

Ergo - Modular orthosis concept

The spinal orthosis concept Ergo is all about a modular design. Depending on the indication and the prescription of the attending doctor, the orthosis will be compiled and fitted the patient by an orthopedic technician.

Due to the modular design, the orthosis has removable parts and can be adjusted during the treatment process.

The special construction allows an optimal alignment to the body, this increases wear comfort and improves the therapeutic effect.

Please read the instructions for use carefully.

If you are in doubt of the correct use or if you have questions, please contact your orthopedic technician or the attending doctor.

The used pictures are for illustrative purpose only. The medical device can slightly differ in design and colouring, which has no effect on it's function.

We hope that our product will support your healing process in the best way.

General information



**Side effects:**  
Provided that the orthosis is used in a proper way there are none known to date. If the orthosis is too tight, this can cause local pressure sores, or in rare cases, constrain blood vessels or nerves.

**Contraindications:**  
Skin diseases or lesions in those areas where the orthosis is to be used, especially in areas with inflammatory phenomena, scar tissue with swelling, redness and/or hyperthermia and/or lymphoedema.

**Disposal:**  
The product may be safely disposed in accordance with the local laws.

**Warranty:**  
Legal requirements apply. Product warranty is suspended immediately due to improper or diverted use of the product. Always follow the safety instructions and advice included in this instruction for use.

**Advice for the orthopedic technician:**  
For information about components, assembling and fitting, please consult the technical information which you can request here: [info@spektramed.de](mailto:info@spektramed.de).

Precautions:

The orthosis is to be used according to the instructions for use and the mentioned modes of operation. The necessary stability for the supply area can only be guaranteed if the orthosis is fitted tightly to the body. To assure an optimal fit, the orthosis should be fitted individually to the patient by a qualified health professional.

The orthosis is not flameproof and should not be worn next to an open fire. Do not change the orthosis. Contact your orthopedic technician to make adjustments. In case you notice any signs of wear of damaged parts, the orthosis should be replaced.

Do not wear the orthosis on bare skin. We suggest wearing a thin and breathable shirt underneath it, so moisture can be transported away from the skin.

We urge you to inform us about any serious incidents involving this medical device.

**Intended patient population:**  
This medical device should only be used by patients who received an instruction by a qualified health professional. The medical device should only be used by adolescent and adult patients aged 12 to 99+.

Material composition

ErgoBasic  
•Polyethylene, Polyamide

Posterior pad  
•Polypropylene

Lordosiong and delordosing posterior pad  
•Shell: Polypropylene  
•Pad: Polyester (outside)  
Polyurethane (inside)

Anatomic side parts  
•Polypropylene

Abdominal pad  
•Polypropylene

Posterior panel  
•Titan-Aluminium alloy

**Care instructions:**  
Wipe the rigid components with a damp cloth. Remove the straps and pads and wash them by hand using a mild detergent. Rinse them with clean water and let them air-dry. Do NOT use a dryer.



Ergo - Modular orthosis concept  
Instructions for use



Ergo

**Description:**  
Lumbar orthosis with mobilization

**Aid-No.:**  
Aid-No.: 23.14.02.0005

**Components:**  
• ErgoBasic  
• Small posterior pad

**Intended purpose:**  
Orthosis for relief, stabilization and functional mobilization of the spine.  
Supply area: L1-L5

**Indications:**  
• Lumbosciatica  
• Lumbar syndrome  
• Spondylolisthesis grade I  
• Lumbar deformity

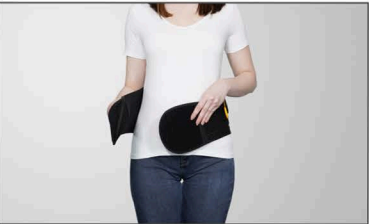
**Mode of operation:**  
• Delordosing  
• Flexion of the pelvis  
• Stabilization and relief  
• Functional mobilization

**Features:**  
• Adaptive fit  
• Unilateral pull  
• Pulley system, mounted on bearings

Application:



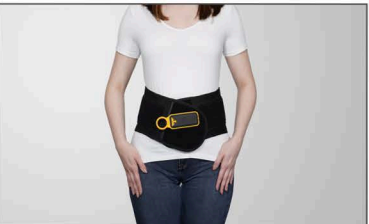
Detach the pulley from the belt and widen it, by pulling the two halves of the orthosis apart.



Close the orthosis by putting the ends of the belt on top of each other. Make sure that the orthosis is fitted tightly around your waist. If necessary, adjust the orthosis.



Grab the pull and move it around your body.



Attach the pull frontal on the belt.

**After the application:**  
After the orthosis has been taken off, reattach the hook-and-loop fasteners.

ErgoPlus

**Description:**  
Bridging orthosis with mobilization

**Aid-No.:**  
Aid-No.: 23.14.02.1003

**Components:**  
• ErgoBasic  
• Large posterior pad

**Intended purpose:**  
Orthosis for relief, stabilization and functional mobilization of the spine.  
Supply area: TH12-L5

**Indications:**  
• Lumbosciatica  
• Pseudo-radicular lumbar syndrome  
• Spondylolisthesis grade II  
• Lumbar deformity, facet syndrome / Osteoarthritis  
• Spinal stenosis  
• Lumbar instability  
• Minor posttraumatic spinal fractures  
• Postoperative care after disc surgery

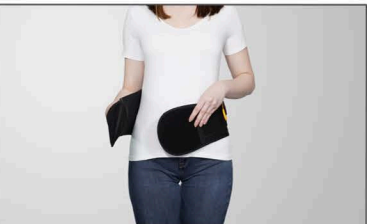
**Mode of operation:**  
• Delordosing  
• Stabilization and relief  
• Functional mobilization

**Features:**  
• Height-adjustable  
• Adaptive fit  
• Unilateral pull  
• Pulley system, mounted on bearings

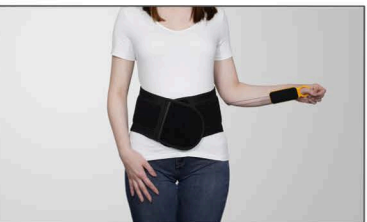
Application:



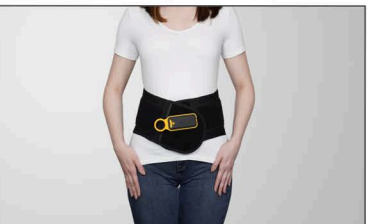
Detach the pulley from the belt and widen it, by pulling the two halves of the orthosis apart.



Close the orthosis by putting the ends of the belt on top of each other. Make sure that the orthosis is fitted tightly around your waist. If necessary, adjust the orthosis.



Grab the pull and move it around your body.



Attach the pull frontal on the belt.

**After the application:**  
After the orthosis has been taken off, reattach the hook-and-loop fasteners.

Contact

Manufacturer:

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Germany

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f +49 24 34 99 33 4 20  
[www.spektramed.de](http://www.spektramed.de)  
[info@spektramed.de](mailto:info@spektramed.de)





to be ticked by the  
orthopedic technician

## ErgoFlex

**Description:**  
Flexion orthosis with mobilization function

**Aid-No.:**  
Aid-No.: 23.14.02.2003

- Components:**
- ErgoBasic
  - Delordosing posterior pad
  - Anatomic side parts
  - Abdominal pad



**Intended purpose:**  
Orthosis for delordosing, flexion of the pelvis and functional mobilization of the spine.  
Supply area: TH11-L5

- Indications:**
- Lumbosciatica
  - Spondylolisthesis grade II
  - Lumbar deformity, facet-syndrome/osteoarthritis
  - Spinal stenosis
  - Lumbar instability
  - Minor vertebral fractures

- Mode of operation:**
- Abdominal suspension
  - Delordosing
  - Flexion of the pelvis
  - Stabilization and relief in frontal- and sagittal plane
  - Functional mobilization

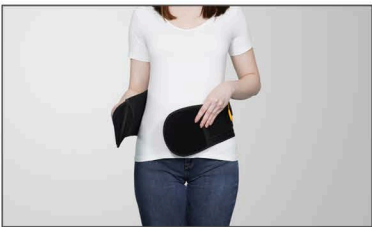
- Features:**
- Height-adjustable side parts
  - Adaptive fit
  - Unilateral pull
  - Pulley system, mounted on bearings

- 6 -

## Application:



Detach the pulley from the belt and widen it, by pulling the two halves of the orthosis apart.



Close the orthosis by putting the ends of the belt on top of each other. Make sure that the orthosis is fitted tightly around your waist. If necessary, adjust the orthosis.



Grab the pull and move it around your body.



Attach the pull frontal on the belt.

**After the application:**  
After the orthosis has been taken off, reattach the hook-and-loop fasteners.

- 7 -

## ErgoPro lordosing

to be ticked by the  
orthopedic technician

**Description:**  
Lumbar orthosis for immobilization

**Aid-No.:**  
Aid-No.: 23.14.01.0000

- Components:**
- ErgoBasic
  - Lordosing posterior pad
  - Anatomic side parts

**Intended purpose:**  
Orthosis for relief, stabilization and functional mobilisation of the spine in frontal- and sagittal plane.  
Supply area: TH11-L5

- Indications:**
- Conservative treatment of stable vertebral fractures
  - Pre- / postoperative treatment
  - Postraumatic treatment
  - Inflammatory diseases

- Mode of operation:**
- Stabilization and relief in frontal- and sagittal plane
  - Lordosing

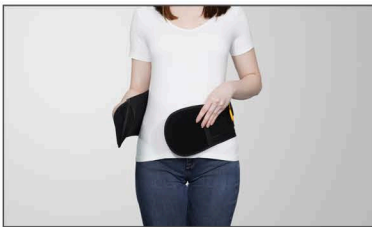
- Features:**
- Height-adjustable side parts
  - Adaptive fit
  - Unilateral pull
  - Pulley system, mounted on bearings

- 8 -

## Application:



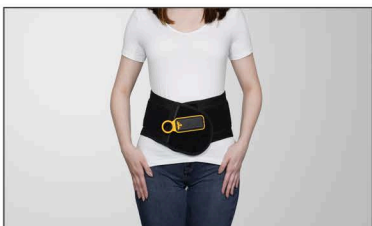
Detach the pulley from the belt and widen it, by pulling the two halves of the orthosis apart.



Close the orthosis by putting the ends of the belt on top of each other. Make sure that the orthosis is fitted tightly around your waist. If necessary, adjust the orthosis.



Grab the pull and move it around your body.



Attach the pull frontal on the belt.

**After the application:**  
After the orthosis has been taken off, reattach the hook-and-loop fasteners.

- 9 -

## ErgoPro delordosing

to be ticked by the  
orthopedic technician

**Description:**  
Bridging orthosis

**Aid-No.:**  
Aid-No.: 23.14.04.1017

- Components:**
- ErgoBasic
  - Delordosing posterior pad
  - Anatomic side parts

**Intended purpose:**  
Orthosis for relief, stabilization and functional mobilisation of the spine in frontal- and sagittal plane.  
Supply area: TH11-L5

- Indications:**
- Lumbosciatica
  - Lumbar syndrome
  - Spondylolisthesis grade II
  - Lumbar deformity, facet-syndrome/osteoarthritis
  - Pre- / postoperative treatment
  - Postraumatic treatment
  - Inflammatory diseases

- Mode of operation:**
- Stabilization and relief in frontal- and sagittal plane
  - Delordosing

- Features:**
- Height-adjustable side parts
  - Adaptive fit
  - Unilateral pull
  - Pulley system, mounted on bearings

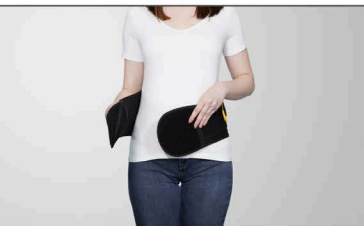
 **Spektramed**

- 10 -

## Application:



Detach the pulley from the belt and widen it, by pulling the two halves of the orthosis apart.



Close the orthosis by putting the ends of the belt on top of each other. Make sure that the orthosis is fitted tightly around your waist. If necessary, adjust the orthosis.



Grab the pull and move it around your body.



Attach the pull frontal on the belt.

## ErgoSpine

to be ticked by the  
orthopedic technician

**Description:**  
Thoracic lumbar orthosis

**Aid-No.:**  
Aid-No.: 23.15.02.1002

- Components:**
- ErgoBasic
  - ErgoSpine posterior panel

**Intended purpose:**  
Thoracic lumbar orthosis for relief and/or correction of the lumbar/thoracic spine and reduction of movement in the sagittal plane.  
Supply area: TH5-L5

- Indications:**
- Stable vertebral fractures
  - Scheuermann's disease
  - Conservative treatment of vertebral fractures
  - Conservative treatment in presence of tumor or spondylitis

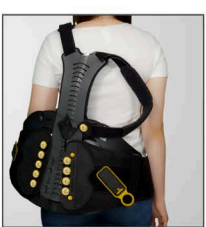
- Mode of operation:**
- Straightening and stabilization of the spine in the sagittal plane

- Inhibition of rotation

- Features:**
- Removable parts
  - Height-adjustable Titan-Aluminium panel
  - Adaptive fit
  - Unilateral pull
  - Pulley system, mounted on bearings
  - Ergo Smart system

- 12 -

## Application:



Put on the orthosis like a backpack.



Close the orthosis by putting the ends of the belt on top of each other. Make sure that the orthosis is fitted tightly around your waist. If necessary, adjust the orthosis.



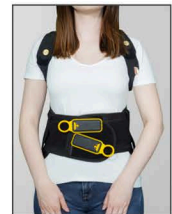
Grab the pull and move it around your body.



Attach the pull frontal on the belt.



Grab the pull of the Smart Adapter and move it around your body until it is locked.



Attach the pull frontal on the belt below the pulley of the corset.

**After the application:**  
After the orthosis has been taken off, reattach the hook-and-loop fasteners.

- 13 -

## ErgoSpine Pro

to be ticked by the  
orthopedic technician

**Description:**  
Thoracic lumbar sacral orthosis

**Aid-No.:**  
Aid-No.: 23.15.02.2005

- Components:**
- ErgoBasic
  - ErgoSpine Pro posterior panel
  - Anatomic side parts

**Intended purpose:**  
Thoracic lumbar sacral orthosis for relief and/or correction of the lumbar/thoracic spine and reduction of movement in the frontal-, rotational- and sagittal plane.  
Supply area: TH5-S1

- Indications:**
- Stable vertebral fractures
  - Scheuermann's disease
  - Conservative treatment of vertebral fractures
  - Conservative treatment in presence of tumor or spondylitis

- Mode of operation:**
- Straightening and stabilizaion of the spine in the sagittal- and frontal plane with restriction of rotation

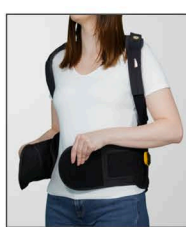
- Features:**
- Removable parts
  - Height-adjustable Titan-Aluminium panel
  - Adaptive fit
  - Unilateral pull
  - Pulley system, mounted on bearings
  - Ergo Smart system

- 14 -

## Application:



Put on the orthosis like a backpack.



Close the orthosis by putting the ends of the belt on top of each other. Make sure that the orthosis is fitted tightly around your waist. If necessary, adjust the orthosis.



Grab the pull and move it around your body.



Attach the pull frontal on the belt.



Grab the pull of the Smart Adapter and move it around your body until it is locked.



Attach the pull frontal on the belt below the pulley of the corset.

**After the application:**  
After the orthosis has been taken off, reattach the hook-and-loop fasteners.

- 15 -