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. Sacrococcygeal Junction to inferior Scapular Spine = _______________
4. Length from intergluteal cleft to C7 spinous process = _______________
5. Distal End Clavicle = _______________
6. Degree of Kyphosis = _______________
7. Degree of Lordosis = _______________

TIME SPENT: _______________

**STEP 2 - CUSTOMIZE BACK PANEL TO ANATOMY**

To customize, remove the components, heat, trim, bend, and reassemble.

A. Using measurements of patient’s kyphosis _______________, customize the posterior struts by bending the spring steel.
B. Using measurements of patient’s lordosis _______________, heat form the plastic back panel. Trim for individual patient’s anatomy based on _______________.

TIME SPENT: _______________

**STEP 3 - 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 _________________) to determine which size setting the belt should be set to.
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: _______________

A. _______________
Aspen Active™ P-TLSO

**DOCUMENTATION WORKSHEET: RETAIN IN PATIENT RECORD**

<table>
<thead>
<tr>
<th>Doctor:</th>
<th>Fitter:</th>
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<tr>
<th>Patient #:</th>
<th>Additional Follow-Up Dates:</th>
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**TOOLS NECESSARY:** Scissors • Tape Measure

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**STEP 4 - TLSO ADJUSTMENT**

A. Use vertebrae C7 or 4 to determine height of shoulder strap. Disengage hook and loop on shoulder strap piece from posterior panel to adjust to applicable height.

B. Adjust shoulder strap length in posterior section.

C. Adjust posterior section to modify angle of pull.

D. Position the bladder to sit between the patient’s shoulder blades.

**TIME SPENT:**

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**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 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:**

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**STEP 6 - 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
- Donning and doffing
- Engaging pneumatic system
- Proper angulation to ensure circumferential contact
- Proper placement of brace
- Resetting the brace after wear
- Proper cleaning
- Follow up appointments

**TIME SPENT:**

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**CLINICAL JUSTIFICATION FOR CUSTOMIZING BRACE**

**TOTAL TIME TO CUSTOMIZE BRACE:**

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