

NINJA FAQs

Q: What is the advantage of straps over strings?

A: As to mechanical advantage, there is no difference. 6X is 6X, no matter how you do it. The difference is that straps are much tougher than strings; they won't fray, tear, tangle or jam.

Q: How tight should I wear the NINJA?

A: Do not over tighten it! Since it multiplies your force 6 times, even the most elderly, frail patient can tighten the NINJA more than they can tolerate. Therefore, judge the tightness by the abdominal constriction you feel rather than the strength of the pull. NOTE: It's easy to vary the NINJA's tension to suit the task. For chores or yard work, tighten the NINJA for the duration of that task, then loosen it again to relax.

Q: What is "Mechanical Advantage"?

A: This is a physics term meaning multiplying a force using, in this case, pulleys. The NINJA has a 6X (MA=6) mechanical advantage. Thus, when the patient pulls the strap to tighten the brace, their muscle strength is multiplied 6 times!

Q: What do you mean by "Progressive"?

A: The NINJA allows you to progressively increase mobility and decrease support as the patient improves. For example, you might start with a NINJA PRO, and as the patient's condition begins to stabilize, you might remove the posterior shell. Later, you might remove the front plate, leaving you with just the NINJA to accompany the patient's final stage of recovery.

Q: Why the "NINJA Progressive Spinal System"?

A: The NINJA Progressive Spinal System is a spinal system of braces built around the NINJA that can be progressively diminished as the patient heals.

Q: How do I clean my NINJA?

A: Remove the plastic panels and clean them with a soft cloth and a mild detergent solution. Hand wash the NINJA fabric and dry it flat between towels.

Q: All NINJA braces carry similar indications. Why?

A: Most spinal orthoses have roughly the same purpose: 1) to compress the abdomen, 2) limit spinal motion, and 3) protect the torso. All NINJA braces provide all these functions, but they range in height and stiffness. It's up to the medical professional to choose the correct orthosis that provides the proper support for the patient at hand.

Q: Should I wear the NINJA against my skin?

A: We do call the NINJA skin friendly, which means you can wear it on your skin, but it isn't recommended. Wearing the NINJA over a cotton t-shirt increases coolness, comfort, and cleanliness. It's easy to throw a t-shirt in the wash!

Q: What do you mean by "Extender Ready"?

A: The Extender Ready anterior plate is made of rigid molded Kydex and is pre-drilled to accept the Extender, which you can readily attach in the hospital or nursing home.

Q: When can I substitute the low profile NINJA?

A: Any time, in any NINJA brace variation (NINJA-BELT, -LSM, -LSO, or -PRO), the low profile (LP) NINJA can be substituted for the standard profile (SP) NINJA. The LP NINJA Belt is 1.5" shorter than the SP in the front, somewhat shorter on the sides, and the same height in the back.