



Life Changing Innovation



Suffering from **POSTURAL ISSUES?**



Active Influence
for Postural Rehabilitation

Active Influence for Better Posture

Specifically designed to help patients suffering from problems related to chronic postural conditions, the Aspen line of Active Influence braces provide postural support with the goal of reducing symptoms¹ caused by spinal misalignment. The braces also work to encourage symmetrical spinal loading, prompting a more natural alignment and restoration of awareness of maintaining proper posture, with or without the brace.

Aspen Active P-TLSO

Developed to address symptoms associated with poor posture, the Aspen Active™ P-TLSO is designed to provide gentle support while activating and strengthening the necessary muscles that promote and restore proper spinal alignment. The Active P-TLSO is a conservative treatment option that can be used independently or as an adjunct to other therapies. Designed to fit any lifestyle and enhance the quality of daily life, consistent use can help you get back to the activities you enjoy.

Compared to other postural correction devices on the market, the Active P-TLSO offers:

- Modularity, versatility and one size adjustability
- Independent tightening mechanism for targeted compression
- Aspen's NEWmatix System designed to activate and strengthen muscles
- Lightweight, low-profile design



LEARN MORE

<https://youtu.be/VBk97iRsyWQ>

1. Zaina, Fabio, et al. "Can Bracing Help Adults with Chronic Back Pain and Scoliosis? Short-Term Results from a Pilot Study." *Prosthetics and Orthotics International*, vol. 42, no. 4, 2018, pp. 410-4.

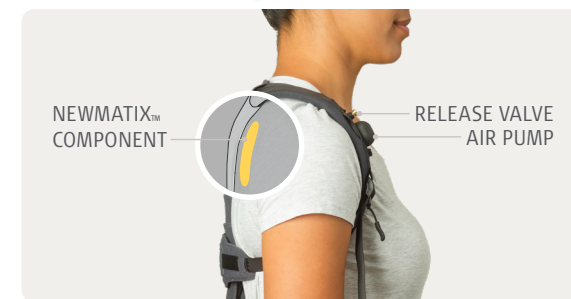


Understanding How Technology Contributes to Poor Posture



Prolonged use of electronic devices can contribute to conditions associated with spinal misalignment and lead us to develop poor postural habits over time. Sitting at a computer or looking down at a smartphone for hours at a time can lead to shortening of the chest muscles and stretching of the upper back muscles, resulting in a forward leaning, rounded shoulder posture. Poor posture can also cause numbness or painful symptoms such as muscle spasms, neuropathy, radiculopathy and headaches. In extreme cases, it can lead to permanent deterioration of muscles, ligaments, discs and vertebrae.

NEWmatix™ System



Aspen's NEWmatix System helps patients develop a muscle strengthening regimen. When inflated, the NEWmatix component, which is located between the shoulder blades, contacts the upper back. This gentle contact acts as a reminder to pull the shoulders back and down to help counteract poor postural habits. The Active P-TLSO is lightweight, low profile and can be worn comfortably throughout the day. As patients' muscles get stronger, they will be able to hold proper posture when not wearing the brace.

FAQ

How do I activate the compression?

Squeeze the pump located on the front of the left shoulder strap until desired compression is reached. The compression can be reduced by pressing the release valve located above the pump.

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 an Aspen brace?

Medicare and most private health insurance companies do offer coverage for this brace. Consult Medicare or your insurance carrier to verify coverage.

How do I learn more?

Find out how the Aspen Active P-TLSO improves your posture while you go about your daily activities by visiting aspenmp.com/aspen-active-p-tlso.

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 the Aspen Active™ P-TLSO is right for you!

