

Instituto de Reumatología y Readaptación Funcional. Barcelona.
Calle Muntaner 270 , 5ª planta. Barcelona 08021.

Dr. Juan M. Cowalinsky Millan.
COMB 13267. Reumatólogo.

I have taken the opportunity to evaluate 'LumbarWear' through practical studies in my Clinic, looking specifically at the following scenarios in which the lumbar column is affected.

1. - Patients with chronic lumbar pain
2. - Patients post surgery or following lumbar punctures
3. - Usage during sports or in the workplace

The advantages and level of patient comfort whilst wearing 'LumbarWear', in comparison to habitually worn girdles are evident. By design, 'LumbarWear' does not contain a single rigid element so patients wear it regularly as opposed to only when they are going to incur some form of strain.

For the majority of patients I treat, the concept of 'muscular memory' i.e. not atrophying the muscles in the abdominal is vital and make them to have a faster recuperation and improved perception of quality of life.

The garment is easy both to put on and to wear and as such, patients hardly notice they are wearing it. It is discreet and due to the thermodynamic characteristics of its fibres it integrates completely into the patient's daily life.

I used to prescribe girdles only when absolutely necessary as they were expensive, rigid, none-transpirable and deformed the silhouette, which led to them being left in the wardrobe unworn. This is not the case with 'LumbarWear', which can be likened to replacing a damaged muscle layer.

The satisfaction of my patients after regularly using 'LumbarWear' and following treatments on the lumbar region is remarkable. This is why I will continue to use and recommend the use of 'LumbarWear' to patients who suffer from any form of discomfort in the lumbar region which in my Province (Catalonia) is 40% of the population.

Dr. Juan M. Cowalinsky Millan.
Specialist in Rheumatology and Workplace Medicine
Director of the Institute of Rheumatology and Rehabilitation, Barcelona
Rheumatology Surgical Department
Clinica Avantmédic Lérida, Rheumatology Department

Dr. J. M. COWALINSKY MILLAN
Reumatología Nº Col. 13267

Dr. J. M. COWALINSKY MILLAN
Reumatología Nº Col. 13267