

# Aspen Active™ P-TLSO

Doctor: \_\_\_\_\_ Fitter: \_\_\_\_\_

Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

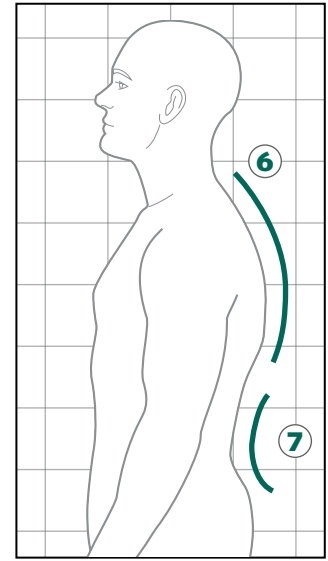
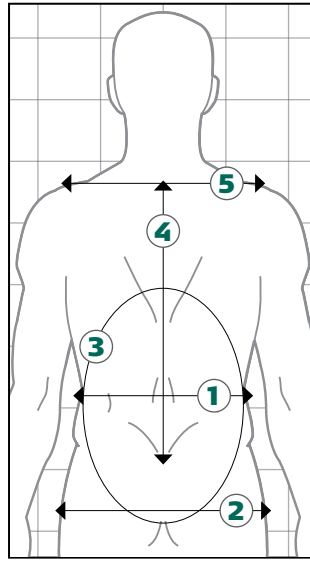
Patient #: \_\_\_\_\_ Additional Follow-Up Dates: \_\_\_\_\_

TOOLS NECESSARY: Scissors • Tape Measure

FOR USE WITH PRODUCTS MANUFACTURED BY ASPEN MEDICAL PRODUCTS ONLY. THIS PRODUCT IS INTENDED FOR APPLICATION BY HEALTH CARE PRACTITIONERS AS DIRECTED BY A PHYSICIAN OR OTHER QUALIFIED MEDICAL AUTHORITY. THIS IS A PREFABRICATED ORTHOSIS. IT IS INTENDED TO BE CUSTOMIZED TO AN INDIVIDUAL PATIENT. FOLLOW THE STEPS BELOW TO CUSTOMIZE.

### STEP 1 - MEASUREMENTS

- ① Lower rib circumference = \_\_\_\_\_
- ② Hip circumference = \_\_\_\_\_
- ③ Sacrococcygeal Junction to inferior Scapular Spine = \_\_\_\_\_
- ④ Length from intergluteal cleft to C7 spinous process = \_\_\_\_\_
- ⑤ Distal End Clavicle = \_\_\_\_\_
- ⑥ Degree of Kyphosis = \_\_\_\_\_
- ⑦ Degree of Lordosis = \_\_\_\_\_



TIME SPENT: \_\_\_\_\_

### STEP 2 - CUSTOMIZE BACK PANEL TO ANATOMY

To customize, remove the components, heat, trim, bend, and reassemble.

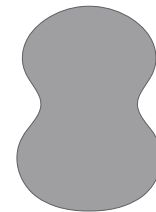
- A. Using measurements of patient's kyphosis ⑥ \_\_\_\_\_, customize the posterior struts by bending the spring steel.
- B. Using measurements of patient's lordosis ⑦ \_\_\_\_\_, heat form the plastic back panel. Trim for individual patient's anatomy based on ③ \_\_\_\_\_.

TIME SPENT: \_\_\_\_\_

Spring Steel Posterior Struts



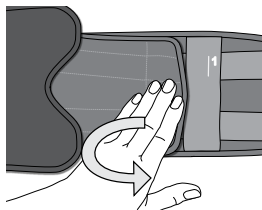
Plastic Back Panel



### STEP 3 - CUSTOMIZE SIZING AND TIGHTENING MECHANISM

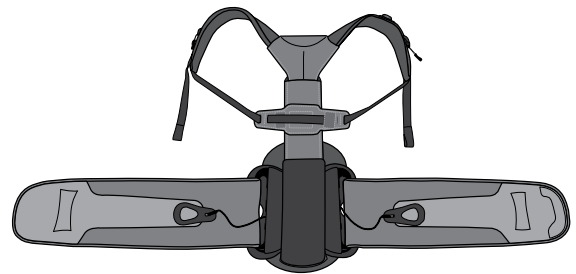
SIZING IS CRITICAL TO PROPER PERFORMANCE  
Use the measurements below to customize to patient's anatomy.

- A. Use waist circumference (average of ① and ② \_\_\_\_\_) to determine which size setting the belt should be set to.
- B. Adjust belt to corresponding sizing indicator.
- C. Adjust length of tightening mechanism. For individual patient, it may be necessary to adjust length of closure string. Trim and adjust length of strings.



Yes. Amount cut \_\_\_\_\_  No

TIME SPENT: \_\_\_\_\_



A. \_\_\_\_\_

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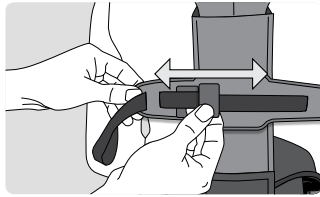
TOOLS NECESSARY: Scissors • Tape Measure

## STEP 4 - TLSO ADJUSTMENT

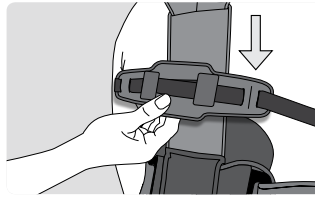
**A.** Use vertebrae C7 or ④ to determine height of shoulder strap. Disengage hook and loop on shoulder strap piece from posterior panel to adjust to applicable height.



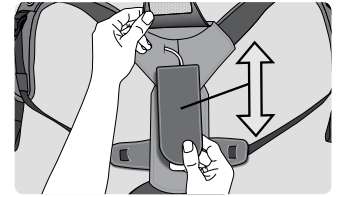
**B.** Adjust shoulder strap length in posterior section.



**C.** Adjust posterior section to modify angle of pull.



**D.** Position the bladder to sit between the patient's shoulder blades.



TIME SPENT: \_\_\_\_\_

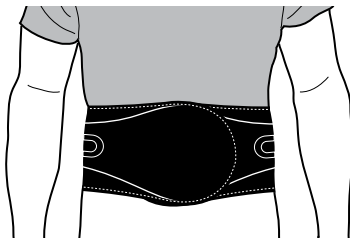
## STEP 5 - CUSTOMIZE BELT FIT

### ANGLE ANTERIOR PANELS

Every patient has a unique individual anatomy. Determine angulation for proper fit. Circumferential contact at both upper and lower margins of brace is essential for proper brace performance and support.

**A.** Bend anterior panel to conform to patient's anatomy.

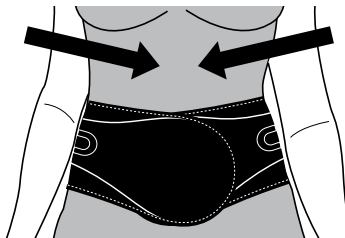
**B.** Angle anterior panels:



Neutral



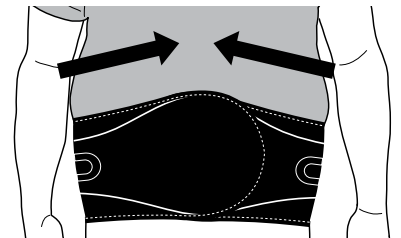
Configuration for best support



Inferior Angulation



Configuration for best support



Superior Angulation



Configuration for best support

TIME SPENT: \_\_\_\_\_

## STEP 6 - EDUCATION

### EDUCATE PATIENTS

Proper education is needed for individual to maintain proper fit throughout total time of wear.

Items to educate patients on:

Independent compression mechanics

Donning and doffing

Engaging pneumatic system

Proper angulation to ensure circumferential contact

Proper placement of brace

Resetting the brace after wear

Proper cleaning

Follow up appointments

TIME SPENT: \_\_\_\_\_

## CLINICAL JUSTIFICATION FOR CUSTOMIZING BRACE

TOTAL TIME TO CUSTOMIZE BRACE: \_\_\_\_\_