Know the FACTS ABOUT BRACING

Clinical Data Shows that Spinal Bracing is a Highly Effective Treatment Method
65% OF PATIENTS GIVEN A BRACE WITH PHYSICAL THERAPY REPORTED CLINICALLY SIGNIFICANT PAIN RELIEF

Physical therapy (PT) patients who received an LSO were 4.7 times more likely to have a clinically significant improvement vs PT only group.

Significant decrease of medication consumption reported.

88% of patients would recommend a back brace to a colleague.

Patients reported a 50% reduction in recurring back pain when using a back brace.

93% UP TO 93% IMPROVEMENT IN FLEXIBILITY

50% OF PATIENTS WITH CHRONIC PAIN STILL USE THE BRACE UP TO 4.5 YEARS

45% 45% DECREASE IN LOW BACK PAIN INTENSITY

44% 44% DECREASE IN DISABILITY DUE TO LOW BACK PAIN

DESPITE THESE FACTS, MANY CLINICIANS STILL QUESTION THE EFFECTIVENESS OF BRACING.

Bracing, however, has been clinically proven to be effective, particularly when inelastic braces are used for pain relief treatment. Early studies that do not show positive results were conducted using elastic braces which do not increase trunk stability or yield clinical benefits.

INELASTIC vs ELASTIC
Research shows that inelastic LSOs outperform elastic LSOs and yield a clinically significant improvement on the Oswestry Disability Index (ODI).

PREVENTION vs TREATMENT
While there is some data on preventing injury, there is considerable evidence that inelastic bracing is an effective treatment for low back pain.
BACK BRACES PROVIDE RELIEF FROM LOW BACK PAIN\textsuperscript{3} AND IMPROVE QUALITY OF LIFE\textsuperscript{1}

Current research shows that supporting the lower back can reduce pain, improve functional status and lower the need for medication. \textsuperscript{2} In addition, bio-mechanical research indicates that back braces provide significant relief to patients by reducing excessive trunk muscle co-contraction, which prevents muscle fatigue and spasms while maintaining spine stability. \textsuperscript{10}
There has been essentially no published research to suggest that spinal braces cause atrophy. Unlike casting an extremity where a joint is completely immobilized and atrophy is known to occur, spinal bracing does not immobilize the spine. Because the trunk muscles continue to work, there is no atrophy. The pain relief provided by the brace assists patients in becoming active again.
DECREASE LOW BACK PAIN

Around the site of an injury or strain, back muscles naturally tighten to prevent further damage. Unfortunately, this muscle-guarding phenomenon overworks these muscles leading to muscle spasm and pain. Inelastic braces help relax these overworked muscles and:

- Increase Trunk Stability
- Prevent Muscle Spasms
- Significantly Reduce Pain

DECREASE MEDICATION

Prescription pain medication is considered a major contributor to the total number of drug related deaths. Braces have been shown to:

- Reduce Low Back Pain
- Significantly Reduce Medication Consumption

INCREASE ACTIVITY

Back pain is the leading cause of disability in Americans under the age of 45. Supporting the lower back muscles with a brace can help increase activity by:

- Assisting in Becoming Mobile
- Advancing Recovery
- Improving Walking Distance

INCREASE QUALITY OF LIFE

More than 26 million Americans between the ages of 20-64 experience frequent back pain, which can severely limit the daily actions that a patient can perform. Braces can help return patients to the activities they care about by:

- Lessening Pain of Low Back Injury
- Increasing Strength & Flexibility
- Improving Balance & Performance

ASpen MEDICAL PRODUCTS
THE ASPEN ADVANTAGE

Aspen Medical Products builds the finest inelastic spinal braces on the market. With an unparalleled commitment to Research and Development, Aspen has brought to market numerous unique features. These features yield real benefits for practitioners and patients. In addition, Aspen braces are backed by more than 30 years of clinical research that substantiates the safety, efficacy, superior comfort and improved patient outcomes that these products provide. Quality products you can count on with features that make a positive difference. That’s the Aspen Advantage.

REFERENCES


15. Kawchuk G DC, J Glass BKin, C Knight B Sc Kin, S Third BHK, D Timmermans, Faculty of Rehabilitation Medicine, University of Alberta. The effect of lumbar bracing in response to standardized multi-axial movements created by a parallel robot. ISSLS. 2011: Poster.


