



LUMBAR BELT VS THE SEROLA® BELT



VS



1. Takes the place of muscles, allowing atrophy.
2. Increases pressure in the abdominal cavity.
3. Does not reduce muscle spasm.
4. Disc injuries occur in small proportion of low back injuries.
5. The lumbar disc is relatively stable during bending, twisting, and lifting compared to SIJ.
6. Lumbar belts are bulky, hot, uncomfortable, and restrict movement.
7. Should be worn only while lifting.
8. Does not increase muscle strength.

1. Takes the place of ligaments, enhancing mobility.
2. Designed to support and stabilize the Sacroiliac Joint (SIJ).
3. Reduces muscle spasm.
4. Research has found the SIJ to be the main cause of pain in the majority of low back injuries.
5. The SIJ is 20X more susceptible to compression and 2X as susceptible to torsion as lumbar discs.
6. The Serola Belt is small, comfortable, and allows freedom of movement without restrictions.
7. Can be worn all day with no adverse effects.
8. The Serola Belt increases strength throughout the body, especially the trunk, upper legs, and arms.