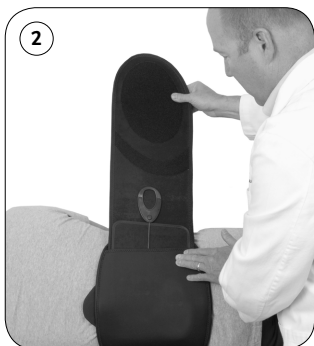




OAM Rigid Lumbar



Life Without Limitations®



SIZING CHART

Rigid Lumbar Belt

Size	Waist Circumference (inches)	Waist Circumference (cm)
XS	26–30	66–76
S	30–34	76–86
M	34–38	86–96
L	38–42	96–106
XL	42–46	106–116
2XL	46–50	116–127
3XL	50–54	127–137
4XL	54–58	137–147
5XL	58–62	147–157
6XL	62–66	157–167

Non –Lateral Posterior Panels

Size	Waist Circumference (inches)	Waist Circumference (cm)
Small	26–34	66–86
Medium	34–38	86–96
Large	38–50	96–127
X-Large*	50–66	127–167

Posterior Panels with Lateral Support

Size	Waist Circumference (inches)	Waist Circumference (cm)
Small	26–34	66–86
Medium	34–38	86–96
Large	38–50	96–127
X-Large*	50–66	127–167

*Some adjustments to the posterior panel with lateral support may be necessary when fitting patient's with greater than 58"/147cm circumference

Anterior Panels

Size	Waist Circumference (inches)	Waist Circumference (cm)
Standard	26–46	66–116
Standard _{SL}	26–46	66–116
Pendulous	46–66	116–167

INDICATIONS FOR USE

OAM Rigid Lumbar belt: Spinal stenosis, Herniated disc, Degenerative spinal pathologies.

OAM Rigid Lumbar belt with added rigid panels: Post-surgical stabilization, Stable, non-displaced spinal fractures, Spinal stenosis, Herniated disc, Degenerative spinal pathologies, Spondylolithesis, Spondylolysis.

CAUTION

The OAM Rigid Lumbar brace is a supportive brace only and is not guaranteed to prevent spinal injury. It should be applied by a licensed or certified healthcare practitioner and as prescribed by a physician or other qualified medical authority.

SIZE SELECTION

1. Measure the patient's circumference at their widest point and select the correct size lumbar belt from the sizing chart above.
2. Select the appropriate size front and back panels based on the waist circumference and the degree of motion restriction desired.

NOTE: Some adjustments to the posterior panel with lateral support may be necessary when fitting patients with greater than 58"/147cm waist circumference.

BRACE ASSEMBLY

1. Following the guidelines on the belt arms, trim both belts to the proper size. **Be careful not to cut through the cord on the opposite side of the brace while trimming. Be careful not to trim the belts too short if rigid panels are going to be added to the brace.** Remove and discard the cut portion of the belt and reattach both belts using the belt attachments. Please note that the attachment of the pulley panel Velcro and the belt arms is not designed to be readjusted more than 50 times.

NOTE: The trim-able belts are preconfigured for a right-handed application. They may be reversed if a left-handed application is preferred.

2. When the rigid panel option is required, attach the posterior rigid panel using the yellow posterior panel attachments and the anterior rigid panel using the blue anterior panel attachments. The attachment straps on the colored sections of the belt should be fitted into the H-slots of the panels (**Figure 1**).

All rigid panels can be used with either the Regular or Slim Belts.

NOTE: On the backside of the panels, the proper orientation is indicated by an arrow. The arrow should always be facing upwards when the brace is applied to the patient.

BRACE APPLICATION – SUPINE

NOTE: Recommended application technique is with the patient in a supine position.

1. Logroll the patient on to their side.
2. Position the back panel centered over the spine with the bottom of the rigid posterior panel at approximately the sacro-coccygeal joint (**Figure 2**).
3. Log roll the patient back into the supine position.
4. Wrap both belts around and to the front of the patient and secure with the overlapping closures (**Figure 3**).
5. Adjust the posterior and/or anterior panel as needed to achieve the correct fit and positioning. The rigid posterior panel should be

centered on the spine with the bottom of the rigid posterior panel at approximately the sacro-coccygeal joint. The rigid anterior panel should be centered on the abdomen with the bottom edge just above the symphysis pubis while still allowing the patient to sit comfortably.

6. Slide thumbs through the holes in the two compression system handles and pull until the brace is at the appropriate tightness (**Figure 4**). Please note that the best placement for the handles on the belt front is within the oval area designated in the middle (**Figure 5**).

BRACE APPLICATION – STANDING

1. Wrap the lumbar belt around the waist and secure with the overlapping closures.
2. Adjust the posterior and/or anterior panel as needed to achieve correct fit and positioning. The rigid posterior panel should be centered on the spine with the bottom of the rigid posterior panel at approximately the sacro-coccygeal joint. The rigid anterior panel should be centered on the abdomen with the bottom edge just above the symphysis pubis while still allowing the patient to sit comfortably.
3. Slide thumbs through the holes in the two compression system handles and pull until the brace is at the appropriate tightness. For best results, re-tighten the compression system while patient is supine. Please note that the best placement for the handles on the belt front is within the oval area as seen in **Figure 5**.

BRACE REMOVAL

1. Detach compression system handles slowly from the belt to loosen and attach them at the original position.
2. Detach the overlapping closures and remove brace.
NOTE: To ensure a proper fit, be sure the compression system is stretched to its full width before re-applying the brace.

BRACE ADJUSTMENTS

- The posterior and anterior rigid panels can be modified as necessary to optimize patient fit and comfort. Simply remove the panels from their fabric sleeve and adjust the rigid panel with a heat gun (350° F/175° C) and/or trimming device.
- The OAM Rigid Lumbar brace is a completely modular system and can be easily customized to the needs of your patient. Rigid anterior and posterior panels can be added or removed depending on the motion restriction and compression desired throughout the rehabilitation period.

PATIENT INSTRUCTIONS

- The patient should be instructed how to tighten and loosen the compression system while at home. Simply have them slip their thumbs in the compression system handles and detach them from the belt. At this point the handles can be pulled for a tighter fit or relaxed for a looser fit.

CAUTION: Do not over tighten the compression system to the point where it causes discomfort or difficulty breathing.

- For sitting, the patient may find it desirable to slightly loosen the compression system.

WARNING: If brace causes discomfort or irritation, contact your healthcare provider for further instructions.

BRACE MAINTENANCE

The OAM Rigid Lumbar brace is designed for minimum maintenance and care. The padded covers may be removed from the rigid panels for washing.

- Hand-wash using mild soap and rinse thoroughly.
- Air dry flat.
- Do not machine wash or place in tumble dryer.

EN – Caution: This product has been designed and tested based on single patient usage and is not recommended for multiple patient use. If any problems occur with the use of this product, immediately contact your medical professional.

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