



Pro-Fit® BACK BRACE



The EMSI Pro-Fit® Back Brace is a lumbo-sacral orthotic (LSO) designed to assist in providing lumbar stabilization to relieve pain without sacrificing comfort during daily activities both at work and at home. The Pro-Fit® back brace is made of a comfortable, breathable fabric. It features a removable, plastic insert that helps provide the needed support to the lumbar region. The Pro-Fit® closure system and compression straps work in conjunction with the rigid posterior and anterior panels to provide sagittal support and kinesthetic awareness for postural improvement.

The Pro-Fit® Back Brace can benefit a diverse patient population with commonly diagnosed lumbar issues, including:

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- > Osteoarthritis
 - > Chronic Back Pain
 - > Scoliosis
 - > Lumbar Sprain/Strain
 - > Degenerative Disc Disease
 - > And many others

Evidence-based research on back braces, such as the Pro-Fit® back brace, indicate positive patient outcomes, including:

- > 65% of patients given a brace with physical therapy reported clinically significant pain relief.¹
- > Physical therapy patients who received an LSO were 4.7 times more likely to have a clinically significant improvement vs. PT only group.¹
- > Patients reported a 50% reduction in recurring back pain when using a back brace.⁴
- > Significant decrease of medication consumption reported.⁵
- > 88% of patients would recommend a back brace to a colleague.³



- > ***Decrease Low Back Pain***
- > ***Increase Activity***
- > ***Reduce Medication***
- > ***Improve Quality of Life***

Let EMSI and its variety of electrostimulation products and accessories help your patients regain their function and get back to their active lifestyle.



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An LSO can be considered medically necessary for any of the following:

- > Pain reduction by limiting mobility of the trunk
- > The facilitation of healing following injury to the spine or related soft tissue
- > The support/stabilization of weak spinal musculature or due to deformities of the spine
- > To facilitate healing following a surgical procedure on the spine or related soft tissue



Sizing Information

S	25 to 33 inch waist
M	32 to 44 inch waist
L	42 to 54 inch waist
* extender can add 8-10"	

Suggested use:

The Pro-Fit® Back Brace is to be used under the guidance and supervision of a qualified professional. For further information on precautions/contraindications for use or questions, please consult the user manual or contact an EMSI Territory Manager.

Instructions:

Seated Position: With the posterior side of the brace resting on the back of a chair, instruct the patient to sit down with their low back positioned against the brace. Once the brace is comfortably against the low back, instruct the patient to secure the large Velcro straps across the abdomen, being sure they are secure and the hard section of the flap is directly on top of the abdomen. Inform the patient that the brace may or may not feel secure at this point, but certainly not uncomfortable or restricted when breathing. Then instruct the patient to adjust the smaller compression straps for the final customized fit. Finally, instruct the patient to stand to check fit and have them adjust the straps as necessary. After completion of donning the brace, have the patient perform movements typical of their daily activities and make adjustments to the positioning and compression straps as necessary.

Standing Position: Have the patient position the brace in the lumbar area to the exact location instructed by the clinician. Instruct the patient to first tighten the large Velcro straps across the abdomen, with the hard section of the flap directly on top of the abdomen. Inform the patient that the brace may or may not feel secure at this point, but certainly not uncomfortable or restricted when breathing. Finally, instruct the patient to adjust the smaller compression straps for the final customized fit. After donning the brace, have the patient perform movements typical of their daily activities and make adjustments to the position of the brace and the compression straps as necessary.

Supporting Research Literature:

¹Calmels P, Queneau P, Homonet C, LePen C, Manuel F, Lerouvreur C, Thoumie P. Effectiveness of a lumbar belt in subacute low back pain: an open, multicentric, and randomized clinical study. *Spine*. 2009 Feb 1;34(3):215-20.

²Cholewicki J, McGill KC, Shah KR, Lee AS. The effects of a three-week use of lumbosacral orthoses on trunk muscle activity and on the muscular response to trunk perturbations. *BMC Musculoskeletal Disord*. 2010 Jul 7; 11:154.

³Jellema P. Feasibility of lumbar supports for home care workers with low back pain. *Occupational Medicine*. 2002; 52(6): 317-323.

⁴Morrisette OC, Cholewicki J, Logan S, Seif G, McGowan S. A randomized clinical trial comparing extensible and inextensible lumbosacral orthoses and standard care alone in the management of lower back pain. *Spine*. 2014; 39(21): 1733-1742.

⁵Penrose KW, Chook K, Stump JL. Acute and chronic effects of pneumatic lumbar support on muscular strength, flexibility, and functional impairment index. *Sports Medicine, Training and Rehabilitation*. 1991; 2(2): 121-129.

⁶Walsh NE, Schwartz RK. The influence of prophylactic orthoses on abdominal strength and low back injury in the workplace. *Am J Phys Med Rehabil*. 1990 Oct; 69(5):245-50.