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.

**DOCUMENTATION WORKSHEET: RETAIN IN PATIENT RECORD**

**Doctor:**

**Fitter:**

**Patient Name:**

**Date:**

**Patient #:**

**Additional Follow-Up Dates:**

**TOOLS NECESSARY:** Scissors • Tape Measure

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**STEP 1 - MEASUREMENTS**

1. Lower rib circumference = ______________

2. Hip circumference = ______________

3. L1 - L5 = ______________

**TIME SPENT:** ______________

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**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.**

<table>
<thead>
<tr>
<th>Size</th>
<th>Minimum</th>
<th>Maximum</th>
</tr>
</thead>
<tbody>
<tr>
<td>X-SMALL</td>
<td>15-21 in</td>
<td>38-53 cm</td>
</tr>
<tr>
<td>SMALL</td>
<td>21-27 in</td>
<td>53-67 cm</td>
</tr>
<tr>
<td>MEDIUM</td>
<td>31-37 in</td>
<td>79-94 cm</td>
</tr>
<tr>
<td>LARGE</td>
<td>36-42 in</td>
<td>91-107 cm</td>
</tr>
<tr>
<td>X-LARGE</td>
<td>41-47 in</td>
<td>104-119 cm</td>
</tr>
<tr>
<td>XX-LARGE</td>
<td>43-57 in</td>
<td>117-145 cm</td>
</tr>
</tbody>
</table>

**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

**TIME SPENT:** ______________
STEP 3 - 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 4 - 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
- [ ] Proper placement of brace
- [ ] Follow up appointments

**TIME SPENT:**

TOTAL TIME TO CUSTOMIZE BRACE: _______________