

# ***IEM LUMBAR STABILIZER***

## ***Introducing: An Integral Part of the Successful Management of Low Back Pain Syndrome***

**PATENTED  
DESIGN**



The first line management in any acute musculoskeletal syndrome is rest. Protection of injured tissues by minimizing and reducing unwanted forces is imperative for the initiation of proper healing.

In the early healing stages, controlled non-destructive movement in an injured region is essential for functional healing. Movement not only begins to restore the proper intertissue communication (Mechanoreceptor System) but it appears to cause osmotic (fluid) pressure changes that enhance the evacuation of unwanted fluid.

Excessive, unrestricted movement in the low back during the beginning phases of healing can result in compromised function, chronic disuse of tissue, and frequent reinjury. **SUPPORTING INJURED TISSUES DURING PROGRESSIVE MOVEMENT RETRAINING PROGRAMS (REHABILITATION) IS ESSENTIAL FOR SUCCESSFUL LOW BACK MANAGEMENT).**

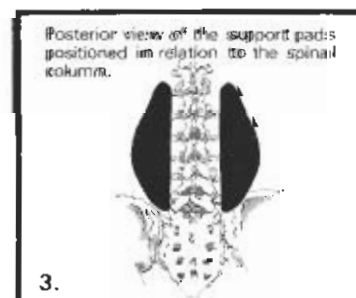
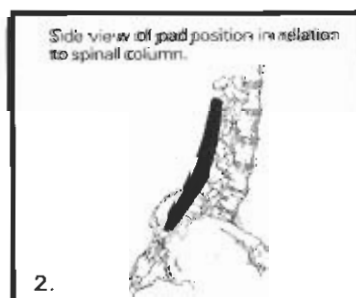
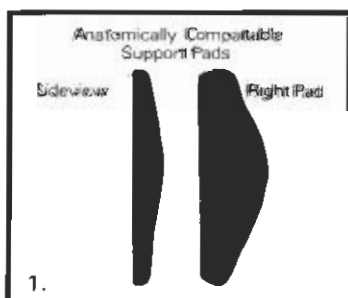
The use of this temporary support allows for lumbar stability during activities of daily living or non-therapeutic activities. It is these times, when a patient is out of your clinic, that control is essential.

**THIS SUPPORT UTILIZES AN ANATOMICALLY COMPATIBLE PADDING AND TIGHTENING SYSTEM THAT PROTECTS OR STABILIZES THE LUMBAR SPINE.**

### **PADDING SYSTEM:**

The anatomically compatible padding system provides the proper purchase, or confirmation of the pad to the soft tissue, that provides optimal low back support. This pad is made of an elastomeric material that when secured conforms to the anatomy of the lumbar spine and provides support.

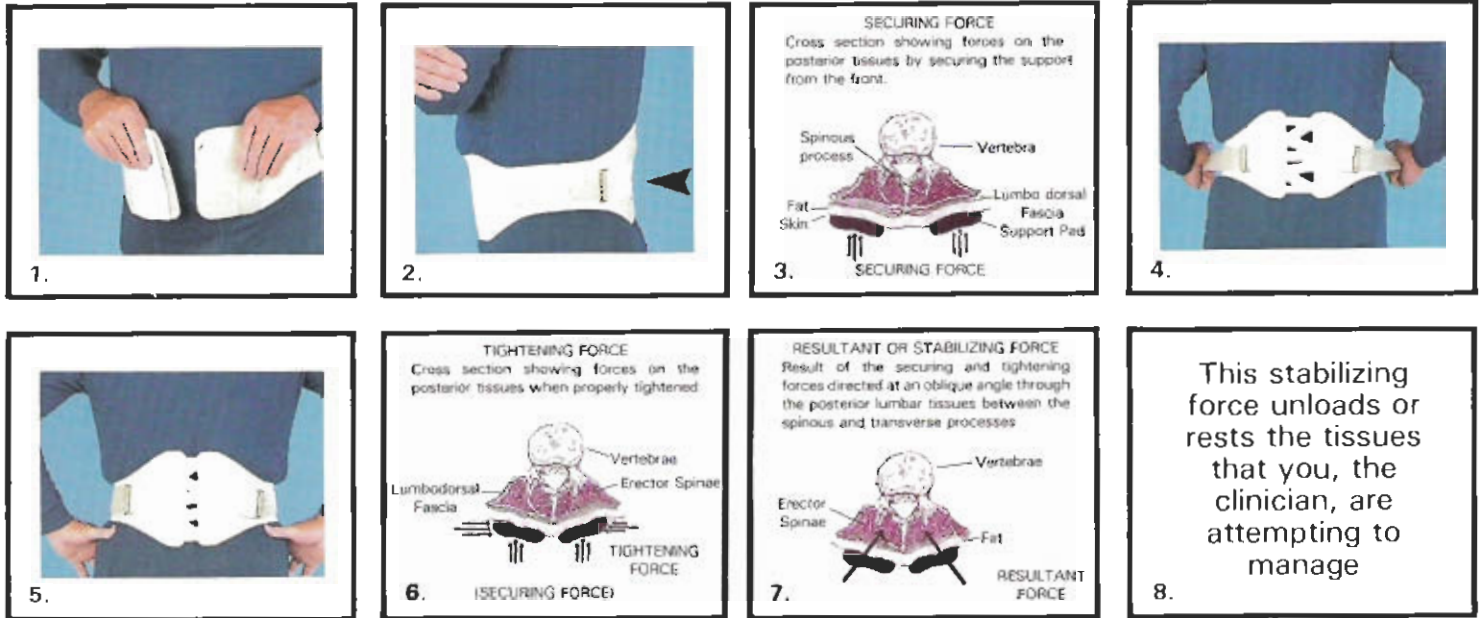
The wider shape of the middle portion of the lateral pads are designed to place a force of the erector spinae muscles at the mid-lumbar region. The inferior most aspect of the pads are thicker than the superior portion, so a specific compressive force can be placed to the sacral sulcus. This sulcus contains lumbar structures, like the lumbodorsal fascia, erector spinae tendon, multifidus muscle, iliolumbar ligament, and L-5, S-1 facet joint, that often gives rise to low back pain. This compressive force by the inferior most aspect of the pad improves the effectiveness of this support.



**TIGHTENING SYSTEM:**

The tightening system combines a securing force that places a posterior to anterior force on the lumbar tissues when the support is secured from the front (see below), and a lateral to medial force (tightening force) on the lumbar tissues when the support is tightened from the back. By properly securing and tightening this support, a resultant or oblique force is created that compresses and/or supports the low back soft tissues and unloads the lumbar spine. This resultant force attempts to stabilize the three joint complex.

The anterior elastic panel provides containment of the abdominal wall without hampering breathing or motility of the abdominal contents.



The severity and chronicity of the injury are the factors that determine the length of the support's use. Indications for the use of this support:

- Lumbar Instability
- Disc Injury
- Soft Tissue Sprains & Strains
- Certain Lumbar Fractures
- Post Lumbar Surgery, i.e., Laminectomy and Fusions

NOTE: An external support should not be utilized without a goal oriented rehabilitation program geared toward its' discontinuation after the body's own dynamic support mechanisms can take over.

**FITTING INSTRUCTIONS:**

1. UNLOOSEN SIDE VELCRO STRAPS UNTIL THERE IS APPROXIMATELY A TWO INCH GAP BETWEEN THE BACK PADS.
2. SECURE THE SUPPORT BY THE VELCRO ENCLOSURE IN THE FRONT.
3. THE POSTERIOR PADS ARE POSITIONED ON THE LATERAL ASPECT OF THE ERECTOR SPINAE MUSCLE BELLY FROM L-1 TO L-5.
4. PULL THE LEFT AND RIGHT SIDE VELCRO STRAPS EVENLY UNTIL PROPER TIGHTNESS IS REALIZED.

**ORDERING INSTRUCTIONS:**

(ORDERING IS DONE BY TAKING A CIRCUMFERENTIAL MEASUREMENT OF THE WAIST.) (THE IEM LUMBAR STABILIZER IS AVAILABLE IN THE FOLLOWING SIZES:)

SIZE I	27" - 31"	<b>FABRICATED IN LEATHER OR VENTILATED ELASTIC MATERIAL</b> <b>ALSO AVAILABLE</b> <b>MATERNITY STYLE IEM LUMBAR STABILIZER</b>
SIZE II	31" - 35"	
SIZE III	35" - 39"	
SIZE IV	39" - 43"	
SIZE V	43" - 47"	
SIZE VI	47" - 51"	

For more information, call

**IEM Orthopaedic Systems, Inc.**  
Suppliers of Innovative Support Systems  
Designed for the Healthcare Professional

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