"-52"	77701	77801	77901

size chart	
S	26"-31"
M	29"-35"
L	33"-39"
XL	37"-43"
XXL+	41"-52"