

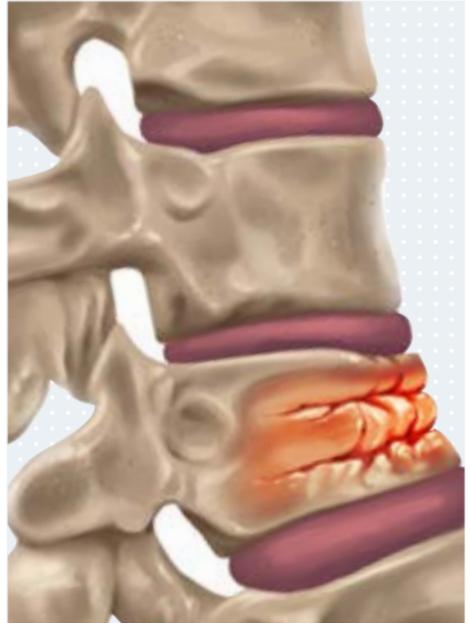


# What is a stable vertebral compression fracture?

A stable vertebral compression fracture is a fracture of a vertebral body. It occurs primarily due to heavy loads on the spine – mainly in the lower back.

## Causes

- Fracture of the vertebral body or instability as a result of a surgical procedure
- Compression fracture:
  - Often caused by an accident
  - In osteoporosis or tumour diseases, it can also occur spontaneously without significant impact



## **Symptoms**

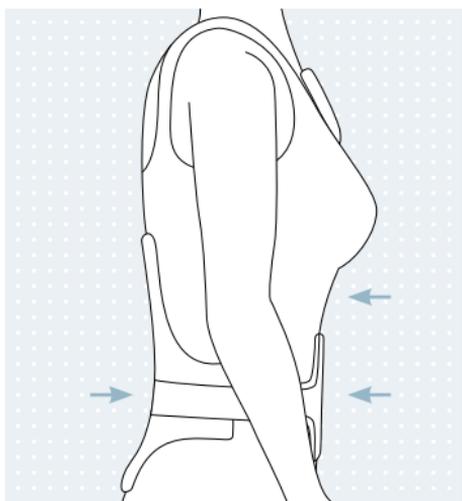
- The major symptom is back pain
- With fractures in the thoracic spine, pain can radiate into the chest
- With fractures in the upper lumbar spine, pain can radiate into the lower abdomen or lesser pelvis
- Restriction of mobility of the spine

## **Treatment options**

- Vertebral body fractures due to osteoporosis:
  - Minimally invasive surgical interventions for vertebral redressement
- Stable vertebral body fractures:
  - Conservative treatment
  - Short-term positioning
  - Special physiotherapeutic strengthening exercises
  - In some cases: use of a brace

Four stabilising braces that may help to ensure the success of your treatment are presented below. We also present a brace that can be used after back surgery.

# Use of braces



## What can a posture correction brace do for you?

- It supports the sternum, the symphysis and the junction between the thoracic and lumbar spine
- Relieves the anterior segments of the vertebral bodies
- Reduces pain
- Helps prevent compensatory posture



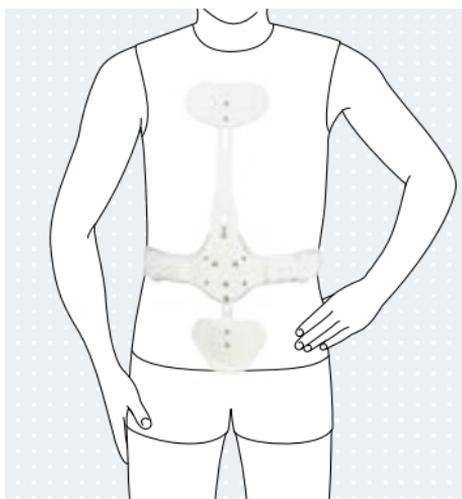
## Smartspine TLSO

Art. no. 50R230

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### Anterior and lateral stabilisation that is comfortable to wear

Featuring a firm pad at the front, the brace has a straightening effect and restricts frontal and lateral freedom of movement with a combination of a pulley system at the abdominal level and a padded rod. The pulley also provides a high degree of compression that is appropriate for the respective user's body. A recess at the spine and the padded shoulder straps increase comfort.



## Hyperextension brace<sup>1</sup>

Art. no. 28R14

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### **Relief of the anterior segments of the vertebral bodies**

The individual adjustment of the circumference and height results in a high degree of wearer comfort. The brace can simultaneously relieve the anterior segments of the vertebral bodies.



## Hyperextension brace<sup>1</sup>

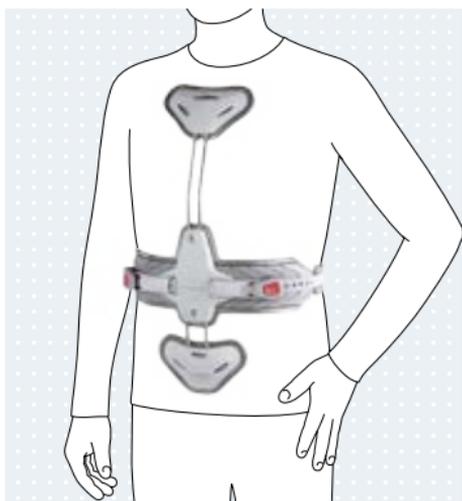
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### **Optimal fit when sitting and standing**

This brace straightens the upper body and simultaneously prevents leaning and twisting to the side. It can also relieve the anterior segments of the vertebral bodies. The circumference and height can be adjusted individually for a high level of comfort. The flexible pelvic strap allows an optimal fit when sitting and standing.

<sup>1</sup> Extension = stretching



## Dorso Arexa

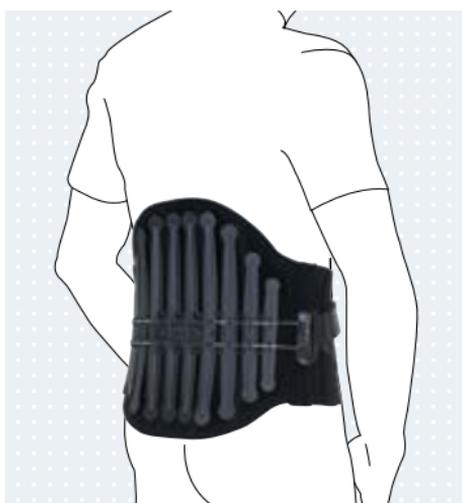
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### **Award-winning design that's really comfortable**

The Dorso Arexa stabilises and straightens the upper body. Featuring an attractive design, the brace relieves the anterior segments of the vertebral bodies and simultaneously allows a high level of wearer comfort. The water-proof material can be worn while showering or during aquatic therapy. The Dorso Arexa is comfortable to wear and easy to handle in a universal size.





## Lumbo Tristep

Art. no. 50R30

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### Three steps to treatment success

The Lumbo Tristep can be scaled back in three steps and adapts to your healing process accordingly. It is used primarily for severe pain and after surgeries, and can relieve and support the lumbar spine. The ribbed design and new wedges ensure an ideal, individual fit for men and women.

### Three specific stages of treatment

- 1 Protection and stabilisation of surgically treated structures by straightening the spine
  - 2 Stabilisation of the lumbar spine and strengthening of the muscles
  - 3 Supports muscular stabilisation and coordination of the lumbar spine
- The supporting and stabilising function is reduced in each stage of treatment
  - The result is a step-by-step increase in the patient's mobility
  - New strap pockets make it easier to tighten the straps

**Please contact us if you have any  
further questions or would like more information.**

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