



20% LIGHTER  
TRAIN KNIT



20% MORE  
BREATHABLE

LATEX  
FREE

NEW &  
IMPROVED

## LumboTrain® LumboTrain Lady

The original back support –  
just got better.

The new-and-improved LumboTrain back support is 20% lighter and more breathable than previous versions. Only at Bauerfeind: The lumbar pad with massage nubs made of a second component are now more effective than ever. This means more comfort and better compliance and outcomes for patients.

A low-profile, extra breathable and light weight design, with textured compression knit and patented two-component pad allows for unparalleled relief, stabilization and all day wearing comfort – latex free.

### Indications

- General pain in the lumbar spine region (acute and chronic)
- Degenerative conditions of the lumbar spine e.g. osteochondrosis, osteoarthritis of the spine, lumbar deformities, spondylolysis without spondylolisthesis
- Condition after herniation (conservative/post-operative)
- Condition after discectomy

# The new and improved LumboTrain®

## RESEARCH-BASED INNOVATION.



### INNOVATIVE DESIGN FOR LOW BACK PAIN

- STABILIZES AND STRAIGHTENS THE BACK
- RELIEVES PAIN
- PROMOTES PROPRIOCEPTION
- ACTIVATES MUSCLES



#### COMPRESSION KNIT

- Textured compression knit for improved proprioception, additional muscle activation and pain relief
- Anatomically contoured for perfect fit
- Male and female version available
- Latex-free



#### MASSAGE PAD

- 26 massage nubs loosen tense muscles and relieve pain in the lower back
- The lumbar pad is anatomically contoured, together with the Train knit fabric which wraps around the torso, supports healthy posture



#### COMFORT FASTENING

- The stable abdominal fastening is individually adjustable and provides a secure fit
- Comfortable to wear – with a feathered edge and air holes

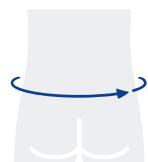


#### STUDIES SHOW

52% LESS PAIN MEDICATION  
needed per day<sup>1</sup>

#### NO MUSCLE ATROPHY

none of the patients demonstrated signs of muscle atrophy<sup>2</sup>



Size	1	2	3	4	5	6	7	Order number
Circumf. in inches	27½–31½	31½–35½	35½–39½	39½–43½	43½–47½	47½–51½	51½–57	110841#508000
Circumf. in cm	70-80	80-90	90-100	100-110	110-120	120-130	130-145	

# = LumboTrain (0), LumboTrain Lady (1); ° = size

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<sup>1</sup> Roelofs et al; Lumbar Supports to Prevent Recurrent Low Back Pain among Home Care Workers; Ann Intern Med. 2007;147:685-692.

(ISRCTN registration number: ISRCTN73707379) \*Dose unit per day in the test period of three weeks compared with the control group without the support

<sup>2</sup> Anders, C., Hubner, A.: Influence of elastic lumbar support belts on trunk muscle function in patients with nonspecific acute lumbar back pain, PLoS ONE 14(1): e0211042, <https://doi.org/10.1371/journal.pone.0211042>; 2019