

Otto Bock[®]

QUALITY FOR LIFE



Dorso Osteo Care Spinal Orthosis for Osteoporosis Patients

| Information for physicians and therapists |

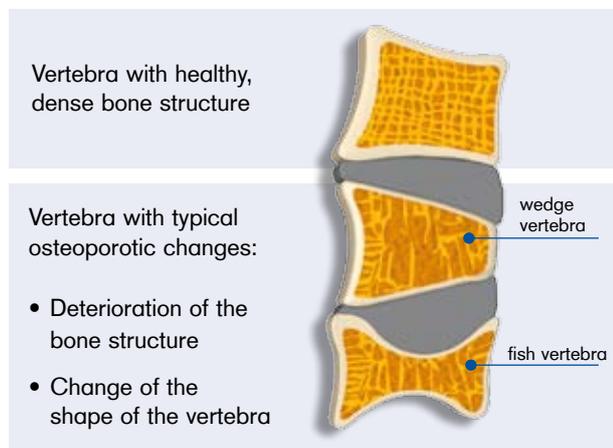
Dorso Osteo Care

Spinal Orthosis for Osteoporosis Patients

50R20

Indication and application

The 50R20 Dorso Osteo Care Spinal Orthosis is indicated for osteoporotic changes in the thoracic and lumbar spine sections as well as for the follow-up treatment of spinal fractures resulting from osteoporosis. The Dorso Osteo Care orthosis can be used in those stages of osteoporosis in which muscle action can be used and increased. Specific indications must be determined by the physician.



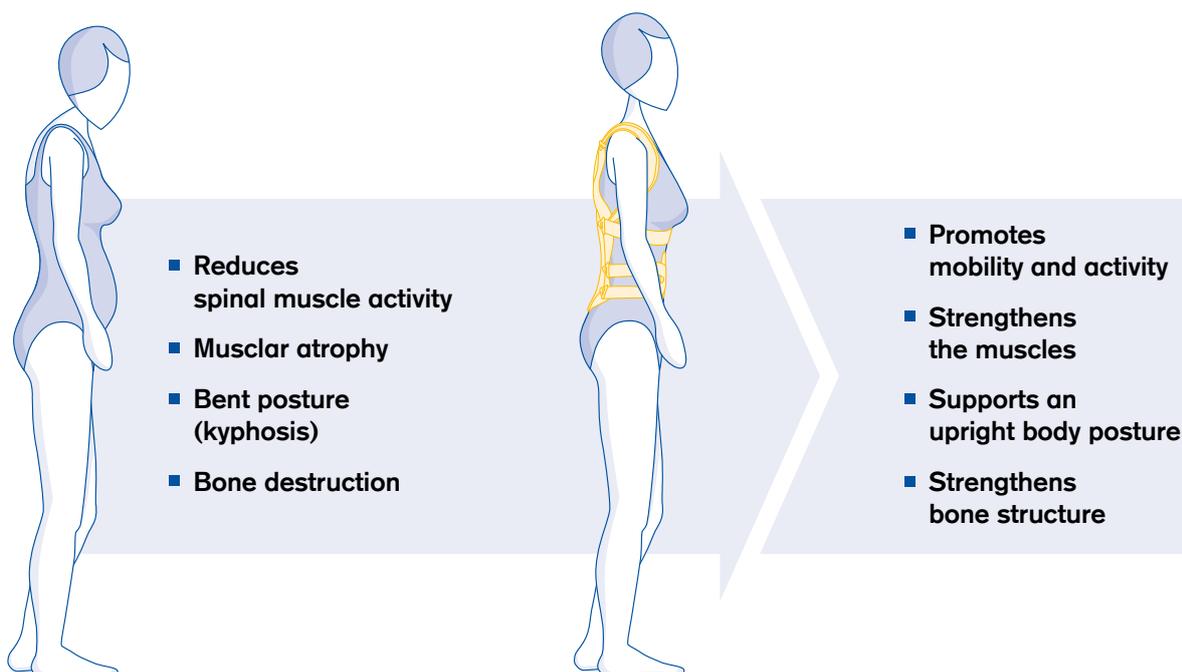
Functions and Effects

Particularly in the early stages of osteoporosis, the increase and targeted use of muscle action are recommended as a bone building stimulus.

The design of the Dorso Osteo Care Spinal Orthosis supports the straightening of the upper body and the spinal column and thus promotes mobility and activity in the patient's everyday life.

The upper body is raised into an upright position by retracting the shoulder girdle and abdomen. This effect is achieved by adjustable straps and an adaptable back plate. In this way the Dorso Osteo Care helps to activate the back muscles without restricting abdominal and thoracic breathing.

The training effect on the body muscles is advantageous for the patient's security when standing or moving. The muscles bring tensile forces on the bone which strengthen the bone structure. A protruding ball abdomen is gently compressed by the abdominal support, which partially relieves the lumbar spine and activates the supporting musculature.



Design and adaptation

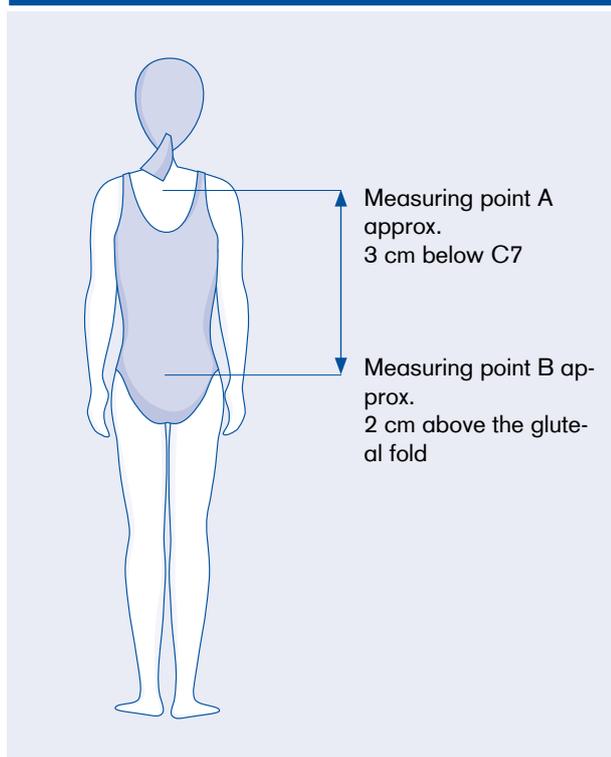
The Dorso Osteo Care spinal orthosis is delivered ready for a trial fitting and consists of an aluminum-coated back plate with a removable pad, an abdominal support and a special strap system. The back pad, the abdominal support and the axillary area of the shoulder strap are made of three-dimensional SpaceTex® spacer fabric. SpaceTex® is breathable, presents a large amount of restoring force and thus offers the patient an especially high degree of comfort. The back plate and straps are individually adapted to the patient. An orthopedic technician will adapt the orthosis to the patient's body. He will measure the patient's body and select the correct orthosis size. After a trial fitting, adaptation and adjustment with the orthopedic technician, the correct fit of the orthosis will be checked.

The orthopedic technician and the patient will practice using the Dorso Osteo Care spinal orthosis correctly. The orthosis is easily applied according to the backpack principle and is closed with a magnetic closure under the chest and with a large hook and loop closure on the abdominal support.

To make it even easier for patients who are restricted in their mobility to apply the orthosis, the trunk buckles provided can be mounted to the back plate.

The daily period of use and the total period of use must be determined by the attending physician. If not prescribed otherwise by the physician, we recommend using the orthosis on a daily basis for 1 to 2 hours in the learning phase as well as for gradually restoring normal muscle strength. In the course of therapy, the time of use can be increased step by step after consultation with a physician who sets up a therapy plan.

Sizes of orthosis



Size selection is based on trunk length.

Length from approx. 3 cm below C7 to approx. 2 cm above the gluteal fold.

Size	for trunk length in cm
S	39 – 41.5
M	42 – 44.5



A therapy plan is always designed according to the individual constitution of the patient. You will find an example of what such a therapy plan might look like in the following chart.

Example of therapy plan

Recommendation for Week 1 (Days 1 to 7)

Morning: 1 hour every day*

Afternoon: 1 hour every day*

Recommendation for Week 2 (Days 8 to 14)

Morning: 1.5 hours every day*

Afternoon: 1 hour every day*

Recommendation for Week 3 (Days 15 to 21)

Morning: 1.5 hours every day*

Afternoon: 1.5 hours every day*

Recommendation for Week 4 (Days 22 to 28)

Morning: 2.0 hours every day*

Afternoon: 1.5 hours every day*

* The indicated times of use represent recommendations that should only apply if the patient does not experience any pain.

If the patient experiences pain while wearing the orthosis or on the following day, the daily time of use should be reduced to his or her tolerance limit (no pain while wearing the orthosis or on the following day). The daily time of use can be extended after the fourth week, if this is desired and tolerated by the patient.

Advantages of the Dorso Osteo Care at a glance

- Actively aids in the straightening of the upper body
- Promotes bone preservation by training muscles
- Reduces the risk of falling and thereby the danger of fractures thanks to the patient's upright posture.
- Inconspicuous design and light construction
- Very comfortable thanks to functional textile elements made of SpaceTex®



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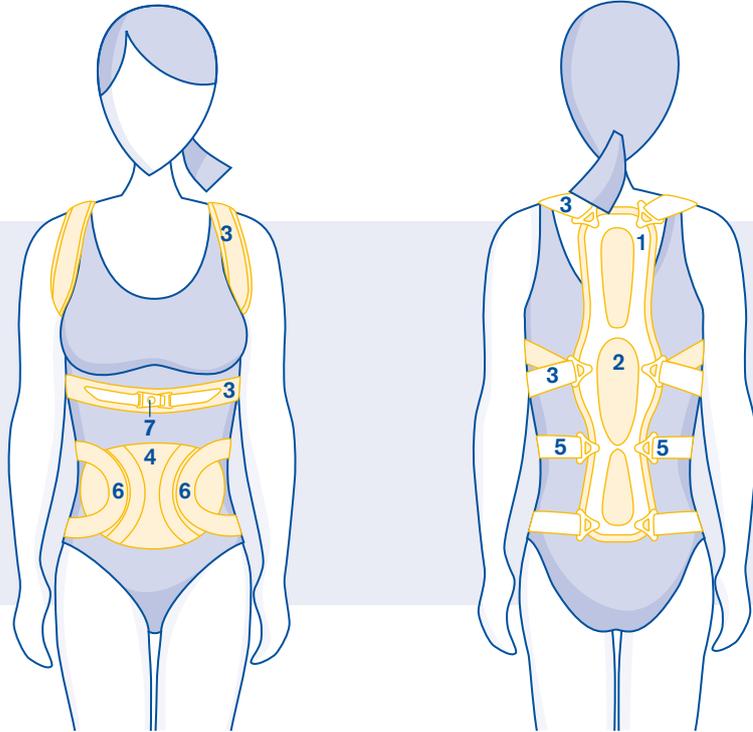
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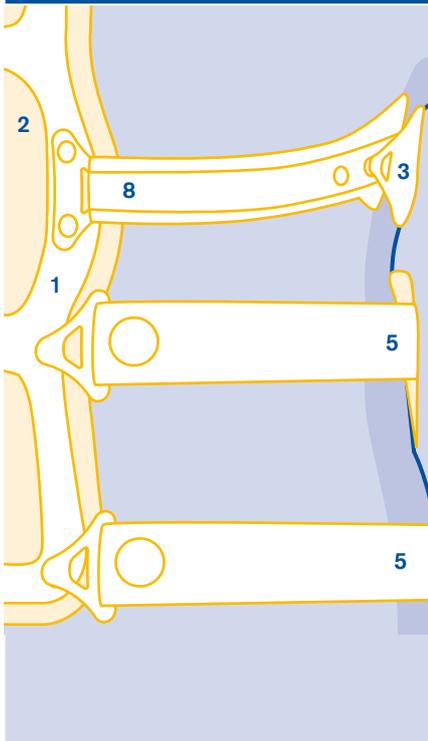
50R20 Dorso Osteo Care Spinal Orthosis

Front and back of the orthosis

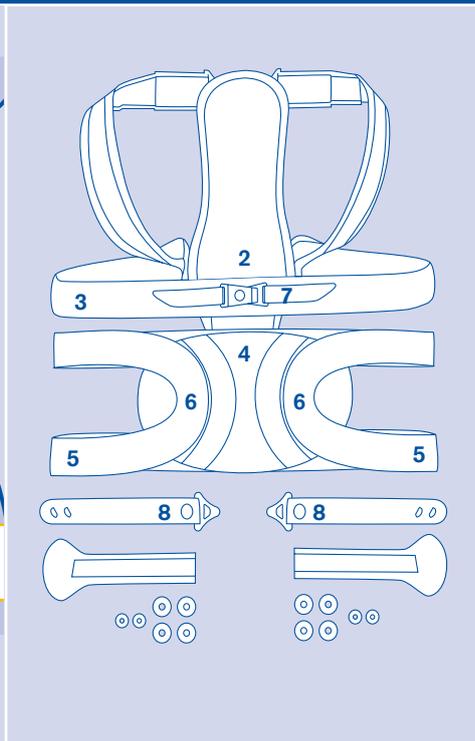
- 1 Back plate
- 2 Back padding
- 3 Shoulder strap with plastic loops
- 4 Abdominal support
- 5 Waist belt with plastic loops
- 6 Abdominal support closures
- 7 Magnet closure
- 8 Trunk braces



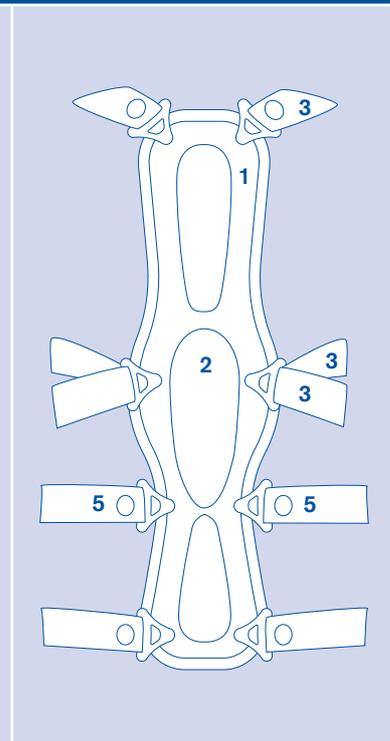
Seitenansicht

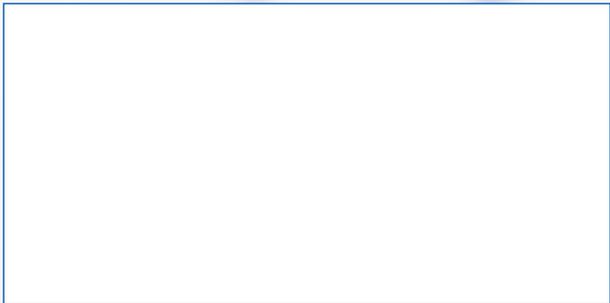
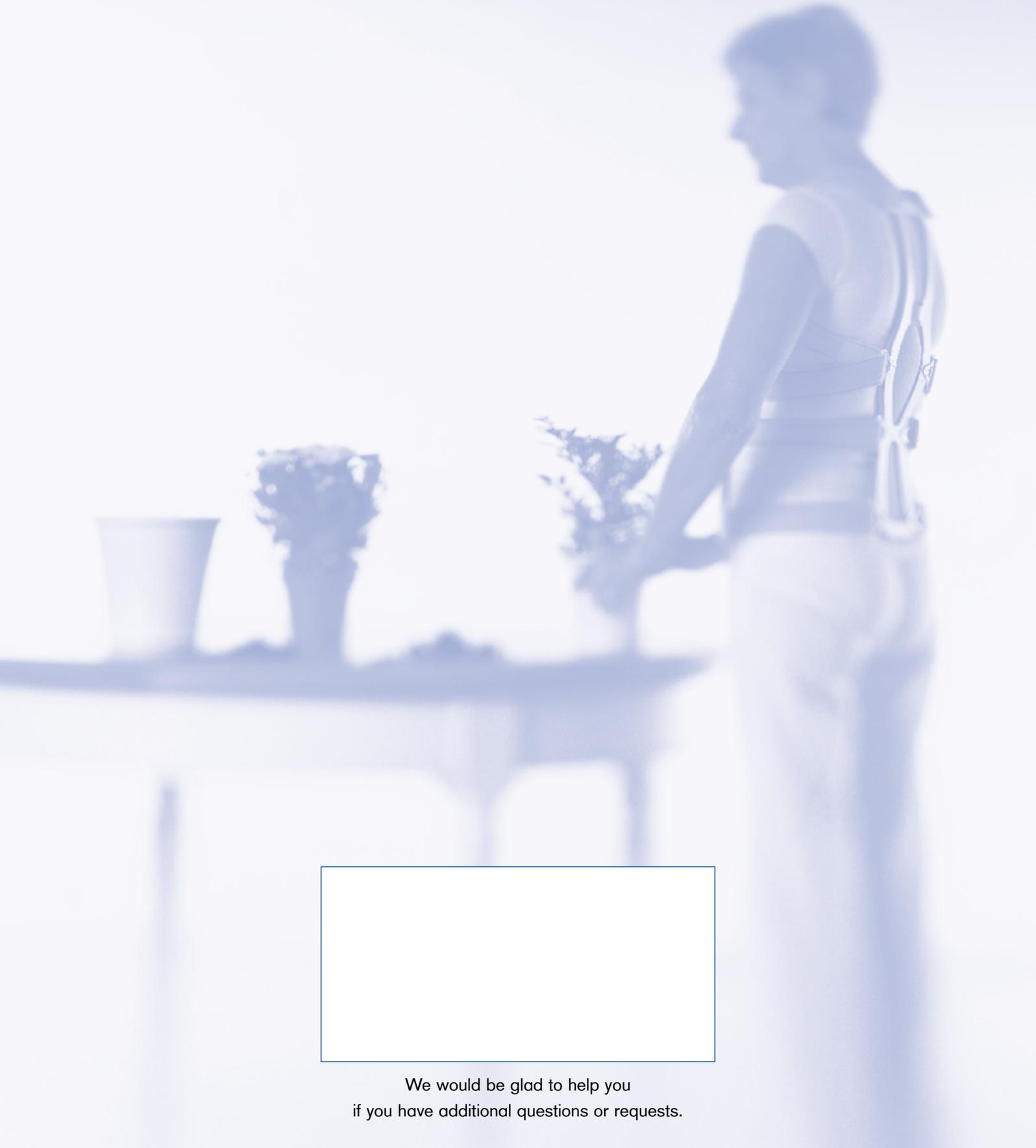


Vorderansicht



Rückenansicht





We would be glad to help you
if you have additional questions or requests.

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