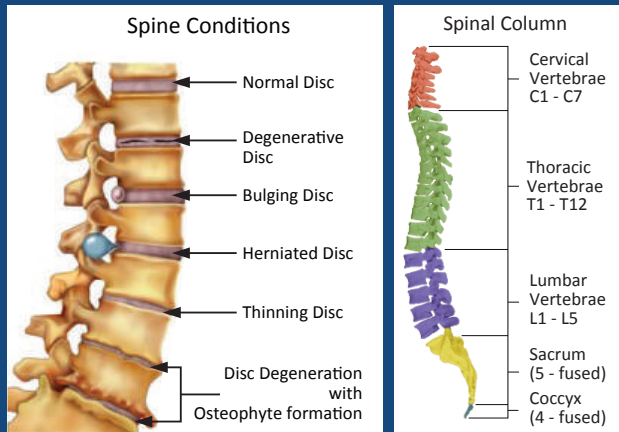


## WHAT CAUSES LUMBAR BACK PAIN?

Back pain is common and affects almost everyone at some time in their life. As aging occurs, muscle elasticity and bone strength tend to decline. The pain or discomfort can happen anywhere in the back, but because the low back supports most of the body's weight, this is the most common area affected. Some of the causes that may create pain or discomfort include:

- Extra wear and tear of the spine due to sports or repeated heavy lifting
- Herniated disc (part of the spinal disc is pushed against nearby nerves)
- Spinal stenosis (narrowing of the spinal canal)
- Compression fractures from osteoporosis or trauma to the back
- Rheumatoid arthritis (inflammation of the joints and surrounding tissues)

Obesity, stress, depression, smoking, poor physical condition, injuries, weight gain and other sources may contribute to a greater risk for lower back pain.



## HOW TO REDUCE BACK PAIN

Remedies for back pain vary depending on the type and source of the pain. Some of the treatments are:

- ✓ **MANUAL PHYSICAL THERAPY**— practitioners put direct pressure on the muscle tissues and use a spinal manipulation technique in order to reduce pain caused by muscle stiffness and joint dysfunction.
- ✓ **BACK BRACES**— provide spinal support to relieve lower back pain, maximize immobilization, increase comfort, and improve posture.
- ✓ **EXERCISE PROGRAMS**— simple exercises like walking can be very helpful to improve flexibility, core stability and range of motion if recommended by your health care provider\*.

## FLEX FIT BACK ORTHOSIS

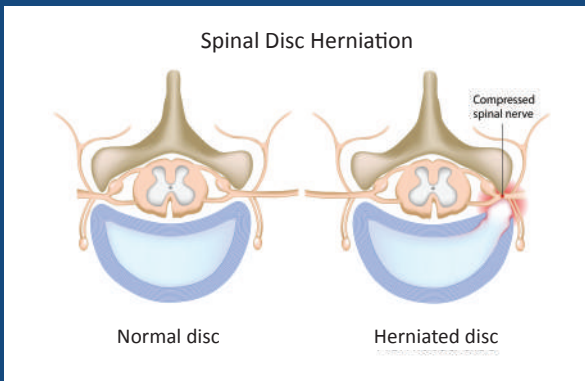
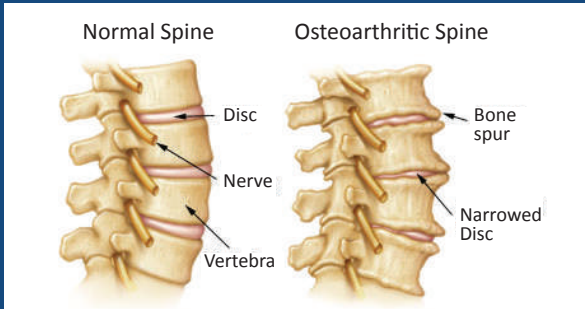
VertaLoc®



## FLEX FIT BACK ORTHOSIS

## INDICATIONS FOR USE:

- Chronic Low Back Pain
- Herniated Discs
- Spinal Stenosis
- Osteoarthritis
- Spondylosis
- Spondylolisthesis
- Postural Support



SIZE	INCHES
X-SMALL	26 - 30
SMALL	31 - 35
MEDIUM	36 - 40
LARGE	41 - 44
X LARGE	45 - 48
XX LARGE	49 - 53
XXX LARGE	54 - 59
XXXX LARGE	60 - 65
XXXXX LARGE	66 - 70

The size of the brace is determined with a measurement tape at the level of the naval.

## Maximum Stability with Improved Mobility

### VERTALOC® FLEX FIT BACK ORTHOSIS

**Helps to ease pain and assists in returning to an active lifestyle**

Effective combination of stabilization, adjustability and customization

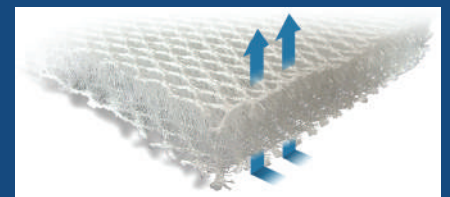
Rigid anterior and posterior panels, in conjunction with compression straps, provide spinal stability and control, which relieves lumbar pain and discomfort.

The brace provides support from the sacrum up through the T-9 vertebra.

Removable posterior panel allows space to insert a heating pad or a cold pack.

Compression straps help to increase stabilization for optimal support.

Lightweight, breathable, three-dimensional mesh fabric provides sufficient airflow for daily comfortable wear.



Model No: VL304LSOFF

**VertaLoc® FLEX FIT Back Brace is covered by Medicare (HCPCS Code L0648)**