

# EVERGREEN™ 626

## LUMBAR LITE

Doctor: \_\_\_\_\_ Fitter: \_\_\_\_\_

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

Patient #: \_\_\_\_\_ Additional Follow-Up Dates: \_\_\_\_\_

TOOLS NECESSARY: Scissors • Tape Measure

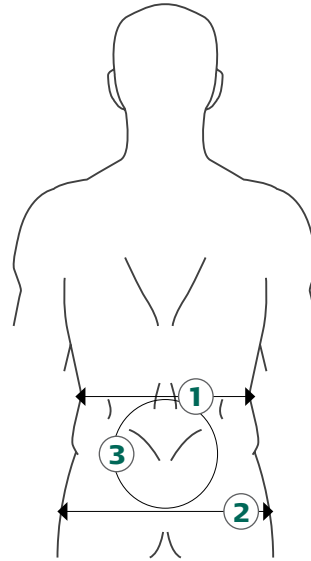
FOR USE WITH PRODUCTS MANUFACTURED BY ASPEN MEDICAL PRODUCTS ONLY. THIS PRODUCT IS INTENDED FOR APPLICATION BY HEALTH CARE PRACTITIONERS AS DIRECTED BY A PHYSICIAN OR OTHER QUALIFIED MEDICAL AUTHORITY. THIS IS A PREFABRICATED ORTHOSIS. IT IS INTENDED TO BE CUSTOMIZED TO AN INDIVIDUAL PATIENT. FOLLOW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

### STEP 1 - MEASUREMENTS

1 Lower rib circumference = \_\_\_\_\_

2 Hip circumference = \_\_\_\_\_

3 L1 -L5 = \_\_\_\_\_



TIME SPENT: \_\_\_\_\_

### STEP 2 - CUSTOMIZE SIZING AND TIGHTENING MECHANISM

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

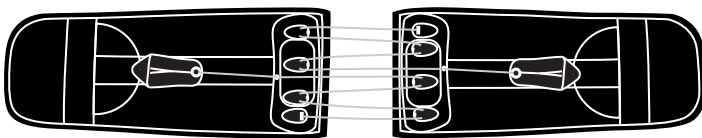
A. Use waist circumference (average of 1 and 2) \_\_\_\_\_ to determine size of Evergreen brace.

<b>X-SMALL</b> 15-21 in 38-53 cm	<b>SMALL</b> 21-27 in 53-67 cm	<b>MEDIUM</b> 31-37 in 79-94 cm
<b>LARGE</b> 36-42 in 91-107 cm	<b>X-LARGE</b> 41-47 in 104-119 cm	<b>XX-LARGE</b> 43-57 in 117-145 cm

B. 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



A. \_\_\_\_\_

TIME SPENT: \_\_\_\_\_

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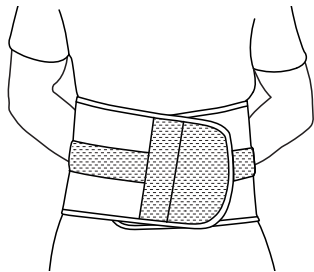
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### STEP 4 - CUSTOMIZE BELT FIT

#### ANGLE ANTERIOR PANELS

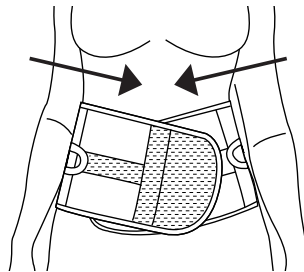
Every patient has a unique individual anatomy. Determine angulation for proper fit. Circumferential contact at both upper and lower margins of brace is essential for proper brace performance and support.

- A. Bend anterior panel to conform to patient's anatomy.
- B. Angle anterior panels:



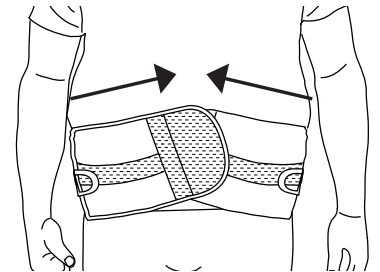
Neutral

Configuration for best support



Inferior Angulation

Configuration for best support



Superior Angulation

Configuration for best support

TIME SPENT: \_\_\_\_\_

### STEP 5 - EDUCATION

#### EDUCATE PATIENTS

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

Items to educate patients on:

Independent compression mechanics

Proper angulation to ensure circumferential contact

Proper cleaning

Don and doffing

Proper placement of brace

Follow up appointments

TIME SPENT: \_\_\_\_\_

TOTAL TIME TO CUSTOMIZE BRACE: \_\_\_\_\_