



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.



## **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](mailto: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.**



## POPPLE™ 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)**

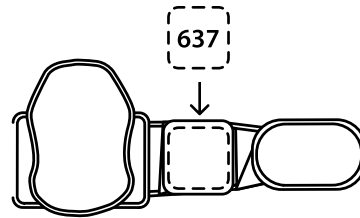
- Restrict spinal motion
- Support weakened spinal muscles
- Improve posture and spinal alignment
- Reduce pain during daily activities



**POPPLER<sup>LSO</sup>** 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

**Need help with measurements?**

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

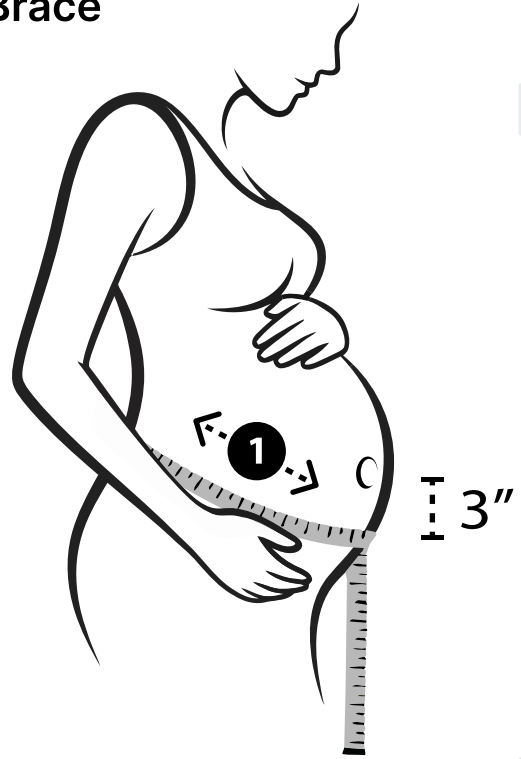
Patient Name: \_\_\_\_\_ Date: \_\_\_\_\_

## How to Measure for the POPPLE™ LSO Brace

Complete measurement and symptoms checklist.

### Measure Lower Abdomen Circumference

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



**1** Patient 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

## Patient Symptoms Checklist.

Check all that apply.

- 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.