

# DynaWell® L-Spine

## How to perform an examination in axial compression with the DynaWell L-spine device?

1. The vest is put on in standing before the patient is in supine.
2. Select the adequate size of the vest so that the front flaps DO NOT overlap and that the side straps are passing behind the femoral trochanter during axial compression.
3. Fasten the vest loosely.
4. Ask the patient to lie down on the examination table. Place the lordosis pillow under the patient's lumbar spine.
5. Check the indicator on the scale – should be at zero.
6. Place the patient's feet on the foot plate.
7. Connect the side straps and tighten them, with the white line visible, by pulling the loose end.
8. Tighten the vest over the patient's thorax. Tell the patient to breath in, then breath out as much as possible and you tighten the front straps as much as possible.
9. Tell the patient to breath with the thorax to withstand the pressure from the vest during examination.
10. Tell the patient to stretch the legs, and not bend the knees during the examination, unless they feel an unusual pain.
11. Load with **15-25%** of the patient's body weight **on each leg – totally 30-50%**.
12. Check the load on the scale.
13. Let the load last at least 5 minutes before examination is started. If needed adjust the load before scanning.
14. Perform the examination.
15. After the scanning ask the patient to bend the knees.
16. Disconnect the side straps and loosen the vest