



over
50
%

Over 50% of women experience back or pelvic pain during pregnancy

POPPLE™ LSO by Aspen

Popple™ LSO Pregnancy Support Brace

Developed with OB/GYNs and leading spine physicians, the Popple LSO delivers clinically informed support designed specifically for pregnancy. It helps reduce strain, improve comfort, and support your body as it changes. Because recovery doesn't end at delivery, Popple can continue supporting your body .



631

Popple™ LSO 631
Standard support for everyday use
Lightweight and flexible

637

Popple™ LSO 637
Includes removable lateral side panels
Provides additional side-to-side stability when needed
Compatible with optional therapy packs



Excellence in Patient Care

Need help with measurements?

Call SOSortho (888) 213-1387 or (703) 281-1200 for assistance.

Patient Name: _____ Date: _____

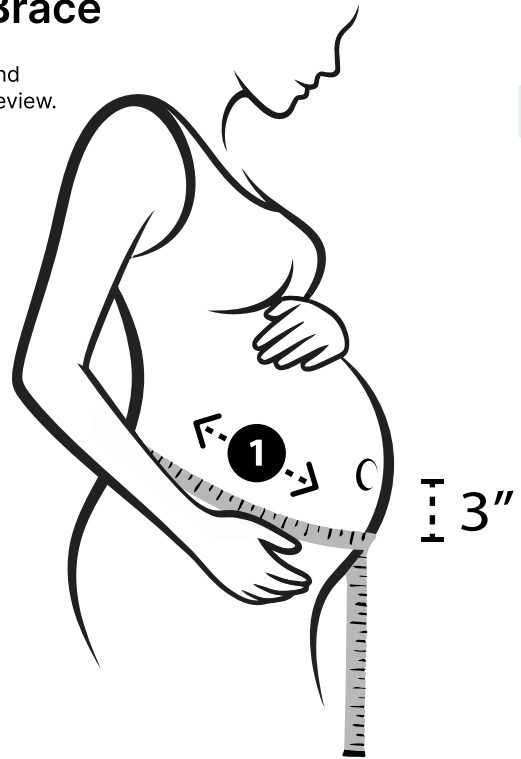


How to Measure for the POPPLE™ LSO Brace

Complete your measurements and symptoms checklist, then bring this guide and the Popple™ LSO (by Aspen) prescription form to your healthcare provider for review.

Step 1: Measure Lower Abdomen Circumference

Measure around your body approximately 3 inches below your belly button. Ensure the tape wraps around the lower part of your bump and across your lower back.



1 My Measurement: _____

Sizing Guide

| SIZE | CIRCUMFERENCE | |
|------|---------------|--------------------|
| S | 31" - 37" | 78.74 - 93.98 cm |
| M | 36" - 48" | 91.44 - 121.92 cm |
| L | 47" - 68" | 119.38 - 172.72 cm |

Step 2: Share with Your Provider

Which symptoms are you experiencing? Patient symptoms checklist.

- Lower back pain**
Discomfort in the lower back that may worsen with standing, walking, or prolonged sitting.
- Muscle tightness or spasms**
Tension or spasms in the lower back, hips, or surrounding muscles.
- Pelvic girdle or hip pain**
Pain in the hips, groin, or pelvis caused by changes in joint stability during pregnancy.
- Difficulty standing or walking comfortably**
Feeling unstable, fatigued, or strained when standing or walking for extended periods.
- Sciatic nerve pain**
Pain that radiates from the lower back down the leg, sometimes with tingling or numbness.

Provider Notes (Optional)

 Patient measurement and symptoms reviewed by provider.

Need help with measurements? Call SOSortho (888) 213-1387 or (703) 281-1200 for assistance.



Popple™ LSO (by Aspen) Maternity Lumbar Support Orthosis

Prescription Guide for Providers

Prescription Guide for Providers

The Popple™ LSO (by Aspen) maternity lumbar support orthosis is designed to support patients experiencing pregnancy-related lower back and pelvic discomfort. SOSortho manages insurance verification, authorization (when required), and patient coordination once documentation is received.

How to Prescribe

1. Complete the Popple™ prescription form.
2. Select the appropriate brace option: Popple™ LSO 631 or Popple™ LSO 637.
3. Include patient diagnosis and supporting clinical notes.
4. Sign the prescription.

Documentation Typically Required

- Completed prescription form
- Patient demographics
- Clinical notes supporting diagnosis

SOSortho will verify insurance benefits and obtain authorization when required.

Referral Submission

Providers may submit documentation via fax, secure email, or an online referral form. Once documentation is received, SOSortho will verify insurance benefits, obtain authorization if required, and contact the patient to coordinate brace delivery.

Measurement Assistance

If measurement assistance is needed, SOSortho can assist the patient directly.

Phone: (888) 213-1387 or (703) 281-1200

Submit Referral Forms to SOSortho

Fax: (703) 281-1201 or **Email:** popple@sosortho.com

Example Clinical Indications

- Pregnancy-related lower back pain
- Pelvic girdle pain
- Sacroiliac instability
- Lumbar strain during pregnancy

SOSortho coordinates insurance verification and delivery so providers can focus on patient care.



POPPLER™ REFERRAL FAX COVER SHEET

Popple™ LSO (by Aspen) Maternity Lumbar Support Orthosis

Provided by SOSortho

A service of Specialized Orthopaedic Service, Inc.

ATTN: SOSortho – Popple Referral Team

Fax: (703) 281-1201

Phone: (888) 213-1387

Email: popple@sosortho.com

Sender Information

Name: _____

Phone: _____

Email: _____

Who Is Sending This Fax?

- Physician Office
- Physical Therapy Clinic
- Patient / Family Member
- Other

Patient Information

Patient Name: _____

Date of Birth: _____

Documents Included

- Popple Prescription Form
- Measurement Guide
- Office Visit Notes
- Insurance Information
- Other

Total Pages Sent (Including This Cover) _____ pages

Confidentiality Notice

This fax may contain confidential medical information intended only for the recipient listed above. If you received this fax in error, please notify the sender and destroy the document.



Date _____

Patient Name _____

DOB _____ Phone Number _____

Insurance _____

Diagnosis _____

Pregnancy-Related Lumbar and Pelvic Support – Medical Necessity Diagnosis / ICD-10 (select if applicable)

- R10.2 — Pelvic and perineal pain
- O26.7 — Symphysis pubis subluxation in pregnancy
- M53.3 — Sacroiliac joint dysfunction
- M54.30–M54.32 — Sciatica
- Other _____

Clinical Purpose (select if applicable)

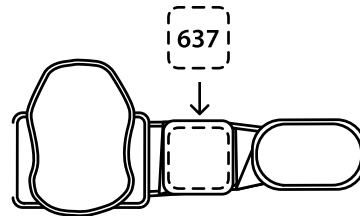
- Restrict spinal motion
- Support weakened spinal muscles
- Improve posture and spinal alignment
- Reduce pain during daily activities



POPPLER^{LSO} by Aspen

Instructions: Use for lumbar and pelvic support during pregnancy.

**Dispense as written
Do not substitute**



- Popple™ LSO 637**
* Includes removable lateral side panels
Provides additional side-to-side stability
Compatible with optional therapy packs
- Popple™ LSO 631**
Standard support for everyday use
Lightweight and flexible

Medical Necessity Certification

I certify that the item(s) selected above are medically necessary for the treatment of this patient's condition and are prescribed for stabilization and support for home use.

Physician Name

NPI

Physician Signature

Date

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Call SOSortho (888) 213-1387 or (703) 281-1200 for assistance.