

## FAQ

### Can the brace be worn underneath 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.

### How do I learn more?

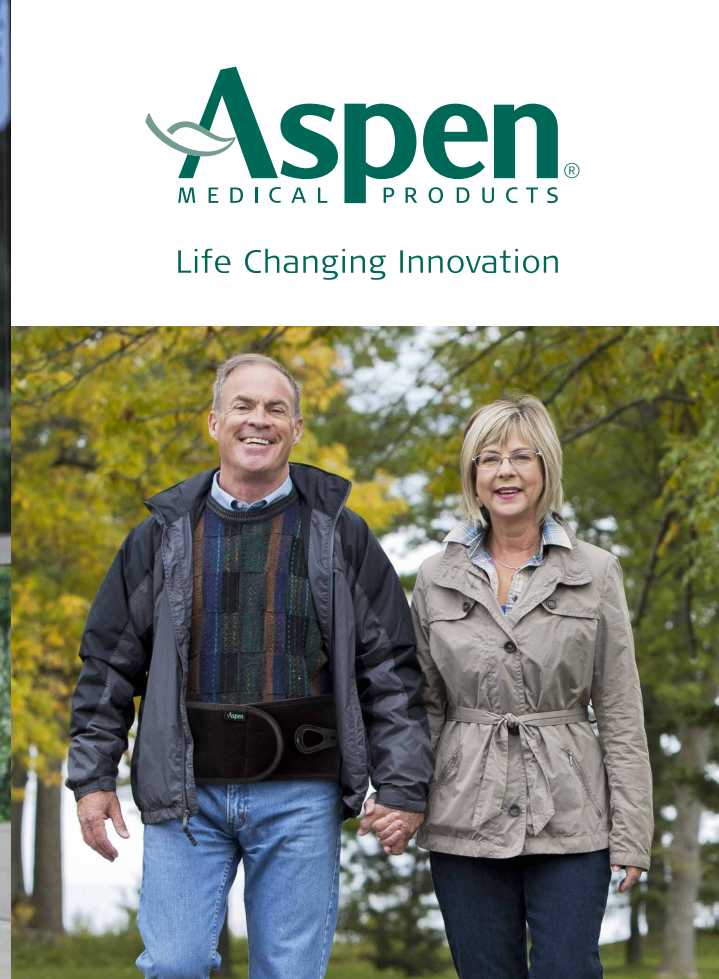
Discover low back pain solutions at [aspenmp.com/application/back-pain](https://www.aspenmp.com/application/back-pain).

## Over 25 Years of Research

Since 1993, Aspen has delivered clinically-based solutions driven by research-driven design, peer-reviewed studies and biomechanical analyses to help 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.*

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Aspen<sup>®</sup>  
MEDICAL PRODUCTS

Life Changing Innovation

# Experiencing BACK PAIN?



Pain Therapy  
for Reoccurring Conditions







## Clinically Proven Results

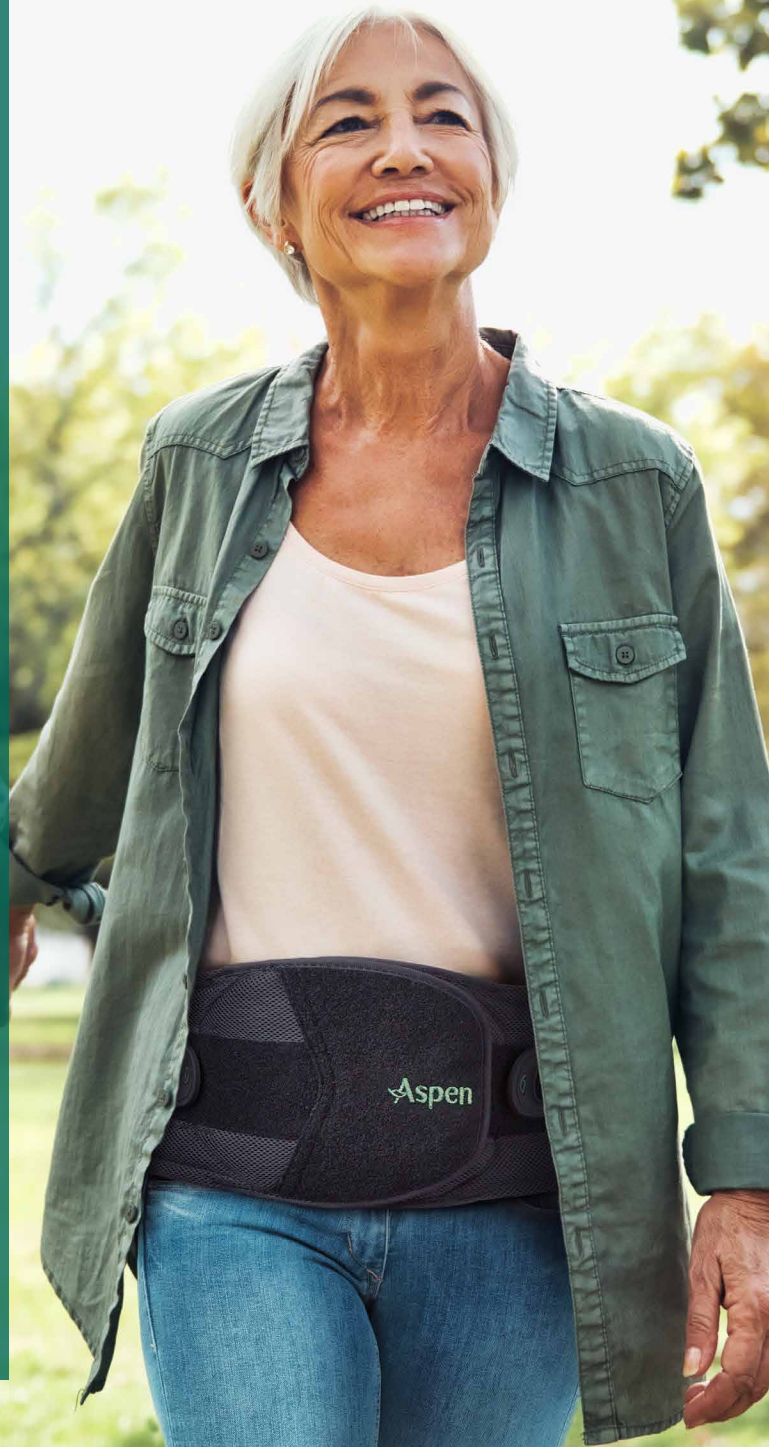
Clinical research has shown that back braces have long been used to provide relief from low back pain.<sup>3</sup> In fact, results support that wearing a lumbar belt assists with subacute low back pain to significantly improve patients' functional status, pain level and medication consumption.<sup>4</sup> Biomechanical research further demonstrates that inelastic braces provide increased trunk stability and limited trunk motion, which could alleviate the symptoms associated with muscle fatigue and spasm.<sup>1,2</sup> Aspen braces are inelastic by design and are backed by years of innovative research and development, bringing patient care to a whole new level.

### The Aspen Advantage

- Braces are low-profile and fit comfortably underneath clothing
- Available for virtually all body types
- Easy to take on and off
- Made of lightweight, breathable and washable materials
- Back panel naturally conforms to match the curve of your lower back
- Targeted upper and lower tightening mechanism for direct compression to support tight muscles



1. Cholewicki, Jacek, et al. "Comparison of Trunk Stiffness Provided by Different Design Characteristics of Lumbosacral Orthoses." *Clin Biomech*, vol. 25, no. 2, 2010, pp. 110-4.
2. Morrisette, David C., et al. "A Randomized Clinical Trial Comparing Extensible and Inextensible Lumbosacral Orthoses and Standard Care Alone in the Management of Lower Back Pain." *Spine*, vol. 39, no. 21, 2014, pp. 1733-42.
3. Jellema, P., et al. "Feasibility of Lumbar Supports for Home Care Workers with Low Back Pain." *Occupational Medicine (Oxford, England)*, vol. 52, no. 6, 2002, pp. 317-23.
4. Calmels, Paul, et al. "Effectiveness of a Lumbar Belt in Subacute Low Back Pain: An Open, Multicentric, and Randomized Clinical Study." *Spine*, vol. 34, no. 3, 2009, pp. 215-20.



## Understanding Back Pain



Back muscles contract or tighten in the presence of pain or injury to prevent further damage. However, the extended contraction associated with "muscle guarding" can result in muscles becoming overworked and fatigued, potentially leading to spasm and pain.<sup>5</sup>

5. Cholewicki, Jacek, et al. "Stabilizing Function of Trunk Flexor/Extensor Muscles Around a Neutral Spine Posture." *Spine*, vol. 22, no. 19, 1997, pp. 2207-12.

## Benefits of Bracing



Research shows that inelastic braces are significantly more effective at improving trunk stability than elastic braces,<sup>1</sup> a key factor in relieving muscle spasms that cause pain. Increased trunk stability reduces the load on overtaxed muscles, so tightened and fatigued muscles can relax.

## Testimonials

"While wearing this brace, I have never felt better."

— Julie, Patient

"My pain disappeared immediately."

— Gary, Patient