

FITTER'S GUIDE FOR LYNX MP AND SP SPINAL BRACE



CUSTOM FITTING INSTRUCTIONS

The Lynx spinal brace may be dispensed as an off-the-shelf brace (OTS) or after choosing the correct size brace, some further customization may be required to properly fit the patient. This should be performed by an individual with expertise in orthotic fitting.

PUTTING ON THE LYNX BRACE

1. Tack the outer cinch straps far enough back so that they are loose. (Image1).
2. Press the left belt to the left part of the front panel.
3. Position the brace so the back is centered on the patient's back and have the patient stretch both sides of the elastic belt moderately, then press the right belt to the right part of the front panel. The belt should be snug but not tight.
4. Then have the patient stretch the two outer cinch straps (Image 1) and press them onto the front of the brace. They should be tight yet comfortable.
Note: They may cross so that one fastens to the other.

Image 1 - MP



TRIMMING

The elastic body of the brace may be trimmed to remove portions that cause discomfort or restrict movement.
Note: If the elastic is trimmed, the fitter must either hand-sew the exposed edge or machine sew it with a zigzag stitch to prevent the elastic from unravelling yet still allow it to stretch.

CUSTOMIZING

Any specialized customization, such as cutting out an opening for a stoma, adding or removing material to relieve impinged areas, cutting an oval in the posterior padding to create open spinal relief, or attaching peroneal straps, should be completed at this time.



Image 2 - MP



Image 3 - SP

DISASSEMBLING THE LYNX BRACE

1. Detach the front panel from the belt.
2. Remove the polymer plate from the front pocket. (Image 2).
3. Remove the polymer plate from the back pocket. (Image 3)

REASSEMBLING YOUR LYNX BRACE

1. Reinsert the polymer plate in front pocket.
2. Then, reinsert the polymer plate in the back pocket.
3. Reattach the front panel panel to the belt on one side.

BENDING

The anterior, posterior, lateral, and sternal Kydex plates were molded during fabrication. They can be bent a little at room temperature to accommodate an unusual torso shape. If more than a slight contour modification is necessary, a heat gun will be required.

RE-MOLDING

The anterior Kydex plate may need to be heated and re-molded for a specialized fit, specifically, for example, to accommodate the roundness of a pendulous abdomen.

More often, the lordosis and/or kyphosis of the posterior plate will need to be modified to accommodate the shape of the patient's spine. This can be done by heating the posterior Kydex plate.

Use gloves! Hold the re-molded Kydex plates in their new position until cool, then reinsert or reattach them as they were. Repeat until the Kydex plate matches the patient's body or the desired orthopedic outcome appropriately.

Instruct the patient, if they experience pain or swelling while wearing this brace, or for guidelines on when to wear the brace, to contact their physician. If a component of this brace fails, contact the orthotic fitter for assistance. After custom fitting of the Lynx provide the patient with the Patient Care and Use information.

