USER INSTRUCTIONS

MKS® LUMBO FORTE PLUS

SPINAL ORTHOSIS
1. Introduction

1.1. Foreword

Our MKS® Modular Corset System straightens and stabilizes defined areas of the vertebral column in order to achieve postural corrections which actively support rehabilitation in specific indications.

Our MKS® programme is comprised of a modular system which can be divided into an orthosis set consisting of rigid supportive elements and a set of partially elastic, smoothly-fitting back-and-body bandages which adapt comfortably to the body.

By combining the individual components of the two sets an exact adjustment to both the respective indication and the patient can be achieved.

1.2. Customer information

For your own safety please read through these User Instructions carefully and accurately before using the brace. The instructions, notes and procedures must be read and understood thoroughly in order to benefit from the correct operation and use of the device. If anything in the User Instructions is not clear, or any instructions, operating procedures or safety information is not fully understandable, please contact the appropriate specialist retailer or albrecht GmbH directly, before you use the brace. This particularly applies to the safety instructions.

1.3. Mode of operation

The MKS® Lumbo forte plus functions according to the 3-Point-Principle. The wide lumbar bandage with the additional tensioning straps and the modular frame structure straightens and hence relieves the lumbar vertebral column. The adjustable circumference and outline the bandage can be fitted for different body shapes. The inclination straps are attached to the lumbar bandage through additional lateral straps. Hereby rotation is limited and stabilisation is ensured.

1.4. Application

The brace must only be used for the orthotic treatment of the vertebral column.

The MKS® Lumbo forte plus assists treatment in the application area from the third thoracic vertebral body to the fifth lumbar vertebral body in adults. It provides stabilisation of the entire spine. The MKS® Lumbo forte plus is intended to help you achieve a lifestyle that is as independent as possible, while still meeting your needs and matching your personal capabilities.

1.5. Scope of delivery

The MKS® Lumbo forte plus is delivered to you ready for use in the size you ordered, with User Instructions and labeling on the product.
1.6. Declaration of conformity

1.7. Features
• Semi-elastic bandaging material
• Lateral reinforcing stays
• Firm abdominal piece with hook and loop fastener
• Circumference and shape can be adjusted
• Modular frame structure with thorax and pelvic support
• Individual strap course
• Reclination straps

1.8. Indications
The physician will decide on the type of treatment to apply based on his diagnosis. Generally the use of MKS® Lumbo forte plus, i.e. relief and/or correction of the lumbar/thoracic spine in sagittal and frontal plane with functional mobilisation is indicated in all indications requiring a relief and/or correction of lumbar/thoracic spine as well as limitation of movement in sagittal and frontal plane with following functional mobilisation, such as:
• Severe lower back pain
• Severe lumbar sciatica
• Lumbar sciatica
• Spondylolithesis
• Facet syndrome
• Spinal stenosis
• Stable vertebral body fractures
• Scheuermann’s disease
• Tumor
• Spondylitis
For all other indications a physician must be consulted.

1.9. Contra indications
The brace is only intended for use in contact with intact skin.

1.10. Safety Instructions
The optimal effect of the brace is only achieved when used correctly.
• The brace must only be used in the intact, complete and mechanically undamaged condition and with complete and intact cushioning and walers. This must be verified by the user before each usage.
• Opening or removing one or more belts, as well as excessive loosening of the waler when using the brace leads to a reduction of the therapeutic effect of the brace and may lead to injury.
• The brace must not be worn over open wounds.
• The skin should be free of oils, grease, gels or other debris, to prevent reactions with the skin or the structure of the material.
• The orthosis should fit firmly but not too tight, so as not to restrict the blood circulation and adversely affect nerve and lymph vessels. Excessive compression is therefore to be avoided.

• Combination with other products is currently not provided for or is to be agreed with the manufacturer in writing.

• The brace is not intended for single use, but is intended for multiple use by a single person.

• The product as delivered is not sterile.

• Contact your physician immediately in the event of an allergic reaction.

• Please note that cushioned sections can heat up under direct sunlight. Protect the orthosis from direct sunlight if necessary.

• Currently there is no test for flammability. Exercise caution when using the orthosis in the direct vicinity of open flames such as lighters and cigarettes.

1.11. Warranty

We assume the warranty for the brace for a period of 3 months. The brace is a medical rehabilitation device and must not be used for any purpose other than the intended, as described in the Instructions for Use. Changes to the brace or other applications require the written consent of the albrecht GmbH. If this is not obtained, the manufacturer may not honor the guarantee. If you are using single joints or other components, these should be used as intended. If changes or modifications (e.g. additional mounting holes) are made to the individual parts or components, the manufacturer’s warranty no longer applies. The removal of or damage to the QM seal will also void the warranty.

1.12. Transfer of the brace

The brace is not intended for single use, but rather is intended for multiple use by a single person. We do not recommend transfer to other users. Should this be desired however, please ensure to pass on the care and cleaning instructions and have the brace checked by an authorized specialist dealer for safe and proper operation.

1.13. Disposal

The MKS® Lumbo forte plus contains recyclable materials and is free from toxic or otherwise polluting agents or substances. Provided that it is not contaminated with infectious germs, it can be disposed of by normal means. In order to be certain, please consult your orthopaedics store.


The MKS® Lumbo forte plus is adjusted by exact positioning of the thorax-/pelvis brace and setting of the aluminium profiles, individually adjusted to the indication and the patient through your orthopaedics store.
2. Putting the brace on

For those patients using the MKS® Lumbo forte plus for the first time it is important that they learn how to handle it. Putting it on and taking it off should be practiced. Wear the MKS® Lumbo forte plus directly on the skin or over a tight-fitting singlet without any creases. It is recommended that an absorbent singlet be worn to avoid humidity caused by excessive sweating. To put on the MKS® Lumbo forte plus please follow the instructions below. This will ensure reliable effectiveness. Always make sure that the MKS® Lumbo forte plus is a smooth and tight fit. However, in order to prevent constrictions along the edges it shouldn’t be over-tightened.

1. Take the ready for use MKS® Lumbo forte plus, previously adjusted by your orthopaedics store, out of the packaging and put it on like a backpack.

2. Press the left fluffy band at the lower end of the bandage strap flat on your stomach, pull the hook and loop fastener of the right lower end towards the front and fasten it.

3. Press the left fluffy band at the end of the upper bandage strap flat on your stomach, pull the hook and loop fastener of the right upper end towards the front and fasten it.

4. Tension and close both straps of the plastic frame.

5. Tighten the reclination straps by pulling them downwards and attach them flat onto the body belt through hook and loop connection.

3. Downward conversion

A modification adjusted to the course of treatment is possible by changing the back rods. If the back rods 580/650mm are replaced by back rods 250/320 mm (art.no. 221-005-S/ 221-006-S) and the reclination straps are removed, the back orthosis MKS® Lumbo forte is created. The integrated body belt can also be used separately without frame as back supporting bandage.
4. Cleaning, maintenance and disinfection

The orthosis is designed to be maintenance-free. To ensure proper operation over the period of treatment the orthosis should be cleaned regularly (at least every 3 months) or as required, according to the following instructions.

4.1. Care

- The product as delivered is not sterile and is not suitable for sterilization.
- Do not use harsh or abrasive cleaners.
- All fabrics can be washed by hand at 30°C using water and a mild detergent and/or disinfectant.
- Not machine washable.
- The MKS® Lumbo forte plus can be dried in the open air.
- In the case of more severe soiling, a replacement set of textile parts is available.
- Wipe down surfaces with a cloth soaked with disinfectant.
- Wet completely, and do not wipe off.
- Spray inaccessible surfaces.
- When spraying ensure complete wetting.
- A mild alcohol-based disinfectant is recommended.

Ask your physician or pharmacist when selecting a disinfectant, and follow the instructions given by the disinfectant manufacturer. The Robert Koch list of approved disinfectants can be found at http://www.rki.de.
5. Technical data

<table>
<thead>
<tr>
<th>Description</th>
<th>Material</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Belt</td>
<td>elastic material 28% viscose, 48% perlon, 24% elastodiene</td>
</tr>
<tr>
<td></td>
<td>binding 83% viscose, 17% dorlastan</td>
</tr>
<tr>
<td></td>
<td>velours PA</td>
</tr>
<tr>
<td>pads</td>
<td>velours PA</td>
</tr>
<tr>
<td>straps</td>
<td>velours PA</td>
</tr>
</tbody>
</table>

6. Choice of size

The MKS® Lumbo forte plus is available in different sizes as per the table below. Back height = length from the sacrum to about 2 to 3 cm below the cervical vertebra C 7.

7. Size chart and article numbers

<table>
<thead>
<tr>
<th>Size</th>
<th>Body circumference</th>
<th>Height of back piece / Abdominal height</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>53 - 58 cm / 25 cm</td>
</tr>
<tr>
<td>1</td>
<td>60 - 70 cm</td>
<td>788-10</td>
</tr>
<tr>
<td>2</td>
<td>70 - 80 cm</td>
<td>788-20</td>
</tr>
<tr>
<td>3</td>
<td>80 - 90 cm</td>
<td>788-30</td>
</tr>
<tr>
<td>4</td>
<td>90 - 105 cm</td>
<td>788-40</td>
</tr>
<tr>
<td>5</td>
<td>105 - 120 cm</td>
<td>788-50</td>
</tr>
<tr>
<td>6</td>
<td>120 - 135 cm</td>
<td>788-60</td>
</tr>
</tbody>
</table>

Opt. Dorsal rods (46 cm) – Art.-No.: 221-026-S (for height of back piece 48-52 cm)

www.albrechtgmbh.com