

# Technical Data Sheet

## Lumbamed disc

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## 1 Product description

### Intended purpose

Lumbamed® disc is a brace for partial stress relief via correction of lordosis and functional mobilisation of the lumbar spine.

### Indications

All indications requiring partial relief by reduction of lordosis of the lumbar spine with subsequent functional mobilisation of the lumbar spine such as:

- Intervertebral disc protrusion or disc prolaps (Nonsurgical, postoperative)
- Pseudo-radicular pain syndrome
- Postural muscle imbalance in the lumbar spine
- Moderate lower back pain (lubago)
- Moderate lower back pain with sciatic

### Contraindications

None known at present.

## Risks / Side Effects:

If the aids are too tight, this can cause local pressure sores or constriction of blood vessels or nerves. Therefore you should consult the doctor treating you before you use it if the following circumstances apply to you:

- Condition or injury of the skin in the area of application, particularly with infectious indications (excessive heat, swelling or reddening)
- Paraesthesia and circulatory disorders (e.g. as seen in diabetes, varicose veins)
- Lymph drainage disorders – equally, swelling of soft tissue adjacent to the area of application which is not related to a condition

When wearing snug-fitting aids, this can result in localised skin inflammation or irritation that is due to mechanical irritation of the skin (particularly in conjunction with sweating) or due to the composition of the material.

## 1.1 Material composition

Knitting: Polyamide, Polyester, Elastane, Viscose  
stabilisation system: ABS Plastic

## 1.2 Presentations

size	circumference hip (women)	circumference waist (men)
I	76 – 86 cm	66 – 76 cm
II	86 – 98 cm	76 – 88 cm
III	98 – 111 cm	88 – 101 cm
IV	111 – 125 cm	101 – 115 cm
V	125 – 140 cm	115 – 130 cm
VI	140 – 156 cm	130 – 146 cm

Sizes I-VI K.220341 - 6 article numbers fitted cut (women)

Sizes I-VI K.220331 - 6 article numbers straight cut (men)

### 1.3 Measurements

size fitted (women)	length*	small rods (2 pcs.)	short rods (2 pcs.)	long rods (2 pcs.)	bone	height fastener	height back part	weight (with bone)
I	95 cm	-	26cm	30cm	33cm	16cm	36cm	635g
II	105cm	16cm	26cm	30cm	33cm	16cm	36cm	670g
III	115cm	16cm	26cm	30cm	33cm	16cm	36cm	700g
IV	125cm	16cm	26cm	30cm	33cm	18cm	36cm	740g
V	135cm	16cm	26cm	30cm	33cm	18cm	36cm	770g
VI	145cm	16cm	26cm	30cm	33cm	18cm	36cm	800g

size straight (men)	length*	small rods (2 pcs.)	short rods (2 pcs.)	long rods (2 pcs.)	bone	height closure	height back part	weight (with bone)
I	89cm	-	26cm	30cm	33cm	16cm	36cm	610g
II	95cm	16cm	26cm	30cm	33cm	16cm	36cm	635g
III	107cm	16cm	26cm	30cm	33cm	16cm	36cm	680g
IV	117cm	16cm	26cm	30cm	33cm	18cm	36cm	710g
V	128cm	16cm	26cm	30cm	33cm	18cm	36cm	745g
VI	139cm	16cm	26cm	30cm	33cm	18cm	36cm	780g

### 1.4 Features

- Diamond-shaped function zone in the back area ensures increased breathability via large air holes
- The support is particularly simple to apply thanks to bilateral hand loops
- Can be adapted in three stages to suit the treatment (pad with bridging effect incl. removable tension straps, interchangeable hardness of the back rods)
- Integrated tension straps for smooth and individually regulated pressure
- medi Comfort Zone: Anatomical cut-out in sensitive bending area for a high level of comfort
- fastening edges fold down to ensure a high level of comfort during movement and while seated
- fastening is soft on inner side: Pleasant to wear, especially when the brace is worn directly on the skin
- Soft on the skin, thanks to a special hybrid fabric created from high-tech fibre and natural eucalyptus fibre.

## 2 Safety instructions

### Important notes:

This medical device is made for single patient use only. If it is used for treating more than one patient, the manufacturer's product liability will become invalid. If undue pain or an unpleasant sensation develops while you are wearing the product, please consult your doctor or orthotist immediately. Do not wear the product over open wounds and use it only as instructed by your doctor or orthotist.

### Note on wearing:

Supports are particularly beneficial during physical exercise. The supports is designed to fit comfortably and may be worn all day. It should be removed during prolonged periods of inactivity (e.g. sitting for a long time or a long car drive, sleeping). The support is suitable for use in water. After use, please rinse thoroughly.

## 3 Storing conditions

Keep the product in a dry place and do not expose to direct sunlight.



## 4 Chemical substances

Contact with chemicals (e. g. benzole, methanol, salicylic acid in high concentrations) may have adverse actions on the effect of the product. Do not apply ointments or oils before putting on the product.

## 5 Care instructions

Before washing, please remove the internal rods as well as the strap supporting system by detaching it from the Y connecting piece. During replacement make sure that the medi logo on the back stays is at the top. Hook and loop tabs must be closed for washing. We recommend using a laundry bag. Fabric softeners, fats, oils, lotions, ointments and soap residues can affect the material, hinder the Clima Comfort effect and cause skin irritations.

- Wash the product by hand, preferably using a medi clean detergent, or in delicate cycle at 30°C using a mild detergent without fabric conditioners.
- Do not bleach.
- Leave to dry naturally.

- Do not iron.
- Do not dry clean



## 6 Packaging/Labeling

Product is sent out in folded box with CE mark und manufacturer address. Product and box labeled for clear identification and traceability.  
Fitting instructions included.

## 7 Shelf Life

Expiration date for storage: 42 months

## 8 Disposal

The product can be disposed of in the domestic waste.



Please ensure a proper and suitable disposal of the used products to prevent any risk to human beings and the environment.