



Life Changing Innovation



POOR POSTURE

Causing Pain?



Pain Therapy
for Poor Posture

Pain Therapy for Better Posture

Clinical research has shown that back braces have long been used to provide relief from low back pain.¹ Results support that wearing a lumbar belt assists in subacute low back pain to improve significantly the functional status, the pain level and medication consumption.² Studies also indicate that using a TLSO brace for two hours a day can increase body height, back extensor strength, abdominal flexor strength and relaxed vital capacity.³ Bio-mechanical research further demonstrates that inelastic braces provide increased trunk stiffness and limited trunk motion which could alleviate the symptoms associated with muscle fatigue, causing spasms and pain.⁴

Aspen TLSO Braces

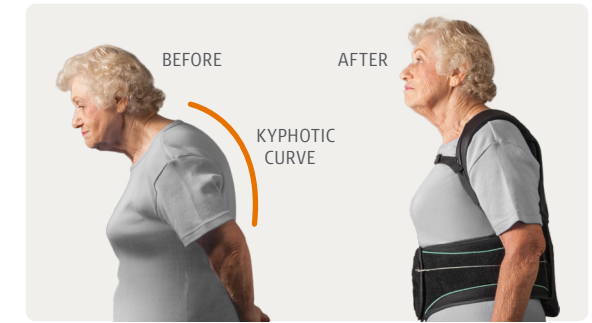
- Low profile design
- Comfortably fits most body types
- Easy to take on and off
- Lightweight, breathable and washable materials
- Targeted compression to support tight muscles



1. Jellema P, Bierma-Zeinstra SM, Van Poppel MN, Bernsen RM, Koes BW. Feasibility of lumbar supports for home care workers with low back pain. *Occup Med (Lond)*. 2002;52(6):317-23.
2. Calmels P. Effectiveness of a lumbar belt in subacute low back pain. *SPINE*. 2009;34(3):2153.
3. Pfeifer M, Kohlwey L, Begerow B, Minne HW. Effects of two newly developed spinal orthoses on trunk muscle strength, posture, and quality-of-life in women with postmenopausal osteoporosis. *American Journal of Physical Medicine & Rehabilitation*. 2011;90(10):805-815.
4. Cholewicki J, Lee AS, Reeves NP, Morrisette DC. Comparison of trunk stiffness provided by different design characteristics of lumbosacral orthoses. *Clinical Biomechanics*. 2010;25(2):110-114.

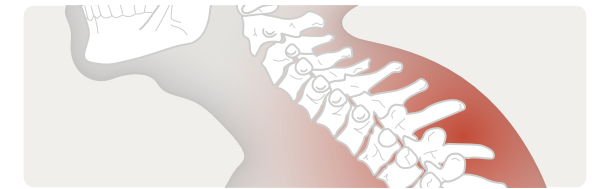


The Benefits of Bracing



Aspen TLSO braces are designed to offload destructive forces in the spine which can help reduce muscle fatigue and increase vital capacity. Improving posture can relieve pressure on the back muscles, improve balance, reduce nerve impingement and restore lung capacity, enabling a return to a more active daily life.

Consequences of Poor Posture



Poor posture, kyphosis and other spinal conditions can put force on the vertebrae which may cause a lack of balance, diminished lung capacity and muscle fatigue. Unbalanced weight causes an unnatural posture that overworks muscles, stretches ligaments and misaligns vertebra, leading to damage and pain.

Testimonials

"It's great, lightweight, easier to put on and just overall more comfortable, all while keeping my back stable and supported."

— Ryan, patient.

"My aspen back brace not only relieves my pain, but also gives my back the support it needs."

— Adriana, patient.

FAQ

Can the brace be worn under clothing?

Yes. The brace can be worn underneath clothing, but a cotton undershirt is recommended for enhanced comfort.

Will my health insurance pay for the brace?

Medicare and most private health insurance companies do offer coverage for this treatment option. Consult Medicare or your insurance carrier to verify coverage.

About Aspen Medical Products

Aspen has helped drive industry standards in spinal bracing for efficacy, quality design and outcomes. Backed by 25 years of research driven design, peer-reviewed studies and biomechanical analyses, Aspen is committed to developing the highest quality products on the market. Aspen's core philosophy is to innovate and advance clinically-based solutions focused on helping patients get back to the activities they care about.

ASK YOUR DOCTOR TODAY

if an Aspen brace
is right for you!





Testimonials were received in various forms through a variety of submission methods. The testimonials reflect the real-life experiences of individuals who used our products. However, individual results may vary. Testimonials are not necessarily representative of what anyone else using our products may experience. The people giving testimonials may have received a free product or a discount for use of their experiences. The testimonials displayed are given verbatim except for grammatical or typing error corrections. Some testimonials may have been edited for clarity or shortened in cases where the original testimonial included additional information of no relevance to the general public.