



Motif Lumbar Support Pro

1. Introduction

Motif Lumbar Support Pro

The Motif Lumbar Support Pro works by relieving pregnancy-induced pressure from the abdomen, hips, and lower back to reinforce the body's core, providing comfort and relief to mom throughout pregnancy.



Index

1.	Introduction	2
2.	Intended Use (Indications for Use)	5
3.	Safety	6
3.1	Warnings	6
4.	Product Specifications	7
4.1	Materials	7
4.2	What's Included	7
5.	Product Information	8
6.	How to Use	9
6.1	Applying the Posterior Panel	9
6.2	Applying the Anterior Panel	10
6.3	Applying the Orthotic Band (spinal orthosis)	11
6.4	Optional Postpartum (ice pack & groin strap)	14
7.	Care Instructions	16

2. Intended Use (Indications for Use)

The Lumbar Support Pro is used to immobilize the following specified areas of the spine: lumbar and sacral regions. The band produces intracavitary pressure to reduce load on the intervertebral discs. It is designed to control gross movement of the trunk and intersegmental motion of the vertebrae in one or more places of motion: Lateral/Flexion (side bending) in the coronal/frontal plane, flexion (forward bending) or extension (backward bending) in the sagittal plane.

3. Safety

3.1 Warnings



Warning:

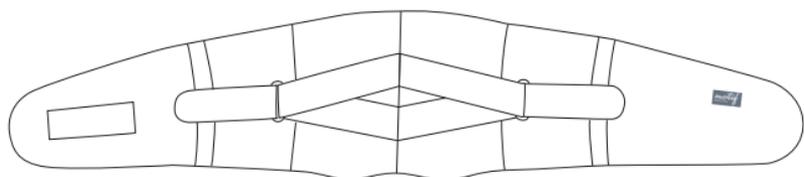
- This product is only to be used as directed. Observe skin condition during use. If redness, pain or swelling develops or change in skin sensitivity occurs, discontinue use and contact your healthcare professional immediately. Be aware that any nerve irritation and/or muscular reaction might be associated with increased skin sensitivity and irritation. Discontinue therapy until the exact cause of the problem is determined.
- Incidents of pain, swelling, changes in sensation or unusual reactions should be immediately reported to your medical professional.

4. Product Specifications

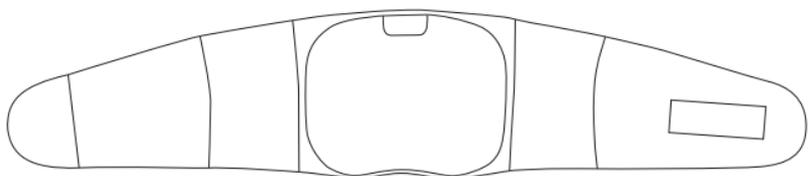
4.1 Materials

Polyester, Nylon, Spandex, ABS, PE, TPU, Gel, PVC

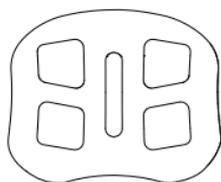
4.2 What's Included



Orthotic Band Outside



Orthotic Band Inside



Posterior Panel



Curved Anterior Panel



Flat Anterior Panel

5. Product Information

The Motif Lumbar Support Pro is a specially-designed modular back bracing system which serves the needs of the patient throughout her pregnancy, and can be utilized postpartum to transition the patient's return of abdominal strength. This dynamic and adjustable brace has posterior, optional rigid anterior, and optional lateral panels to support and stabilize the back along with the option of cold or hot packs to ease muscle soreness and pain.

The Motif Lumbar Support Pro supports the weight of the baby and the abdomen by dispersing stress more evenly across the back, reducing the pain caused by pulling of the lumbar spine into the increased lordosis. Many natural changes occur during pregnancy to both spine and pelvis to accommodate child and mother. As the child grows and as birth approaches there are two events that change the spine and affect the mother's ability to bear the child and her own self in the world.

The first change is in the spinal curvature. As the pregnancy progresses, there is a marked increase in the mother's lumbar lordosis, the low back curve. As a result of this, the mother may experience various discomforts, most notably pains in the lower back, flank area, buttocks and down the legs. The second change occurs when hormones released near the time of birth vitalize and soften the bones and ligaments in the pelvis. This process can lead to weight-bearing difficulties, namely pain in the center of the low back, pain down the sides of the legs and an inability to walk upright due to sacral and pelvic instability.

6. How to Use

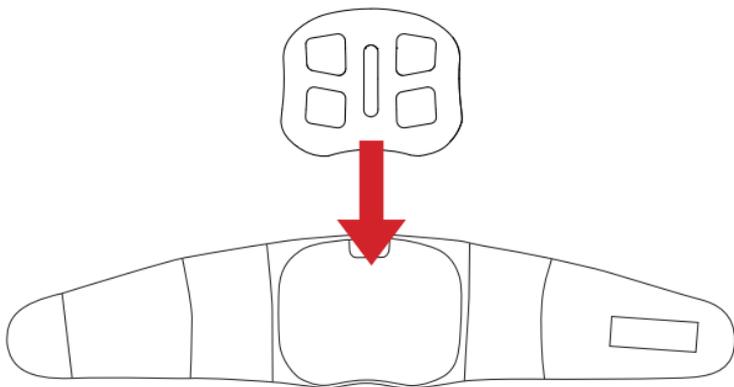
Thoroughly read the following information prior to application. Product function requires proper application.

6.1 Applying the Posterior Panel

Sagittal control is achieved by a rigid posterior panel.

i **Note: The posterior panel comes in the orthotic band compartment. Use the following instructions to insert the panel if you removed it.**

1. Insert the posterior panel into the orthotic band's compartment pocket and secure with the velcro tab.



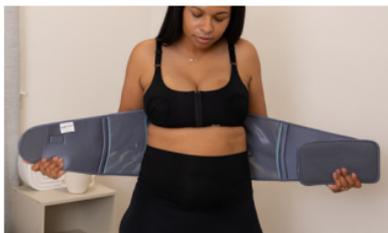
Orthotic Band Inside

i **Note: The posterior panel is spot adjustable with a heat gun and may be placed in a convection oven if complete re-forming is required (by a qualified professional only).**

6.2 Applying the Anterior Panel

An anterior panel helps provide intracavity pressure in conjunction with the rigid posterior panel. The curved anterior panel should be used during pregnancy, while the flat anterior panel should be used postpartum.

1. Attach the correct anterior panel (curved for pregnancy, flat for postpartum) by velcroing it to the orthotic band arm.



2. Close the belt as described in 6.3 Applying the Orthotic Band. The panel should be centered with your belly button. During pregnancy the curved anterior panel is designed to fit under the belly and works like a shelf to help support weight.



Pregnant



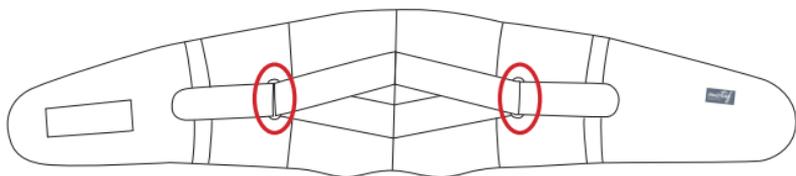
Postpartum



Note: You can remove this panel and reposition it exactly where it is necessary to be anatomically correct and centered on the belly.

6.3 Applying the Orthotic Band (spinal orthosis)

1. Prior to application, ensure the pull straps are through the plastic loops, the posterior panel is inserted into the compartment, and the anterior panel is attached to the band if using.



Orthotic Band Outside

2. Correctly position band: Position the orthotic band around the waist so the Motif logo end is held in the right hand and the anterior panel end is held in the left hand (if using).



- i** **Note:** Posteriorly the mid portion of the band should lie above the interior edge of the sacrum and below the posterior-superior iliac spines. To achieve effective posterior distal pressure the band should be as low as possible on the sacrum while allowing for comfort and cosmesis. The band should not interfere with sitting.

6. HOW TO USE

3. **Wrap band:** Wrap the left side of the band around the belly. If using an anterior panel, the panel should be centered. Readjust panel if necessary.



i **Note:** The anterior panel is optional and provides extra support when used.

4. Wrap the right side of the band over the left securing with the velcro. During pregnancy, ensure the band is positioned under the belly, helping support the weight. It is recommended to place a hand anteriorly to ensure restriction of the abdomen does not occur.

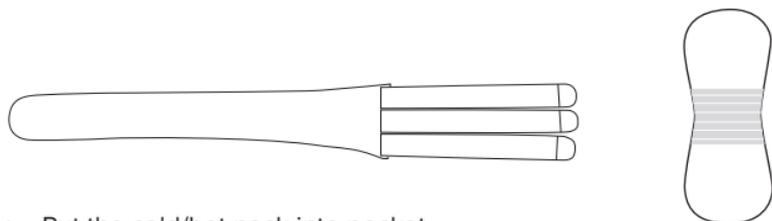


5. Pull the hook and loop closure counter-pull straps for a compressive fit. Velcro the straps on the front of the band.

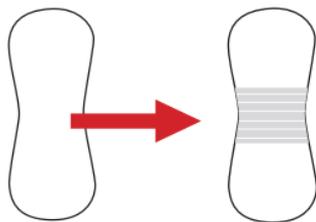


- i** **Note:** The product should fit tightly enough to provide even, constant pressure without having any impact on the patient's breathing. The product should not impinge on the patient's ribs or groin when seated. The band should be applied beneath the belly so as not to constrict the abdomen.
- i** **Note:** Do not overtighten orthotic band. Product should be tight enough to provide support without being uncomfortable. After application, two fingers should fit easily under the orthotic band.

6.4 Optional Postpartum (Ice Pack & Groin Strap)

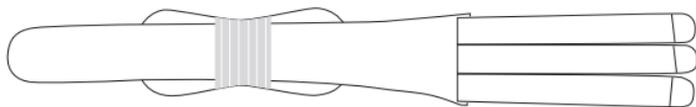


1. Put the cold/hot pack into pocket.

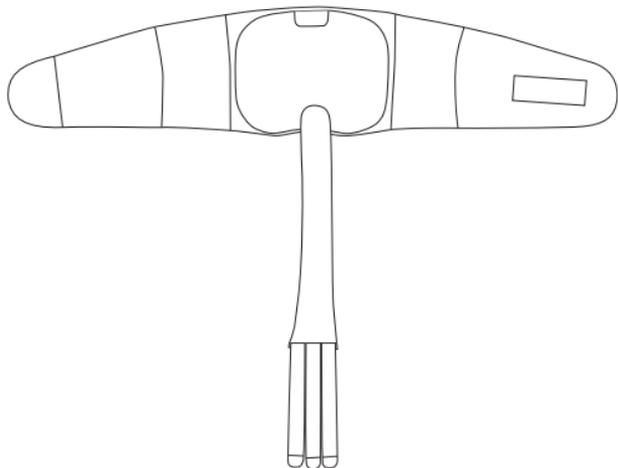


i **Note:** Cool the hot/cold pack by placing it in the freezer for at least 2 hours. Heat the hot/cold pack by placing it in a bowl of warm water below 80F. Do NOT boil the hot/cold pack.

2. Thread the groin strap through band on the pocket.



3. Attach the groin strap inside the orthotic band. The strap should be centered. Close the band as described in 6.3 Applying the Orthotic Band. Then, pull the groin strap through the legs and velcro the three straps to the outside front of the band to your preferred comfort level. If the groin strap is not tight enough, remove the band and position the strap further up on the back of the orthotic band and reapply. Adjust by pulling the strap tighter as needed.



7. Care Instructions

Hand wash using cold water and mild detergent. Do not bleach. Rinse thoroughly, removing all soap residue to avoid skin irritation. Allow to air dry. Do not twist or wring. Reshape, dry flat.





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Thank you for choosing the
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