

Aspen Sierra LSO

ONE SIZE ADJUSTABLE

Doctor: _____ Fitter: _____

Patient Name: _____ Date: _____

Patient #: _____ Additional Follow-Up Dates: _____

TOOLS NECESSARY: Scissors • Tape Measure

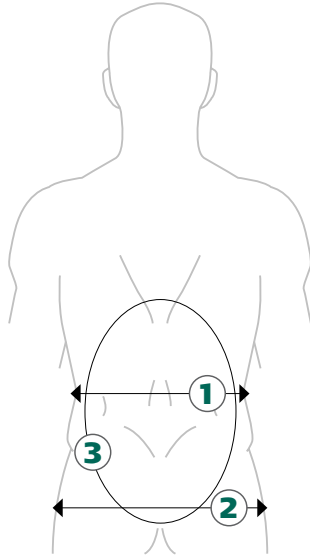
FOR USE WITH PRODUCTS MANUFACTURED BY ASPEN MEDICAL PRODUCTS ONLY. THIS PRODUCT IS INTENDED FOR APPLICATION BY HEALTH CARE PRACTITIONERS AS DIRECTED BY A PHYSICIAN OR OTHER QUALIFIED MEDICAL AUTHORITY. THIS IS A PREFABRICATED ORTHOSIS. IT IS INTENDED TO BE CUSTOMIZED TO AN INDIVIDUAL PATIENT. FOLLOW THE STEPS BELOW TO CUSTOMIZE.

STEP 1 - MEASUREMENTS

① Lower rib circumference = _____

② Hip circumference = _____

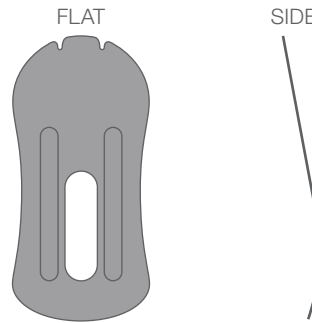
③ T9 to Sacrococcygeal Junction = _____



TIME SPENT: _____

STEP 2 - CUSTOMIZE BACK PANEL TO ANATOMY

- A. Measure patient's lordosis then customize back panel to anatomy.
- B. To customize back panel; remove the panel, heat, trim and reassemble.



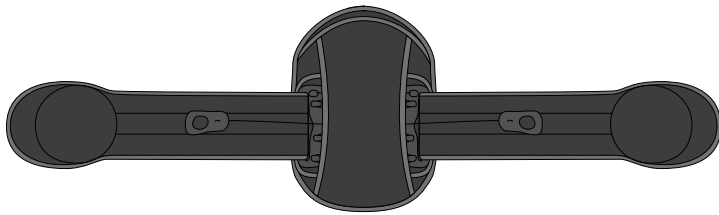
NOTE: Back panel pre-lordosed to 15°

Patient's Lordosis Degree: _____

Heat form to individual patient's anatomy and contour to create intimate fit for individual lordosis and soft tissue. Trim for individual patient's anatomy based on ③ _____

TIME SPENT: _____

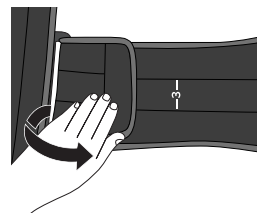
STEP 3 - CUSTOMIZE SIZING AND TIGHTENING MECHANISM



A. _____

SIZING IS CRITICAL TO PROPER PERFORMANCE
Use the measurements below to customize to patient's anatomy.

- A. Use waist circumference (average of ① and ② _____) to determine where to size the belt. Refer to sizing reference.
- B. Adjust belt to corresponding sizing indicator.



- C. Adjust length of tightening mechanism. For individual patient, it may be necessary to adjust length of closure string. Trim and adjust length of strings.

Yes. Amount cut _____

No

TIME SPENT: _____

SELECT OPTION BASED ON AVERAGE

To reach the patient's midline, additional paneling (included) may be needed. Using waist circumference measurement (A.), Determine appropriate lateral panel configuration.

<input type="checkbox"/> 28-33 in 71-84 cm		<input type="checkbox"/> 32-44 in 81-112 cm	
<input type="checkbox"/> 43-51 in 109-130 cm		<input type="checkbox"/> 50-59 in 127-150 cm	

SIZING	1	2	3	4
CIRCUMFERENCE	28 – 37 in	36 – 43 in	42 – 48 in	47 – 54 in

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DOCUMENTATION WORKSHEET: RETAIN IN PATIENT RECORD Page 2 of 2

Doctor: _____ **Fitter:** _____

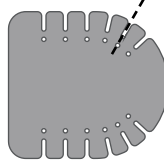
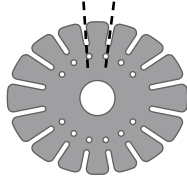
Patient Name: _____ **Date:** _____

Patient #: _____ **Additional Follow-Up Dates:** _____

TOOLS NECESSARY: Scissors • Tape Measure

STEP 4 - MODIFY RIGID PANELS

MODIFY ANTERIOR PANELS AND LATERAL PANELS AS NECESSARY



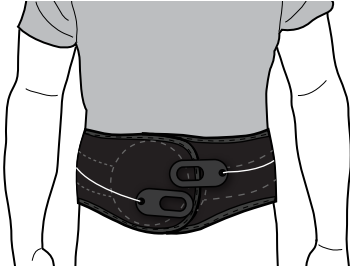
- Remove and trim to accommodate small and extra small anatomy.
- Remove and heat mold anterior panels as necessary.
- Remove and heat mold lateral panels as necessary.

STEP 5 - CUSTOMIZE BELT FIT

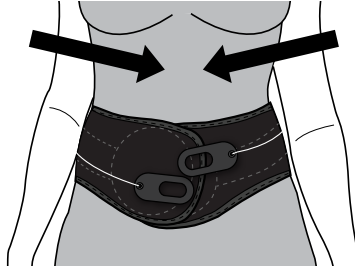
ANGLE ANTERIOR PANELS

Every patient has a unique individual anatomy. Determine angulation for proper fit. Circumferential contact at both upper and lower margins of brace is essential for proper brace performance and support.

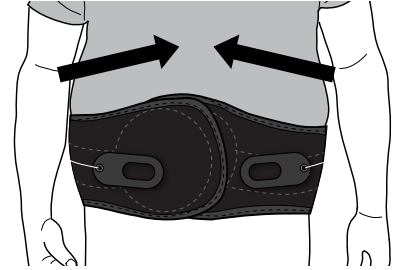
- A. Bend anterior panels to conform to patient's anatomy.
- B. Angle anterior panels; choose the configuration for best support below:



Neutral



Inferior Angulation



Superior Angulation

TIME SPENT: _____

LATERAL PANEL ANGLULATION: Lateral panels can be easily angled to provide the best possible fit for a variety of patient anatomies.

STEP 6 - EDUCATION

EDUCATE PATIENT

Proper education is needed for individual to maintain proper fit throughout total time of wear.

Items to educate patient on:

- Independent compression mechanics
- Proper angulation to ensure circumferential contact
- Proper cleaning
- Donning and doffing
- Proper placement of brace
- Follow up appointments

TIME SPENT: _____

CLINICAL JUSTIFICATION FOR CUSTOMIZING BRACE

TOTAL TIME TO CUSTOMIZE BRACE: _____