

Popple LSO

Developed in collaboration with OB/GYNs and leading spine physicians, Popple LSO is the first clinically designed maternity back brace of its kind. Engineered with a gentle lifting action to support the abdomen and targeted compression to stabilize the lower spine, Popple helps address the most common pregnancy-related musculoskeletal challenges including low back pain, pelvic pain, and round ligament pain. Additionally, Popple LSO promotes postural alignment, supports diastasis recti, and assists with pelvic tilt correction all without inhibiting pelvic floor activation.



Specifically designed for the unique anatomical and biomechanical needs of the pregnant body.



Specifically Designed Compression System

Features a new patented TriTrack™ compression system made for pregnant women to gently support the lower back and pelvis. When applied while lying down with knees bent, it can help maintain a neutral pelvic position, easing pregnancy-related back pain.



Anterior Load Support

Provides a gentle cradle of support without inhibiting pelvic floor activation, supporting the anterior load to assist with normalizing the patient's center of gravity.



Customized Level of Support

Panels can be removed for a low-profile belt for highly effective relief in any configuration.



Adaptable Through Pregnancy

Adjustable arms and straps can be lengthened or shortened for optimal comfort, compression, and mobility. After birth, the brace can also be resized to support the body during postpartum recovery.



Therapy Pack Compatible

Hot/Cold therapy is an additional modality for symptom management and cold therapy following cesarean recovery (sold separately).

LSO ORTHOSIS

Popple 631 LSO - Small - 31-37 in (78.74-93.98 cm)	PPL312	Popple 637 LSO - Small - 31-37 in (78.74-93.98 cm)	PPL372
Popple 631 LSO - Medium - 36-48 in (91.44-121.92 cm)	PPL313	Popple 637 LSO - Medium - 36-48 in (91.44-121.92 cm)	PPL373
Popple 631 LSO - Large - 47-68 in (119.38-172.72 cm)	PPL314	Popple 637 LSO - Large - 47-68 in (119.38-172.72 cm)	PPL374

ACCESSORIES

Posterior Panel Hot/Cold Therapy Pack	37	Anterior Panel Cold Therapy Pack	993005
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