



Peak Scoliosis Bracing System

Patient Handbook

PATIENT INFORMATION

Please bring all teaching sheets and discharge information with you if you return to the hospital or physician's office/clinic for follow-up care. If you have any questions, please contact your physician or fitting professional.

Patient Name

Date

Hospital/Facility

City, State



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INTRODUCTION

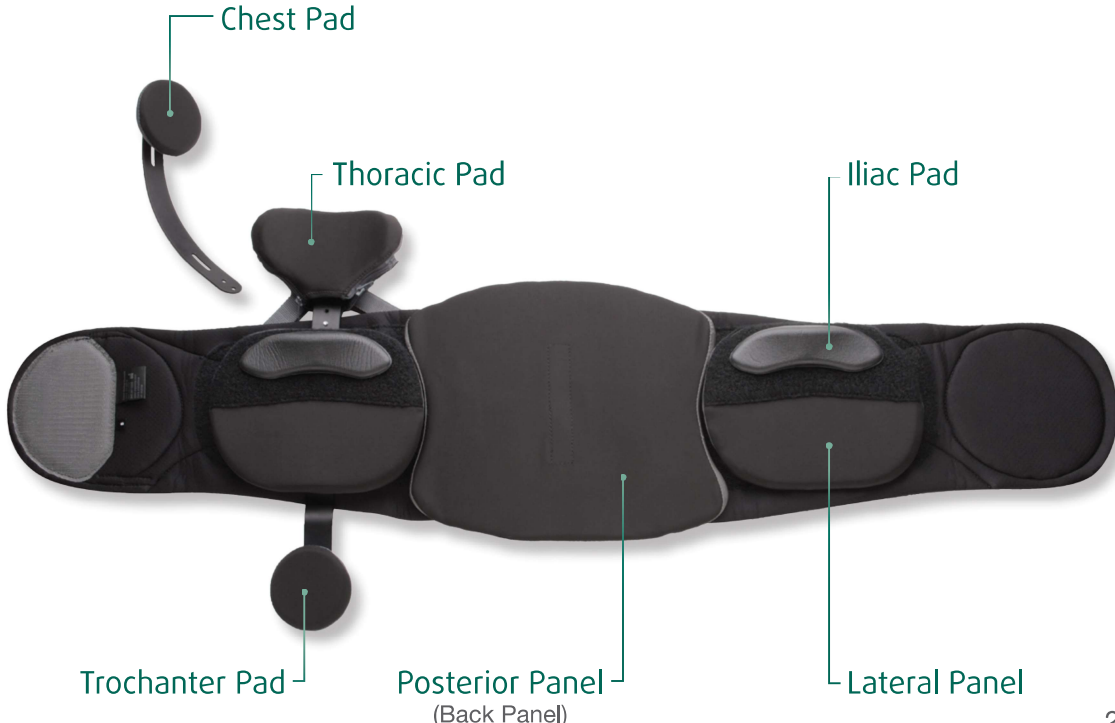
The Peak™ Scoliosis Bracing System is an unloader brace designed to provide pain relief for adult scoliosis patients. Your physician has determined that wearing this brace will help your condition.

These instructions identify the steps you need to take and what you need to be aware of in order to properly apply and care for your Peak Scoliosis Bracing System. Adhering to these steps and following your physician's instructions will help ensure safe and effective care.

EXTERIOR VIEW



INTERIOR VIEW



BRACE APPLICATION

The various components of your Peak Scoliosis Bracing System have been modified to create a customized fit designed to meet your specific needs. To ensure optimal results, do not alter the brace. Consult your clinician or your fitting professional should you have any questions or concerns about the placement of the pads or proper fit.

The following instructions will aid you in applying your brace in the correct position as well as tightening the belt for maximum pain relief.



To begin, ensure that the pull tabs are as close to the back panel as possible and that the brace is fully extended.



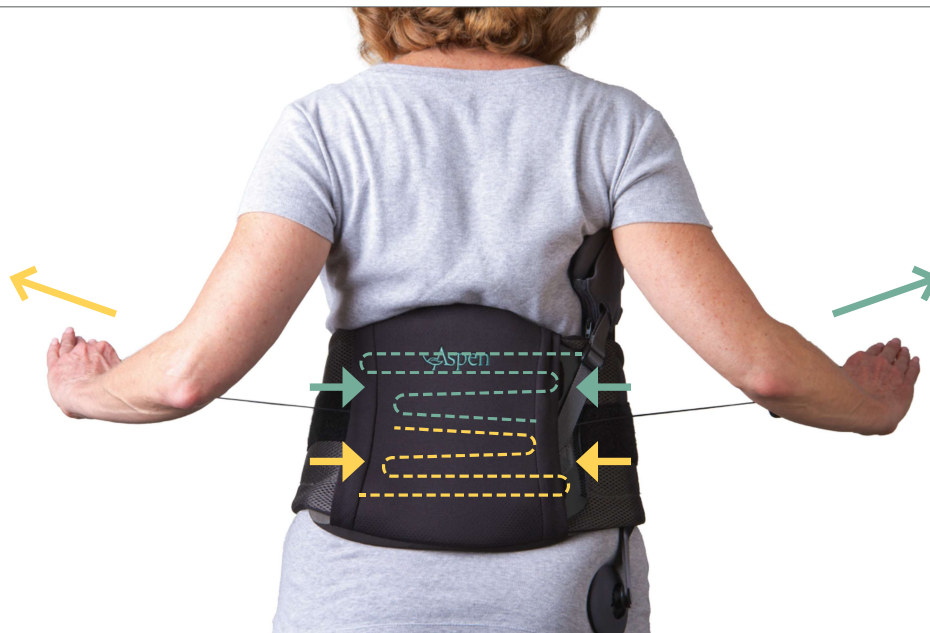
Be sure to position each pad in its proper location. It is important that you apply the brace in the same position so that it feels the same as it did when you were initially fit.



Inhale deeply and wrap the belt around as tightly as possible. Overlap the ends of the brace and press down firmly to secure. Before tightening, be sure both the top and the bottom of the belt are snug. If needed, angle the ends of the brace up or down in order to achieve a snug fit at both the top and the bottom.



To tighten the brace, grasp the pull tabs and pull them away from your body. Over tighten the brace, then loosen slightly to achieve a supportive but comfortable fit.



Be aware that the right pull tab controls the upper compression and the left pull tab controls the lower compression. Adjust as needed for maximum pain relief.



Once the appropriate compression is obtained, place the pull tabs on the front panel of the brace, press down to secure.



When seated, check that the brace is comfortable by confirming that the trochanter pad is not too low and that the thoracic pad is not uncomfortably high. To maintain effective, comfortable support, it can be helpful to slightly adjust the upper portion of the brace by loosening the right pull tab.

BRACE REMOVAL

Be sure to remove the brace as instructed. Proper placement of the pull tabs and extension of the brace will help ensure that it is ready to apply the next time.



To remove the brace, peel up the pull tabs and reattach them on either side of the brace as close to the back panel as possible to release the compression.



Peel back the ends of the brace to open.



Before removing entirely, be sure to fully extend the ends of the brace. This will adjust the brace so it is ready to apply the next time.

BRACE CLEANING

When desired, the brace can be hand washed.



Wash the brace using mild soap and water. DO NOT use bleach, harsh chemicals or machine wash.



Rinse thoroughly.



Lay the brace on a clean, dry towel. Pat out any excessive moisture and allow the brace to air dry completely. **DO NOT** machine dry.

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- (b) The product is altered;
- (c) Any parts not supplied by Aspen Medical Products are inserted into the product; or
- (d) The product is not used in accordance with the Aspen Medical Products, Instructions for Use.

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