All you need to know about
Osteoarthritis of the facet joints
Information on Lumbamed® facet
All you need to know about Osteoarthritis of the facet joints
Dear Patient,

Back pain – a truly widespread condition – which often leads people to visit their doctor.

There are many different facets of back pain. They can be chronic or onset acutely. One chronic form of back pain is osteoarthritis of the facet joints. This is degenerative, which means it is caused by wear and tear. Osteoarthritis of the facet joints is usually a very painful affair for the affected patient.

The Lumbamed facet lumbar brace has been developed especially for this condition. It straightens the pelvis and stabilises the lumbosacral junction. This relieves pain without side effects and helps you stay mobile in everyday life and at work.

Use Lumbamed facet to experience perfection made in Germany and relief for your back you can feel.
The spine

A complex system that keeps our body upright and stable.

The spine consists of the sacrum and the coccyx. It also has 24 vertebrae that can move independently of each other. They are separated by the intervertebral discs.

Facet joints

The facet joints are decisive for the mobility of the spine. They are arranged in pairs and connect the vertebral bodies at the back. Healthy facet joints are covered by a lubricating layer of cartilage.
Osteoarthritis of the facet joints is a spinal disorder caused by wear and tear.

If the intervertebral discs narrow or if they wear down, the pressure on the facet joints increases. The risk of cartilage abrasion then increases. This can lead to erosion of the joints. The altered intervertebral disc height also affects the S-shape of the spine. The pelvis tilts backwards and chronic, deep-seated pain starts.
Possible symptoms

• Permanent pain in the lumbar spine
• Pain on activity
• Pain at rest (in the morning)
• Restricted mobility

Treatment options

• Conservative therapy
• Medicamentous pain control
• Facet infiltration (injection of medication into the facet joint)

However, these treatment options do not affect the positions of the affected joint relative to one another. They are merely numbed. This is exactly where the Lumbamed facet lumbar brace acts and offers the required relief.
Lumbamed® facet

The lumbar brace for osteoarthritis of the facet joints

Lumbamed facet specifically relieves the facet joints. Thus it makes a vital contribution to pain relief – completely without side effects.

The mode of action in detail:

1. The abdominal panel and the double 3-point strap system generate intra-abdominal pressure around the torso.

2. The lower double strap surrounds the pelvis and the sacro-iliac joints and straightens the pelvis.

3. The upper double strap supports by effectively flattening the lordosis* to straighten the spine. The lumbosacral junction and the whole lumbar spine are stabilised.

4. The result: specific relief of the facet joints and less pain.

*Flattening of the lordosis means flattening of the hollow of the back.
1. Individual pressure adjustment
2. Particularly soft fastener
3. Also comfortable to wear when sitting
4. Extra flat buckles

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Lumbamed® facet

Pain relief to make you feel good with osteoarthritis of the facet joints.

Details you will feel:

Precise double 3-point strap system
- The system enables the patient to increase the circular pressure around the abdomen individually and infinitely variably – without any energy expenditure.
- Extra-flat buckles for outstanding comfort in wear.

Stabilising elements at the back.
- The stabilising elements relieve and stabilise the lumbar spine and the lumbosacral junction.

Ergonomically designed
- The knit and strap positioning (especially of the lower strap) optimally surround the pelvis and sacro-iliac joint.

Practical hand loops
- These ensure very simple donning.

Particularly soft fastening system
- Moulds itself to all abdominal contours.
- The edges simply fold back for more comfortable sitting.
Supports from medi

Clever basics give genuine added value.

You can feel the quality: all medi supports are equipped with these functional product features.

**Clima Comfort**
The elaborately worked knit ensures a balanced microclimate of the skin. Moisture is transported reliably and quickly from the inner surface to evaporate from the outer surface. At the same time, the material’s active breathing structure guarantees the necessary oxygen supply.

**Clima Fresh**
The integrated Clima Fresh function has antibacterial actions and reliably prevents odour formation. Bacteria are kept away from the knit to maintain fibre-deep hygiene.

**Comfort Zone**
Soft zones in the sensitive flexor areas ensure that the support does not press on or cut into the skin, even when worn all day long.

**Öko-Tex Standard 100**
medi supports have been tested and evaluated for human ecological harmful substances.

**Made in Germany**
Supports from medi are developed and produced in Germany. Carefully selected materials are made into functional everyday companions with loving attention to detail.