

Osteoporosis orthoses  
application test

medi



## Spinomed<sup>®</sup> test winner Fastest donning time of 27 seconds

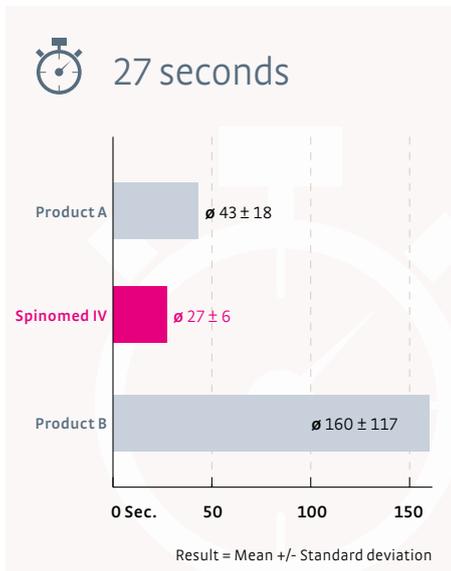
An application test has proved: the Spinomed orthosis enables your patients to put it on in by far the shortest time.

This easy handling promotes compliance, boosts the success of your treatment, and makes your patients feel confident when wearing it.

medi. I feel better.

# Fastest donning time with Spinomed®

The Spinomed orthosis from medi enables your patients to put it on in the shortest time.



The trial showed significant differences in the so-called „donning time“ – the time it takes to put on the orthosis properly ( $p = 0.001$ ). The female subjects (average age 78.6 years) managed to put on the Spinomed orthosis completely and correctly after an average of 27 seconds. This gave the Spinomed orthosis by far the shortest donning time in the test. Particularly notable: even the longest Spinomed set-up time (29.6 seconds) was shorter than the time it took to put on any of the other products tested. In fact, four of the volunteers abandoned the test with rival products after six minutes without managing to put the orthoses on completely or properly within this time. In these cases, a time of 360 seconds was entered in the analysis for these orthoses.

**Conclusion: trust in the test winner – Spinomed.**

**Simple, tried-and-tested handling for successful treatment.**



Pre-formed shoulder straps

## Simple handling

Safe and simple handling of the orthosis is a decisive criterion for acceptance of the medical device. With its ingenious design, the Spinomed orthosis is easier for your patients to use and promotes compliance.

## Pre-formed shoulder straps

A special feature of the Spinomed back brace are the pre-formed shoulder straps. These can be adjusted individually to the patients' needs and make the orthosis easier to put on and remove.



Abdominal panel with hand loop

## Optimum fit

The hand loop makes the abdominal panel simple to fasten under tension. The flexible material ensures the brace fits exactly, and the silicone dots guarantee a perfect fit when wearing it.



### Information about the study

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Friedrich-Alexander University, Erlangen-Nuremberg, conducted a randomised, controlled and partially blind study (Kemmler, W.: „Study on the Spinomed Back Brace with regard to Swaying and Compliance compared with Competitors“, 2014, unpublished). One of the primary endpoints was individual handling of the orthoses (n=19).

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### Inclusion criteria:

- Living independently, female, age over 70 years
- $\geq 1$  vertebral fracture (manifest osteoporosis)
- Kyphotic angle according to Debrunner  $> 25^\circ$

# Scientifically proven efficacy

The effect of Spinomed back braces has already been confirmed by two randomised studies.<sup>1,2</sup> Back musculature is strengthened, vitality is enhanced, posture is stabilised and freedom of movement is increased.

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## Study design

The researchers conducted two prospective, randomised cross-over studies to assess the efficacy of two spinal orthoses in patients with osteoporotic vertebral body fractures. The parameters measured included trunk muscle power, the kyphotic angle, height, body sway and parameters for quality of life such as pain, well-being and limitations in everyday living using standard biometric tools.

## Results

The results of the studies showed very positive effects in osteoporotic patients, who were treated with Spinomed back braces over a period of six months.

Up to **73 %** increase in back extensor strength

Abdominal muscle strength also increased significantly – by up to **56 %**

The kyphotic angle was shown to decrease by **11 %**

Pain reduction of up to **47 %**

Patients had fewer limitations in everyday living - by up to **53 %**  
while their well-being increased up to **18 %**

Thanks to the patients' improved posture,  
the tendency to sway was reduced by up to **25 %**

<sup>1</sup> Pfeifer M et al. Am J Phys Med Rehabil 2004;83(3):177–186.

<sup>2</sup> Pfeifer M et al. Am J Phys Med Rehabil 2011;90(10):805–815.

Spinomed®

Strengthens muscles,

improves the body's

posture.



medi GmbH & Co KG  
Medicusstraße 1  
95448 Bayreuth  
Germany  
T +49 921 912-0  
F +49 921 912-783  
export@medi.de  
www.medi.de/en



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9E003/10.2018