

# DOCTOR IN THE HOUSE



Doctor Developed Products  
Helping People Heal Themselves

## PRODUCT CATALOG

## About Dr. Scott Fried



Founded by Dr. Fried, Doctor In The House™ is a dynamic team of dedicated, highly trained and conscientious healthcare professionals on a mission to develop new, highly effective home health treatment methods and products. In addition, Dr. Fried has written a series of self-help books to help patients unlock the power of these non-surgical approaches to recovery.

Through his practice as a board-certified orthopedic surgeon, fellowship trained hand and upper extremity surgeon, and a specialist in treating nerve

pain, Dr. Fried teaches patients to heal without surgery. He shows patients how to use nutrition, exercise, standard and alternative therapies, splints and medical devices, lifestyle modifications, meditation, exercise and relaxation techniques to heal, leaving surgery as a last resort.

With the help of Dr. Fried and his team of healthcare professionals, patients soon discover the advantages of these non-surgical methods to treat orthopedic injuries, including problems like carpal tunnel, repetitive strain injury and RSD. The results are often extraordinary, Few surgeons in this country haven taken such a thoughtful, conservative approach to help patients avoid surgery.

## About Our Products

### Our Back Brace Line

Our back brace line is designed for optimal orthopaedic support but for living. Semi-flexible design with unique panels that can be modified, molded, and customized to the patient and removed for less support as patients heal.

### Our Splint Line

Our splint line offers rigid, semi-rigid and minimal support with simple removal of the heat moldable and customizable orthoplastic struts. No more metal bars or incorrect atomic bracing.

*Designed by an Orthopaedic Hand Surgeon to help patients heal, not just immobilize.*

**Back Braces • Shoulder/Arm Brace  
Wrist Splint/Brace • Ankle & Knee Braces**

## Fitted Braces for Medical Professionals



Offer customized care to your patients with products that were developed by a board certified orthopedic surgeon.

Doctor In The House braces and medical devices are doctor developed and patient tested. Dr. Scott Fried and his team of healthcare professionals dedicated to the quality care of patients with neck, back, arm, hand, and lower body injuries.

These are dynamic, semi-flexible, stepdown braces which are easily fitted, adjusted and molded to your patients in minutes providing superior care

and the only true customizable professional grade complete brace line available today.

## Customize For Your Patients' Needs

Featuring the Back Bandit Series:

- All panels can be easily moved or removed
- All panels can be heat molded or placed in a microwave
- Low-profile LSO step down design with side panels
- Standard sizing with S, M, L, XL or choose from 2 universal sizing options
- Medically indicated and effective bracing, fully adjustable to meet your patients specific needs

## We've Got Your Back

For our full line of Customizable, Fitted and Adjustable Braces, browse our catalog beginning on page 18.

*Designed by an Orthopaedic Hand Surgeon to customize to your patients*

**Back Braces • Shoulder/Arm Brace  
Wrist Splint/Brace • Ankle & Knee Braces**

**BACK BANDIT PRO**



Innovative new brace covers the whole back. That means relief from compression fractures, upper thoracic pain, and rib and arthritic pain.

**ITEM ID: TISO L0457**  
**SIZE: S / M / L / XL**  
 Universal

**MIRACLE BACK PRO**



This brace offers optimal orthopedic comfort for your patients with lower back issues.

**ITEM ID: LSO L0650**  
**SIZE: S / M / L / XL**  
 Universal

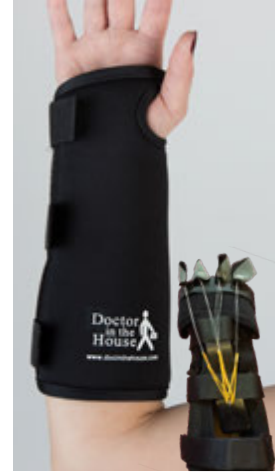
**NECK FREE SHOULDER SYSTEM**



Provides maximum support and sequential freedom in treatment for patients with Neck, Shoulder, and or Arm injuries. No Neck Straps; Treats Frozen Shoulder.

**ITEM ID: L3960**  
**SIZE: One size fits all**  
 (RIGHT OR LEFT)

**THE MIRACLE SPLINT PRO**



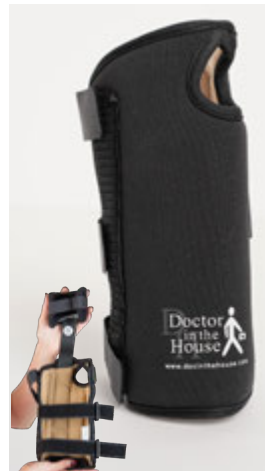
The ultimate brace for hand & wrist injuries. Provides soothing heat, massage and comfort to the forearm, hand and wrist structures while providing protection and stability to the injured tissues. Accessories included: dynamic hinge and night resting piece.

**ITEM ID: L3916**  
**SIZE: Standard fits S,M,L**  
 glove sizes XL fits XXL hands

**Doctor in the House Back Brace Sizing Chart**

| Product Size   | Waist Size |
|----------------|------------|
| Small          | 20" - 30"  |
| Medium         | 30" - 40"  |
| Large          | 40" - 50"  |
| X - Large      | 50" - 60"  |
| Universal Belt | 20" - 60"  |

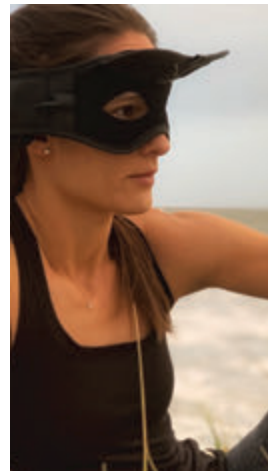
**MIRACLE SPLINT II**



The Miracle Splint II can treat fractures of the hand and wrist, tendinitis and carpal tunnel. It calms pain, eases stiffness from arthritis, tendinitis and helps fractures to heal.

**ITEM ID: L3807, L3809**  
**SIZE: Standard fits**  
 S,M,L glove sizes  
 XL fits XXL hands

**RESPIMASK**

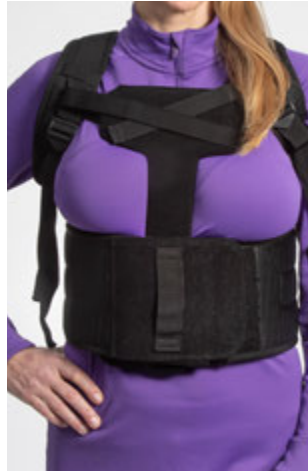


The RespiMask for Sleep Apnea. Optimal home healing for relaxation, sleep, meditation and relief from pain and anxiety.

**ITEM ID: A7032, A7033, A7034, A7035**  
**SIZE: One size fits all:**  
 Standard and XL

FITTED BRACES FOR MEDICAL PROFESSIONALS STARTING ON PAGE 20

**BACK BANDIT ULTIMA**



Innovative new brace covers the whole back. Relief from compression fractures, upper thoracic pain, and rib and arthritic pain.

ITEM ID: L0464 and L0460  
 SIZE: moldable and customizable for optimal comfort and support!

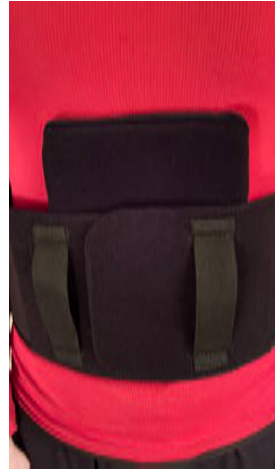
**MIRACLE BACK PRO ULTRA**



This brace offers optimal orthopedic comfort for your patients with lower back issues.

ITEM ID: L0637  
 SIZE: S / M / L / XL  
 Universal Belt

**MIRACLE BACK PRO II**



Allows protected motion with its adjustable posterior, lateral and anterior frame/panels.

ITEM ID: L0651/ L0639  
 SIZE: S / M / L / XL  
 Universal Belt

**BACK BANDIT EXCEL**



Unique TLSO brace to help patients heal from back injuries, fractures and sprains without surgery.

ITEM ID: L0456 and L0457  
 SIZE: moldable and customizable for optimal comfort and support

**NECK FREE SHOULDER SYSTEM**



Provides maximum support and sequential freedom in treatment for patients with Neck, Shoulder, and or Arm injuries. No Neck Straps; prevents and treats frozen shoulder.

ITEM ID: L3960  
 SIZE: One size fits all

**THE MIRACLE SPLINT DYNAMIC**



The ultimate brace for hand & wrist injuries. Dynamic traction, locking hinge and is customizable.

ITEM ID: L3915 and L3916  
 SIZE: Standard, XL

**THE DOCTORS ANKLE BRACE**



Can treat fractures and ligament injury of the lower leg, ankle, and foot. Treats foot drop and ankle instability.

ITEM ID: L1906 and L1971  
 SIZE: Standard fits S,M,L

**THE MIRACLE KNEE**



Designed for patients with joint and ligament problems that benefit from stability and rotational control.

ITEM ID: L1832 and L1833  
 SIZE: Universal size - fits a wide variety of patients

**THE DOCTOR'S OA KNEE BRACE**



Designed for patients with joint and ligament problems the benefit from stability and rotational control.

ITEM ID: L1845/1852  
 SIZE: S / M / L / XL  
 Universal

**THE DOCTOR'S CERVICAL COLLAR**

Helpful in the treatment of arthritis, disc bulge, stable cervical spine fractures, post operative patients, & more.

ITEM ID: L0174  
 SIZE: one size fits all

**THE DOCTOR'S HIP**

Designed for mild to moderate hip osteoarthritis, hip dysplasia-anterior or posterior, hip revisions and surgeries, pre-op and post-op.

ITEM ID: L1690  
 SIZE: one size fits all

Doctor in the House Back Brace Sizing Chart

| Product Size   | Waist Size |
|----------------|------------|
| Small          | 20" - 30"  |
| Medium         | 30" - 40"  |
| Large          | 40" - 50"  |
| X - Large      | 50" - 60"  |
| Universal Belt | 20" - 60"  |

# Neck Free Shoulder System L3960



**Neck Free Shoulder System - No Neck Straps Prevents Frozen Shoulder L3960**

**Sizes:**  
One size fits all (right or left)

Maximum pain free waist up arm support. Recovering from shoulder injury or surgery has never been more comfortable and safer. Provides maximum support and sequential freedom in treatment for patients with Neck, Shoulder, and or Arm injuries. No Neck Straps; prevents and treats frozen shoulder.

View on website:

<https://docinthehouse.com/products/neck-free-shoulder-system>

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DESIGNED WITH COMFORT IN MIND

**Neck Free Shoulder Arm/Abduction System**  
**L3960**



**Neck Free Shoulder/  
Arm Abduction System -  
No Neck Straps**  
L3960

**Size:**  
One size fits all (right or left)



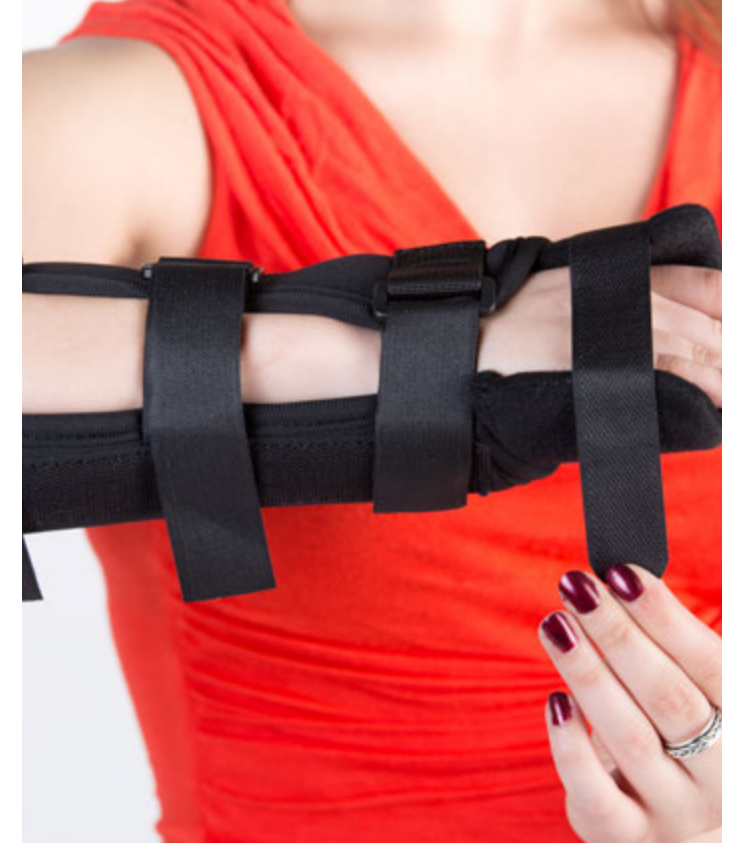
**DESIGNED WITH COMFORT IN MIND**

Recovering from shoulder injury or surgery has never been more comfortable and safe. This is the first complete Shoulder System designed to prevent frozen shoulder. Provides maximum support and sequential freedom in treatment for patients with Neck, Shoulder, & Arm Injury.

View on website:

<https://docinthehouse.com/products/neck-free-shoulder-system>

# Miracle Splint Pro Wrist Brace L3916



## The Miracle Splint Pro Wrist Brace

L3916

### Sizes:

Standard fits S,M,L glove sizes  
XL is an option and fits XXL hands

THE ULTIMATE BRACE FOR HAND & WRIST INJURIES

The Miracle Splint Advantage. The Miracle Splint custom molds to your hand and wrist – to fit like a glove, ergonomically and physiologically correct. It is designed to treat hand, wrist and forearm injuries by providing proper neutral position of the wrist and freedom of motion for activities.

View on website:

<https://docinthehouse.com/products/miracle-splint-pro-wrist-brace>



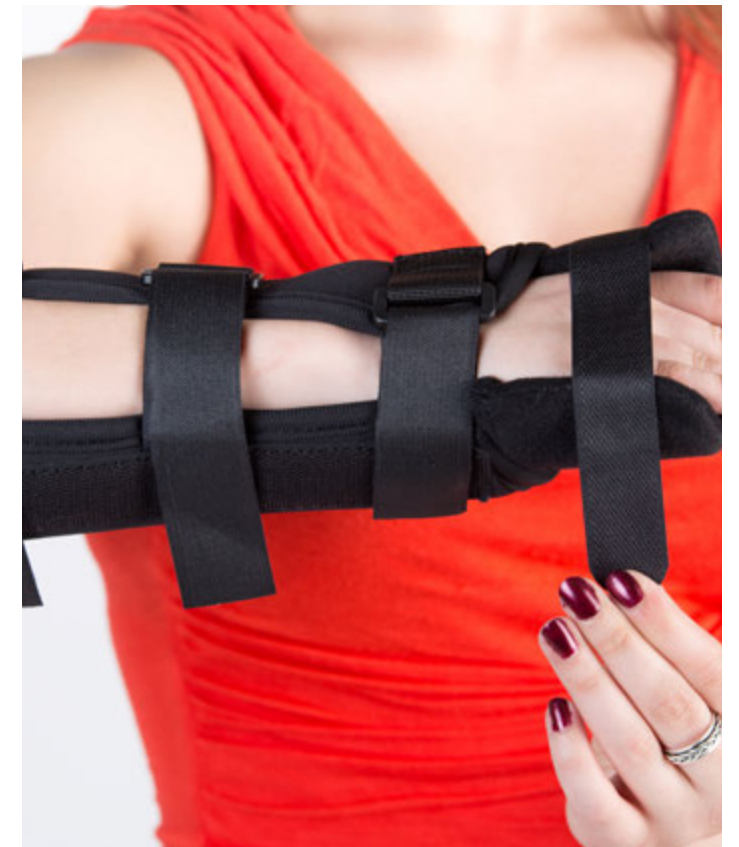
# The Miracle Splint Dynamic L3915 and L3916



## The Miracle Splint Dynamic L3915 & L3916

### Sizes:

Standard fits S,M,L glove sizes  
XL fits XXL hands



THE ULTIMATE BRACE FOR HAND & WRIST INJURIES

The Miracle Splint Dynamic is the answer to every hand/wrist problem. It helps Heal Carpal Tunnel, Tendon Injury, Tenosynovitis, Wrist Injury, Arthritis and Tendinitis. **Offers dynamic traction, locking hinge and is customizable.** Wrist motion stabilization, as needed with locking hinge.

View on website: <https://docinthehouse.com/products/the-miracle-splint-dynamic>

# MIRACLE SPLINT II L3807 and L3809



## The Miracle Splint II L3807 and L3809

### Sizes:

Standard fits S,M,L glove sizes  
XL fits XXL hands



THE ULTIMATE BRACE FOR HAND & WRIST INJURIES

- Can treat fractures of the hand and wrist, tendinitis and carpal tunnel
- Calms pain, eases stiffness from arthritis, tendinitis and helps fractures to heal
- Helps patients to heal happily with lessened or eliminated discomfort
- Was invented by an Orthopaedic Hand Surgeon to help his patients heal without surgery
- That is clinically tested and proven to work

View on website: <https://docinthehouse.com/products/miracle-splint-ii>

UNIVERSAL SNUGGING BELT



UNIVERSAL SNUGGING BELT

- Universal sizing is simple
- Heat mold or wear right out of the box
- Specially designed belt lets patient breathe
- No more girdle braces, happier patients
- Seamlessly adjustable panels & belt size
- No more daily calls about back pain

CHOOSE YOUR PANELS

Create & Customize your LSO or TLSO



Cut, Trim or Modify as Desired



GROUND BREAKING UNIVERSAL SNUGGING BELT

HCPCS , LO650,L0651,L0637, L0456, L0457, L0464, L0460 Patents & Patents Pending

# Back Bandit Pro TLSO L0457



## Back Bandit Pro L0457

### Sizes:

- Small 20"-30"
- Medium 30"-40"
- Large 40"-50"
- X-Large 50"-60"
- Universal Belt 20"-60"



**INNOVATIVE BRACE COVERS THE WHOLE BACK**

The New Back Bandit Pro is designed with comfort in mind. It allows protected motion with its adjustable posterior, lateral and anterior frame/panels to aid in healing while living life with controlled motion, decreased pain, and with optimal comfort.

View on website:

<https://docinthehouse.com/products/back-bandit-pro/>

# Miracle Back Pro LSO L0650



## Miracle Back Pro L0650

### Sizes:

- Small 20"-30"
- Medium 30"-40"
- Large 40"-50"
- X-Large 50"-60"
- Universal Belt 20"-60"

**DESIGNED WITH COMFORT IN MIND**

The Miracle Back Pro allows protected motion with its adjustable posterior, lateral and anterior frame/panels to aid in healing while living life with controlled motion, decreased pain, and with optimal comfort.

View on website:

<https://docinthehouse.com/products/miracle-back-pro>

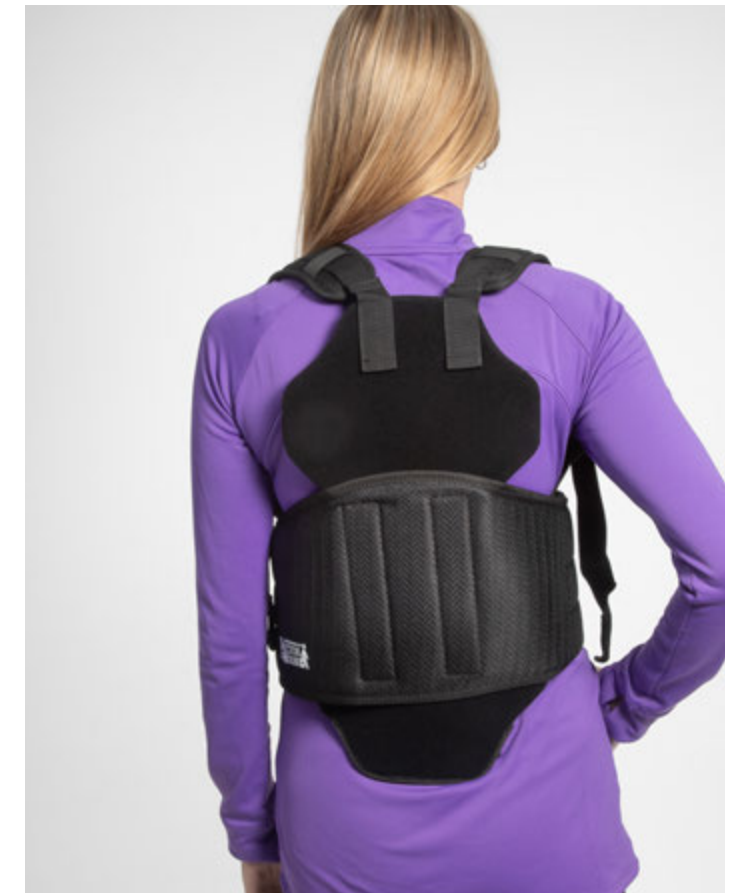
# Back Bandit Ultima L0464 and L0460



## The Back Bandit Ultima L0464 and L0460

### Size:

Moldable and customizable for optimal comfort and support



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**DESIGNED WITH COMFORT IN MIND**

The Back Bandit Ultima allows rigid 4 panel-triplanar support, offering protected motion for the entire back with its customizable, heat moldable panels and easy adjustment to aid in healing while living life with protected motion, decreased pain and with optimal comfort.

View on website: <https://docinthehouse.com/products/back-bandit-ultima>

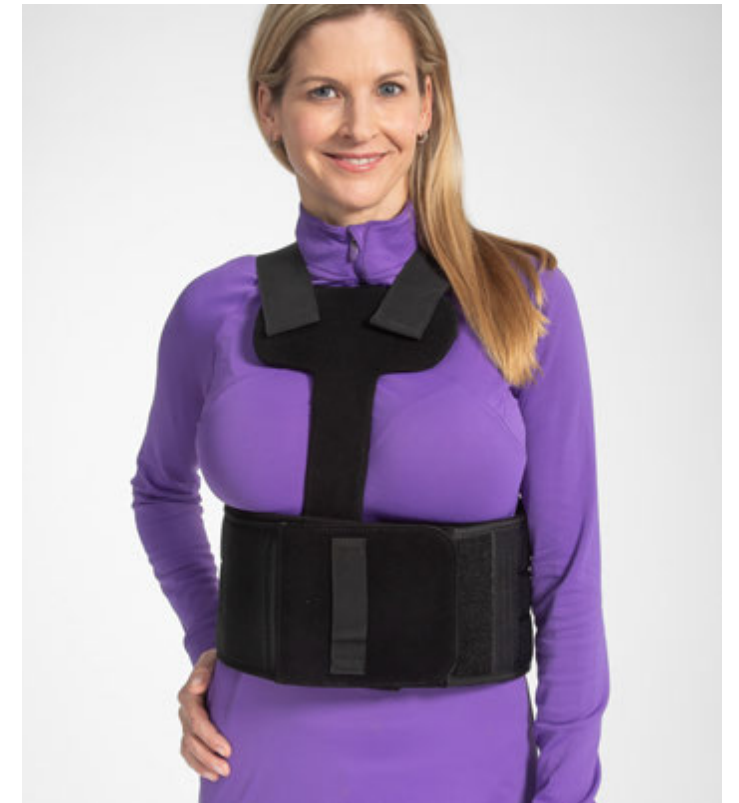
# Miracle Back Ultra L0637



## Miracle Back Ultra L0637

### Sizes:

- Small 20"-30"
- Medium 30"-40"
- Large 40"-50"
- X-Large 50"-60"
- Universal Belt 20"-60"



**DESIGNED WITH COMFORT IN MIND**

The Miracle Back Ultra is a unique LSO brace to help patients heal from back injuries, fractures and sprains without surgery and to help rehabilitate post operative back patients to optimal health and lifestyle.

View on website: <https://docinthehouse.com/products/miracle-back-ultra>

# Miracle Back Pro II L0651 and L0639



## Miracle Back Pro II L0651 and L0639

### Sizes:

- Small 20"-30"
- Medium 30"-40"
- Large 40"-50"
- X-Large 50"-60"
- Universal Belt 20"-60"



**DESIGNED WITH COMFORT IN MIND**

The Miracle Back Pro II allows protected motion with its adjustable posterior, lateral and anterior frame/panels to aid in healing while living life with controlled motion, decreased pain, and with optimal comfort.

View on website:

<https://docinthehouse.com/products/miracle-back-pro-ii>



**Back Bandit Excel**  
**L0456 and L0457**



**Back Bandit Excel**  
**L0456/L0457**

**Sizes:**

Moldable and customizable for optimal comfort and support




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**DESIGNED WITH COMFORT IN MIND**

The Back Bandit Excel is a unique TLSO brace developed by an orthopedic surgeon to help patients heal from back injuries, fractures and sprains without surgery and to help rehabilitate post operative back patients to optimal health and lifestyle.

View on website: <https://docinthehouse.com/products/back-bandit-excel>

# INTRODUCING THE UNIVERSAL BACK

# ONE SIZE FITS ALL



- ✓ One size fits all
- ✓ Less inventory
- ✓ Adjust strap as desired



# RespiMask A7032, A7033, A7034, A7035



OPTIMAL HOME HEALING FOR RELAXATION, SLEEP, MEDITATION, AND RELIEF FROM PAIN & ANXIETY



## RespiMask

### Size:

One size fits all  
Standard and XL



- Snoring/Sleep Apnea
- Neck Pain/Nerve Pain
- Improved Respiration
- Sleep Disorders
- Noise Reduction
- Stress/Anxiety

View on website:

<https://docinthehouse.com/products/respimask/>

# The Doctor's Ankle Brace LI906 and LI971



## The Doctor's Ankle Brace

LI906 / LI971

**Sizes:** Standard fits S,M,L



### How to Apply:

Unfasten top closure cuff and soft liner. WHILE SEATED, place the injured foot in the brace, similar to putting on a shoe. Position so that the heel is against the back of the soft liner.

Fasten the velcro closure on the soft liner. Position so that the rigid plastic stays on the brace are centered over side of the ankle.

Fasten the cuff closure straps over the soft liner so that the brace fits snug and little movement is experienced. Simultaneously pull both speed-lace straps tight and secure by crossing each speed-lace strap over the top of the foot and attaching to the soft liner. Make sure the brace still fits snug and is centered over each side of the ankle.

View on website: <https://docinthehouse.com/products/the-doctors-ankle-brace>

THE ULTIMATE BRACE FOR ANKLE INJURIES

# The Miracle Knee L1832 and L1833



## The Miracle Knee

**L1832 & L1833**

**Sizes:** Universal size - fits a wide variety of patients



### How to Apply:

Unfasten the front closure straps. Place the brace around the knee so that hinges line up with the center of the kneecap on both sides of the leg, and secure the top closure.

Secure the bottom closure using the velcro tab. Keep the hinges aligned with the center of the knee and maintain a tight, snug fit.

Adjust posterior closures if needed for further customized fit and comfort.

Wrap on and apply suspension sleeve for extra support and to avoid brace slipping. (see instructions included with the sleeve)

View on website: <https://docinthehouse.com/products/the-miracle-knee>

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THE ULTIMATE BRACE FOR KNEE INJURIES

# The Doctor's OA Knee Brace L1845/1852



## The Doctor's OA Knee Brace

**L1845/1852**

**Sizes:** Universal size - can be customized to the patient



### How to Apply:

Open all straps and sit with the leg in a slight bend. Center the hinge about one (1) inch above the top of the knee cap on the inside, just a little toward the back of the knee.

Attach the first strap label on the bottom then the one on the top. Follow with the rest of the straps. Pull the strap snug on top of the knee area. Next, adjust the rest of the straps, making sure they do not feel too tight but securing them snugly so that the brace does not slide.

Stand up and walk, adjust as needed and test bending the knee and walking. For more security add the knee sleeve. Once set just use the easy clips to take off and on.

View on website: <https://docinthehouse.com/products/the-doctors-oa-knee-brace/>

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THE ULTIMATE BRACE FOR KNEE INJURIES

# The Doctor's Cervical Collar L 0174



## The Doctor's Cervical Collar

**L 0174**

**Sizes:** One size fits all



### How to Apply:

1. Turn knobs on back of collar to the left to open for sizing
2. Detach the buckles top and bottom on the side of the collar
3. Test the collar for proper height and temporarily adjust the size around the neck
4. Secure the side buckles and check to be sure the collar is not too tight around the neck
5. Turn the 2 knobs on the front slowly to the left to adjust the inverted U-shape jaw posts to suitable height, fit the patient's jaw, then screw the rotary knobs to secure tightly
6. Readjust the rear sizing knobs and be sure that the fit is comfortable and snug enough for support but not too loose that it may cause chafing.

View on website: <https://docinthehouse.com/products/the-doctors-cervical-collar/>

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THE ULTIMATE BRACE FOR CERVICAL COLLAR INJURIES

# The Doctor's Hip L1690



## The Doctor's Hip L1690

**Sizes:** One size

### How to Apply:

1. The waist belt is designed to fit sizes small to 4XL. To adjust simply remove each side of belt from its Velcro tab on back panel, cut or fold to desired size, and reattach to Velcro tab on back panel.
2. Once belt is adjusted wrap belt around waist and secure with thumb pulls.
3. With belt positioned, align hip attachments with patient hips.
4. Attach velcro tabs on both hip attachments to waist belt.
5. Thread pull string through openings at top of hip shells for better compression and fit.
6. Loosen bolt on thigh supports and position supports and cuffs as needed, then tighten bolt back when adjusted.
7. Loosen bolt on back side of ball joints, and adjust to accommodate patient hips and maintain legs in midline.
8. Adjust range of motion for each side by loosening small bolt above ball joint assembly. Set flexion and extension tabs to desired settings. Then tighten bolt back to fix range of motion.
9. Secure cuffs to patient leg by wrapping straps around and use hook and loop ends to secure. If necessary straps can be shortened and trimmed to fit.
10. Finalize fit by readjusting where needed for maximum support and comfort.

View on website: <https://docinthehouse.com/products/the-doctors-hip/>

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THE ULTIMATE BRACE FOR HIP INJURIES





# DOCTOR IN THE HOUSE

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