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Material
Polyamide (PA)
Polyurethane (PUR)
Elastodiene (ED)
Viscose (CV)
Spring Steel Strip C75
Polyoxymethylene (POM)
Spring Steel Wire
Polyester (PES)
Polyethylene (PE)
Copolyester

Material
Polyamide (PA)
Polyethylene medium density (PE-MD)
Polyurethane (PUR)
Ethylene Propylene Diene
M-Class Rubber
Cotton (CO)
Polypropylene (PP)
Polyester (PES)
Elastane (EL)

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## LumboLoc® Forte XT

Lumbar orthosis



These instructions for use can also be downloaded from [www.bauerfeind.com/downloads](http://www.bauerfeind.com/downloads).

## Dear Customer,

thank you for placing your trust in a Bauerfeind-product. The LumboLoc Forte XT you have purchased is a high-quality medical product.

Read the **instructions** carefully and in full, as they contain important information on the use, indications, contraindications, set-up, care and disposal of the LumboLoc Forte XT. Please keep these instructions in case you need them again in the future. Consult your physician or medical retailer with any questions you may have.

### Intended use

LumboLoc Forte XT is a stabilizing orthosis for optimal spinal column statics and relief of the lumbar spine. Relief of the lumbar spine is achieved with the aid of a back pad that can be adjusted to the correct anatomical position. The abdominal pad supports the upright posture of the spine and thus also provides relief. The function strap permits individual adjustment of the force exerted to the desired location and intensity, and supports the effect of the pad. LumboLoc Forte XT can be adapted to suit individual requirements by removing the corset stays and/or inserting back pads.

### Indications/Areas of Application

- Degeneration/muscular insufficiency of the spine (severe)
- Spondylolysis/spondylolisthesis
- Lumbar syndrome
- Discectomy

### Risks of using this product

#### ⚠ Caution\*

- LumboLoc Forte XT must only be worn in accordance with the specifications contained in these instructions and used for the areas of application (places of use) listed. To guarantee the best possible fit of the LumboLoc Forte XT, it is essential to check whether the product is adequately shaped and whether it needs to be anatomically reshaped by a specialist<sup>1</sup>. Only a specialist may carry out the (initial) fitting of the orthosis and provide instruction.
- The sewn-in label of the LumboLoc Forte XT, which contains information on the product name, size, manufacturer, washing instructions and CE mark, is located on the upper edge of the knitted part.
- LumboLoc Forte XT must be applied over a T-shirt or undershirt.
- Use in combination with other products, e.g. as part of compression treatment (compression stockings), must be discussed beforehand with your physician.
- If you notice any unusual changes (e.g. increased symptoms), please contact your physician without delay.
- No product liability is accepted in the event of improper use. Avoid the use of ointments, lotions or any substances including grease or acids.
- Do not make any alterations to the product. Failure to comply with this requirement may adversely affect product performance, thereby voiding any product liability.
- Side effects involving the body as a whole have not been reported to date.
- Correct fitting is assumed. Do not put LumboLoc Forte XT on too tightly as this could lead to local pressure symptoms. In rare cases, constriction of blood vessels and nerves may occur. If this happens, loosen the straps of the LumboLoc Forte XT and, if necessary, check the size of your LumboLoc Forte XT.

⚠ LATEX Contains natural rubber latex (Elastodiene) which can cause skin irritation in persons with an allergy. Take off the support if you notice any allergic reaction.

### Contraindications

Hypersensitivity reactions harmful to health have not been reported to date.

- In the following conditions such aids should only be fitted and worn after consultation with your physician:
- Skin disorders/injuries in the relevant part of the body, particularly if inflammation is present; likewise, any raised scars with swelling, redness and excessive heat build-up
  - Impaired sensation and circulatory disorders in the arm/hand (e.g. diabetes mellitus)
  - Impaired lymph drainage, including soft tissue swellings of uncertain origin located away from where the orthosis is worn
  - Significant restriction of cardiopulmonary performance (risk of raised blood pressure if strenuous physical exertion is undertaken while wearing a fitted LumboLoc Forte XT)

### Application instructions

#### Fitting the LumboLoc Forte XT

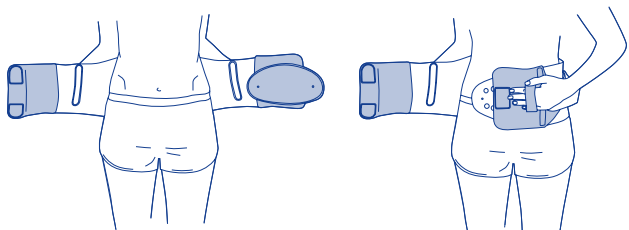
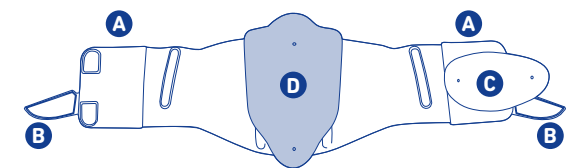
**A** Fastening with finger pockets, **B** Tension straps,

**C** Abdominal pad, **D** Back pad

- 1 Open the LumboLoc Forte XT. Slide your hands into the finger pockets on the fastening and position the orthosis at waist height in the middle of the pelvis. The abdominal pad is located on the left. 2 Guide the left fastening inwards slightly below the abdomen. 3 Close the orthosis. 4 Take hold of the tension straps and pull them simultaneously forward and sideways until a level of stability is reached that is comfortable for you. 5 Fasten the left tension strap first. 6 Then fasten the right strap. The two straps can also be placed on top of each other.

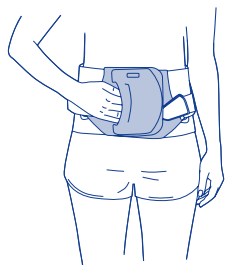
#### Removing the LumboLoc Forte XT

Start by unfastening the tension straps. Then open the large fastening. Take off the LumboLoc Forte XT.

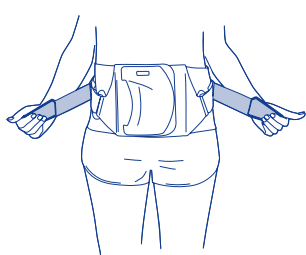


1

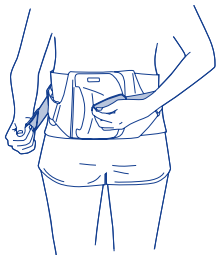
2



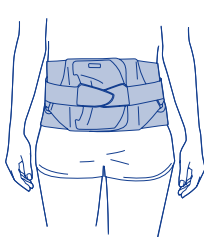
3



4



5



6

### Cleaning instructions

Note: Never expose the LumboLoc Forte XT to direct heat (e.g. heaters, sunlight, in your car, etc.!) This may damage the material, which can impair the effectiveness of the LumboLoc Forte XT.

Fasten all Velcro straps before washing to avoid damage. Wash the LumboLoc® Forte XT and the pads separately by hand with a mild detergent.

### Usage location

In accordance with the indications (back). See purpose.

### Maintenance instructions

With correct handling and care, the product is practically maintenance-free.

### Assembly and fitting instructions

The LumboLoc Forte XT is supplied in a standard size and ready for use. The pads are equipped with a Velcro strap and can be variably positioned on the knitted part, making it possible to individually adjust the orthosis to fit the patient's anatomy.

If required, the posterior panel can be customized through thermo molding. For best results, please use a heat gun. The ideal molding temperature range is 170 °C - 190 °C or 338 °F - 374 °F.

### Technical specifications/parameters, accessories

The LumboLoc Forte XT consists of a knitted fabric part as well as back and abdominal pads. Both pads are already pre-assembled. No spare parts are available.

### Notes on reuse

The LumboLoc Forte XT is intended for your treatment only. It has been adapted specifically for you. It is therefore important that you do not pass the LumboLoc Forte XT on to other people.

### Warranty

The legal provisions of the country in which the product was purchased apply. Country-specific warranty regulations that govern the relationship between the retailer and the buyer also apply where relevant. If you believe that a claim may be made under the warranty, please first contact the retailer from which you purchased the product directly.

Please do not make any changes to the product yourself. This particularly applies to individual adjustments made by specialists. Please follow our instructions for use and care. These are based on our experience gained over many years and ensure the functionality of our medically effective products for a long time. Only aids that function optimally can help you. Failure to follow the instructions may also restrict the warranty.

### Disposal

You can dispose of the product in accordance with national legal requirements.

Version: 2017-08

## Specialists

### General notes

- Check the optimal and individual fit of the LumboLoc Forte XT after the first fitting. Make any corrections if necessary.
- Practice the correct procedure for putting on the orthosis with the patient.
- The product must not be changed in any improper way. Failure to comply with this requirement may adversely affect product performance, thereby voiding any product liability.
- The LumboLoc Forte XT is intended for the treatment of one patient only.

The corset stays are anatomically contoured, but they still need to be individually adjusted to suit the patient's anatomy.

### Shaping the stays

Carefully remove the stays on the outside of the orthosis from the insertion pockets and shape them to the anatomy of the patient. Reinsert the stays into the pockets provided.

### Positioning the pads

Unfasten the pads from the knitted section of the orthosis. Position the pads at the anatomically correct points and refasten them.

<sup>1</sup> A specialist is any person who is authorized according to the state regulations for fitting and instruction in the use of orthoses which are relevant to you.

\* Note on the risk of personal injury (risk of injury, harm to health and accidents) or material damage (damage to the product).