



Miami Lumbar® Posteo



INTRODUCTION

These instructions do not supersede the specific orders of your physician. Your doctor has determined that wearing a Miami Lumbar Posteo Brace will aid in your rehabilitation. This pamphlet will explain the things you should do to properly use and care for your brace.

It is important to remember that your care provider has already fitted and adjusted the brace to your specific treatment needs. Do not alter the personalized configurations and settings created by your care provider, unless instructed to do so. Please follow the prescribed treatment, since successful outcomes of bracing are based on daily wear. This orthosis is designed to be worn over light piece of clothing.

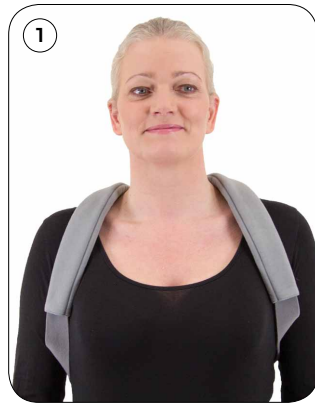
The brace works in the following manner:

1. Tightening of the belt arms induces lordosis in the lower back, which improves overall posture. The tightened belt arms also anchor the brace properly on your body.
2. The shoulder strap system, similar to the backpack principle, pulls the shoulders back without limiting mobility in the shoulder and arm area and without impairing chest and abdominal breathing.

FITTING GUIDE

The first few times you apply the brace, try facing a mirror so you can watch the steps and ensure proper application. This will also help you learn the feel of the correct application.

1. While standing in your most upright position, put the ML Posteo on like a vest or backpack (**Figure 1**).
 2. Hold onto both belt arms. Close over the abdomen first the left, then right belt arm into a snug fit (**Figure 2**).
 3. Pull, the pulley handles outward to engage the brace's compression system and achieve proper lower back support, then place the handles in the oval area on the front of the belt, close to the bottom edge (**Figure 3**).
 4. Unfasten the shoulder strap handles from the side hooks and pull them to the front to attach to the two front hooks (**Figure 4**).
- NOTE:** While pulling the shoulder straps, try to lean into the back strut as it makes it easier to tighten the straps.
5. Check the position of the brace. The bottom edge of the belt arm should sit just below the hip bones. Repeat steps 2–4 if necessary to achieve proper position.



Look in the mirror to ensure that:

- ✓ The back of the brace is positioned closely against your spine (Figure 5).
- ✓ The bottom edge of the belt is resting below the hip bone, and the oval on belt arm should be centered on the abdomen (Figure 4).
- ✓ The pulley handles and shoulder strap handles are placed in the oval center (Figure 6).
- ✓ The straps are lying flat against your body, none of the straps should be twisted, and the straps should not cut into the underarm area.

CAUTION: To avoid the possibility of the brace slipping, the belt arms need to sufficiently grip your waist, and have a higher level of tightness than the shoulder straps.



BRACE REMOVAL

1. Detach the two shoulder strap handles from the two front button hooks and attach them onto the hooks located on the sides of the belt arms. (Figure 7)
2. Loosen the lower back support by placing the two thumbloops back onto the belt arm sides as far back as you can reach (Figure 8).
3. Open the belt arms and take-off the brace as you would a back-pack.



CARE INSTRUCTIONS

The Miami Lumbar Posteo brace is designed for minimum maintenance and care:

- Hand-wash in lukewarm (30°C) water using mild soap, and rinse thoroughly.
- Air dry flat.
- Do not machine wash or place in tumble dryer.

FREQUENTLY ASKED QUESTIONS

Is this ML Posteo brace effective even if not worn daily?

The application instructions given by your care provider take into account your specific treatment needs, and most likely involve daily wear. Please follow the prescribed treatment, since successful outcomes of bracing are based on daily wear.

Can I wash the ML Posteo?

Yes. Simply hand wash in lukewarm (30°C) water with a mild detergent and air dry.

Can the ML Posteo be worn while sleeping?

The ML Posteo is not meant to be worn while sleeping, mainly due to comfort. However, it can be worn while laying down (supine position), if your care provider recommends such use.

Can the ML Posteo be worn while bathing?

The brace is not designed to be worn while bathing.



EXERCISES FOR INDIVIDUALS WITH OSTEOPOROSIS

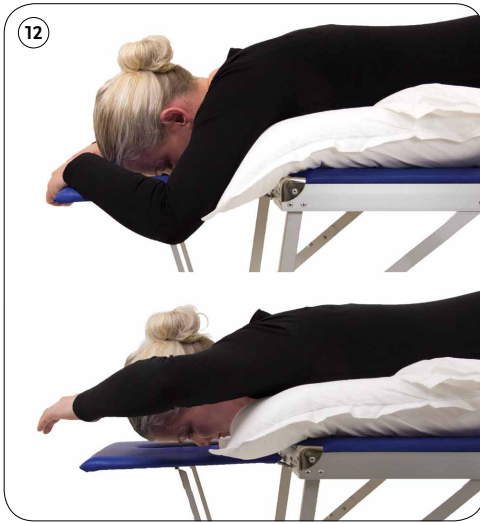
The exercises described below may not be appropriate for every patient with osteoporosis. Please consult a clinician for a personalized training program.

- **Cardiovascular:** Walking and running up to 20 minutes, low to high impact aerobic exercises.
- **Balance:** Good leg strength and balance to reduce risk for falling. Stand on one leg for some time without dropping the contralateral (opposite) side of the pelvis (**Figure 9**).
- **Steps:** Short forward lunge. Stand on one leg while maintaining balance, then take a short step forward and put your weight on the front leg. Firmly push off with the front leg to return to starting position. Avoid changing position of spine during the exercise (**Figure 10**).

Musculoskeletal: Strengthening

- **Back muscles:**
Sit or stand with the spine aligned against a wall, lift both arms over head and take deep breaths before taking your arms down again. Repeat 5-10 times, 2-5 times daily (**Figure 11**).
- Lying prone (on stomach) with good support of pillows under your chest and stomach, arms in overhead position. Lift your arms from support/floor by pulling shoulder blades together. Try to keep the muscles in the lumbar/lower back and abdominal wall relaxed. Repeat 5-10 times, 2-5 daily (**Figure 12**).
- **Leg muscles:**
Rest arms on the backrest of a stable chair. With feet little apart and bend at the hips and knees as far as possible without lifting your heels from floor (**Figure 13**).
- **Abdominal muscles:**
We do not recommend any strengthening exercises, only relaxation of the abdominal wall. In a quadruped position resting forearms on a table, relax abdominal muscles and breath slowly (**Figure 14**).
- **Stretching:** Stand in a corner, one foot in front of the other with each arm on separate walls at shoulder height. The stretch should be felt in your chest, anterior shoulders and upper arms (**Figure 15**).





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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