






## Orthotics



# Explanation of Symbols

## Textile Care Symbols

|   |  |
|---|--|
|    | Hand wash  |
|    | 30 °C delicates - reduce fill quantity one third |
|    | 30 °C normal wash                                |
|    | 40 °C normal wash                                |
|    | 60 °C normal wash                                |
|    | 95 °C normal wash                                |
|    | Ironing with one dot - approx. 110 °C            |
|    | Ironing with two dots - approx. 150 °C           |
|    | Ironing with three dots - approx. 220 °C         |
|    | Do not iron                                      |
|    | Can be bleached                                  |
|    | Do not bleach                                    |
|   | No dry cleaning                                  |
|  | Low-temperature dry                              |
|  | Normal dry                                       |
|  | Do not tumble dry                                |
|  | Spray disinfection                               |

### IMPRINT

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# History

- 1928** The Streifeneder firm is set up by Lilli and Friedrich Georg Streifeneder in Mannheim.
- 1929** The first patent is applied for.
- 1931** The property in Schöngesinger Straße in Fürstenfeldbruck is purchased.
- 1932** The first orthopaedic workshop is fitted out in Fürstenfeldbruck near Munich.
- 1945** Further orthopaedic workshops are set up to cater for war invalids.
- 1949** The orthopaedic workshop starts up at the Bad Tölz Hospital.
- 1953** The Munich site is opened. The wholesale business is expanded.
- 1968** The plastics, Streifylen and Streifylast, are launched along with the requisite heat sources.
- 1992** A production site is set up in Hungary to manufacture plastic products in small series.
- 1993** The Production and Distribution division expands further. Move to the new company premises in Emmering, just outside Munich.
- 1995** Export activities are stepped up.
- 1997** Takeover of Maschinen-Schmid, the world market leader in socket router machinery.
- 1998** The product range is extended by the Prosthetics product division.



- 1999 Traditional in-house production is extended and the product spectrum expanded by modular components. "Everything from a single source" – with our very own department for workshop planning we can now help to realize our clients' wishes even better.
- 2001 The new site in Emmering is extended by further storage space to 6,000 qm.
- 2004 Establishment of distribution structure in China.
- 2007 Streifeneder ortho.production GmbH is set up as an independent subsidiary.
- 2009 Streifeneder ortho.production GmbH exports to more than 100 countries.  
Streifeneder ortho.production GmbH wins the "red dot design award" for the knee joint KINEGEN.stream.
- 2010 A new building is purchased for Streifeneder ortho.production GmbH in Emmering.
- 2011 Establishment of distribution structures in Latin America and India.  
Relocation of Streifeneder ortho.production to the new building with modern training and education- , logistics- and administration centre.  
Foundation of Streifeneder Training Centre in Emmering.
- 2012 Grand opening of Streifeneder Training Centre, with focus on national and international markets.  
Streifeneder ortho.production GmbH wins the "red dot design award" for the therapeutic shoe Pluto.



Streifeneder  
1932 in

# Quality is our Claim

We are convinced that only constant technical innovation and development is the key to a steady improvement of products and optimal patient care. We apply high standards to be able to offer each of our clients exactly those high-quality products he requires. Each of our products is subject to a continuous quality planning, quality control, quality monitoring and quality improvement. In order to be able to satisfy even most individual customer requirements and also in order to close product-related gaps in the market, it is essential to have our own production series with large lot sizes, but to also offer products with very individual unit numbers.

Despite the rapid development of the export business within the last years and the opening up of new markets such as China, we still value Germany as our location to do business.

We are proud of the quality standard “Made in Germany” and even in times of a continuously increasing cost pressure and growing competition due to globalization, we still produce predominantly in Germany.



## Quality management

Our experience of eighty years as well as the certified quality management system we introduced in 1998 according to EN ISO 13485 ensure quality of the highest level.

This quality management system is applied to all business divisions. Especially our product development division makes sure that the high level of quality is not only maintained but steadily increased. Thus, we ensure that we always meet the raising demands of our clients in terms of product development, manufacturing and safety.



Increasing globalisation and changing international security and safety conditions have motivated the World Customs Organisation (WCO) to draft a „Framework of Standards to Secure and Facilitate Global Trade“ (SAFE) to establish a global framework for modern and effective risk management of




customs compliances. The aim is to guarantee the security and safety of a continual international supply chain from the product manufacturer to the end consumer. The concept of European Authorised Economic Operator is an EU Customs security programme that started in 2007 and recognises companies as reliable trade partners as they met the following common criteria: customs compliance, appropriate record-keeping, financial solvency and, where relevant, appropriate security and safety standards.


Streifeneder ortho.production GmbH, as a globally operating company, has met the challenge and is proud to announce that it has been granted Authorised Economic Operator (AEO-F) certification by German customs in January, 2013, which officially regards the company as a reliable trade partner. The certificate number is DE AEO-F 115235.

## Declaration of conformity

As manufacturer with sole responsibility, Streifeneder ortho.production GmbH declares that the products referred to in this catalog conform to the requirements of the 93/42 EEC Guidelines concerning medical devices.

In order to comply with your documentation requirements, please paste the removable item labels of the products used onto the Streifeneder patient certificate and completely fill out the patient data. In case of a complaint, by means of this customer-/ patient documentation the compliance with all applicable technical guidelines for the supply with orthopaedic aids as well as the conformity with legal obligations due to the medical devices legislation can be documented.

| Streifeneder ortho.production GmbH  |   |
|---|---|
| <b>Funktion-Daumenorthese weiß</b>  | <b>136T1/RM</b>   |
| Handgelenksumfang 16-18 cm rechts   | 1 St  |
| <b>Thumb Splint white</b>   |   |
| fabric thumb fingerstall, Wrist   | 1 pc  |
| Circumference 16-18 right   |   |
|  |  |
| HM-Nr: 23.07.01.1022  | Chargen-/BatchNr.: 000000000000506  |
|  |   |

 Please use the detachable article labels to document the products used on the Streifeneder patient certificate.

Certification of  
EU guidelines conformity

Serial number

## Contacting us

Communication is a must in a working relationship. Your personal contact to our staff members in the internal sales department as well as our field service is the base of our successful collaboration.

It is our goal to react swiftly and efficiently to all of your wishes, to answer all of your questions and to keep all of the promises we make for our products.

Please contact us, we are looking forward to hearing from you!

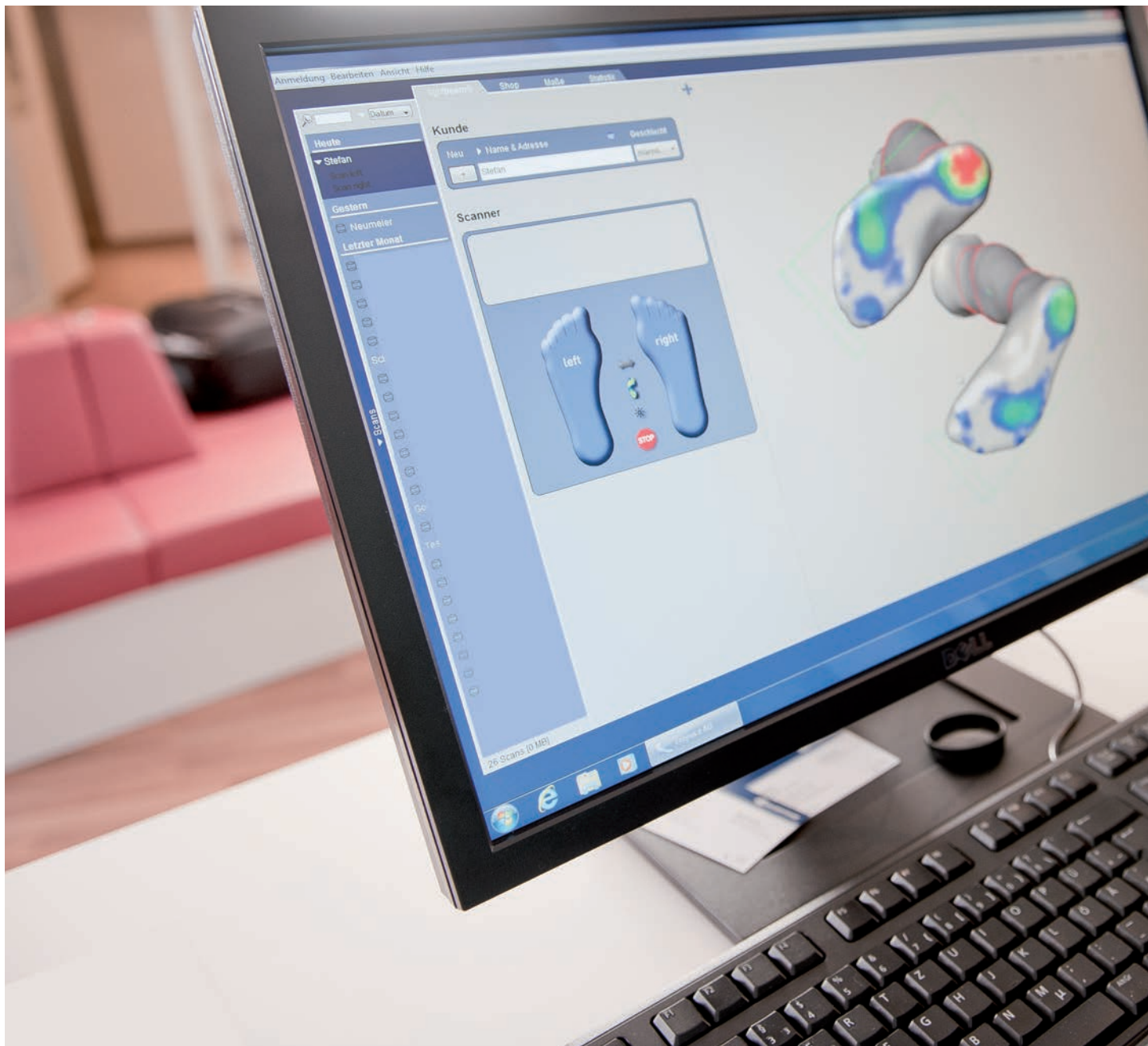


Via our general office switchboard at +49 (0) 8141 6106-0 your call will be directed to the staff member in charge. Of course, you can also send your request by email to [office@streifeneder.de](mailto:office@streifeneder.de).

# Development and Production

Experience technology, create technology, utilize technology – keep track of development and concentrate synergies. It is a vital part of our company's philosophy to continually optimize our operational procedures and production processes. This is why we define the economic growth of our company by our perpetual increase in production efficiency. The creativity, the commitment and the special professional skills of each of our members of staff, as well as our state-of-the-art production facilities are our guarantor for satisfied customers.

Our equipment in terms of up-to-date drawing programs (3D-CAD), simulation software (FEM-calculation) to the point of multi-axial machining centers helps our engineers and orthopaedic technicians to assure and further expand our market position.

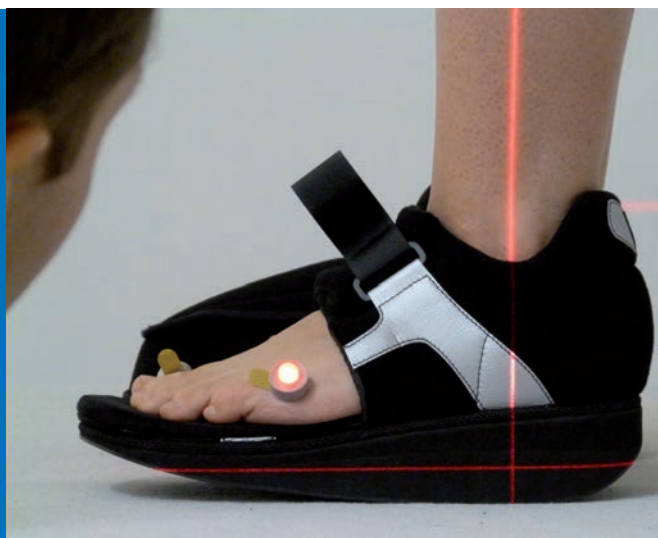




We subject ourselves and our products to highest quality standards. All of our supports, braces and orthoses have been extensively tested to prove their medical efficacy.

Therefore our customers receive exactly what they can expect from us - best quality and long-lasting products.

See the quality of our products and the comprehensive service that we have to offer for yourself!



# Streifeneder Training Centre

In order to stay competitive and in order to meet the growing requirements of the patients, it is no longer enough to just use high quality orthopaedic products. Profound practical skills on the basis of current scientific research and findings creates optimal conditions to always react competently and confidently in daily practice.

In order to convey valuable expertise as well as detailed knowledge to specialists in orthopaedic and orthopaedic shoe technology, we have originated the Streifeneder Training Centre in Emmering.

A spacious auditorium (AudiMax) with 160 seats and a fully equipped workshop with 15 work stations, a machine room as well as a patient fitting room and a plaster room on approx. 1.000 m<sup>2</sup> offer more than optimal conditions for a qualified advanced and continuous education on the highest level. Modern tools such as multimedia equipment, a fully equipped gait analysis laboratory, course materials and teaching aids that meet the demands of our clients are also part of our standards.

When it comes to personnel, our training center is optimally prepared, too. We have a team of highly qualified and dedicated staff members, who all come from an orthopaedic technology background and therefore as practitioners know direct patient contact very well. We guarantee for a continuously high teaching quality, which is safeguarded by the perpetual evaluation of our seminars and our speakers. Furthermore, all of our seminars are accredited according to their target group at either the Institute for quality assurance and certification (IQZ), the AGOS or at BLAeK (CME).





Our meticulously elaborated seminar program comprehends more than 50 events per year centered around topics such as silicone processing, pre-preg processing, synthetic materials, gait analysis or diabetic foot syndrome. With a flexible program planning on our part, we are also able to react to individual customer's wishes and to offer seminars about special subjects upon request.

In order to guarantee an array of seminars that is as broad as possible, e. g. about topics such as bio-mechanics or sensory integration, we regularly invite high-carat external guest lecturers to our Training Centre.

You can download our current Streifeneder seminar calendar with further information about all of our seminars from our website at [www.streifeneder.de](http://www.streifeneder.de). Of course, we will also gladly send it to you by post or email. Please feel free to contact us at: [schulungszentrum@streifeneder.de](mailto:schulungszentrum@streifeneder.de) or by telephone +49 (0) 8141 6106-0. We are looking forward to hearing from you!





# The Human Body

The human body is an exceptional complex synthesis of the arts, and functions only by the interaction of various body systems.

In order to better understand human anatomy, the body systems are distinguished as follows:

- Bone and skeletal system: The bone system includes all bones (approx. 200), joints and ligaments.
- Muscular system: This contains also the auxiliary elements of the muscles such as e. g. tendons, ligaments, bursae and tendon sheaths. The muscle is able to contract, enabling two bones connected by a joint to move. The tendon connects the muscle to the bone and the effector is being moved.
- Locomotory system: Altogether, the bone system and the muscular system are named the musculoskeletal system (locomotion), and special attention is paid to this system here in our orthotics catalogue.
- Nervous system: Outside of the central nervous system (brain and spinal marrow), the peripheral nervous system is distinguished between motoric and autonomic nerves. The nervous system is responsible for receiving, processing and transmitting of stimuli and most important, has a coordination function.
- Sensory and skin system: By means of the sensory and skin system, environmental stimuli such as e. g. pressure, temperature, light and sounds can be processed.
- Vascular system: The vascular system is divided into arterial, venous and lymphatic vascular system.
- Internal organs: Heart and blood vessels, blood- and immune system, hormone glands, respiratory tract, digestive system, urinary and sexual organs.





# Orthotics

Orthopaedics is the science of treatment of inherited or acquired deformities or functional disorders of the musculoskeletal system (bones, joints, muscles, tendons).

The musculoskeletal system is one of the largest organ systems of the human body and may be affected by many various deformations, e. g. growth, functional disorders, injuries and diseases.

The primary target of orthotics is to provide proper aids and appliances for restricted or non-functional body parts (joints).

Generally, supports, braces or orthoses help to maintain physical abilities in the sense of:

- Stabilisation
- Immobilisation
- Relief
- Guidance
- Correction

The construction of a support (with brace elements) or an orthosis not only depends on the anatomic condition of the corresponding body part, but also on the mechanical laws of static, dynamics and the lever rule.

Normally, softer textile materials are used for the production of a support or brace; which optimally adapt to the body shape. For example a knee braces, which allows controlled movements due to its material characteristics. As a derivative of bandaging, orthotic supports work compressing as well as function-supporting and at the same time, take strain off the injured joint capsule.

A classic orthosis however is made of solid materials. It is firm, stiff, supports from the outside and works based on the materials used, e. g. a plastics brace immobilises and guides the joint.



## Foot/Ankle Joint



# Foot/Ankle Joint

The feet are the basis of the human body. They are the mostly used body parts and have to carry the complete body weight when walking upright. They bear all strains during walking, running and jumping. Alone the achilles tendon of the foot, is able to withstand a weight of approx. 1 ton. Despite its extreme stability, the foot is a filigree masterpiece of nature. It consists of 26 bones, 27 joints, 32 muscles and tendons, 107 ligaments and 1.700 nerve endings.

Roughly, the human foot can be divided into forefoot, middlefoot and backfoot. The short and long foot muscles brace the foot arch and enable the foot to accomplish various movements. Normally, every healthy foot has a medial arch and a metatarsal arch, but there are also malpositions such as splay-, drop-, knock- and flat feet. Heel and forefoot are carrying the biggest part of the body weight, whereas there is relatively little weight load on the toes as well on the outer edges of the foot.



The connection joint between foot and lower thigh is the ankle joint. A distinction is made between upper and lower ankle joint. The upper ankle joint consists of shin bone, calf bone tip and ankle bone (Talus). It allows the motion between foot and lower thigh, and is responsible for lifting and lowering the foot. These movements are important for the flexing action during walking. Furthermore, they provide repulsion force for jumping. The upper ankle joint is the mostly loaded joint of the human body. It is especially injury-prone, because the natural stability of the joint decreases while lowering the foot. Therefore, the upper ankle joint is often sprained or twisted. When this happens, the ligaments of the upper ankle joint can become overstretched, strained or even torn. Fractures of the ankle, damages of the cartilage and joint injuries are possible further consequences. Existing malpositions of the foot and misloads on the joint, are the basis for further damages to the upper ankle joint.

Even though the lower ankle joint is anatomically divided into two sections, it forms one functional unit. In this joint, the foot moves against the ankle bone in the sense of lifting the inner foot edge (supination/inversion) respectively lifting the outer foot edge (pronation/eversion). It is used especially during standing on inclined ground or uneven terrain. The lower ankle joint guide is supported by an extensive ligament construction.

Orthopaedic aids are playing an important role for the treatment of foot- and ankle joint injuries, orthopaedic malpositions as well as medical conditions of the locomotory system. Streifeneder ortho.production offers a wide range of braces and orthoses, which are described in detail on the following pages.





## MalleoSupport.fix / MalleoSupport.fix-cool

Ankle orthosis for stabilization on one level



50R1



moulding-foam cushion



50R2

### Mode of Action

- the anatomically shaped outer shells of the ankle orthoses (MalleoSupport.fix with moulding foam cushion, MalleoSupport.fix-cool with moulding foam cushion and air-gel cushion), together with the continuously adjustable hook- and loop fasteners, stabilise the ankle joint and prevent uncontrolled motion in the sense of pro- or supination
- cushions of thermo-mobile moulding foam with memory-effect for optimal wearing comfort during the rehabilitation phase; coolable air-gel cushions for the acute phase

### Indication

- ankle sprains at the upper ankle joint
- distortion of the upper ankle joint (supination trauma)
- chronic instability/ligament insufficiency
- post-surgical rehabilitation
- reduced wearing period of cast protection

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- fresh, instable fractures
- angiopathy (oedemata)

| Item description   | Height | Size     | Colour     | Item-No. |
|--|--------|----------|------------|----------|
| MalleoSupport.fix-cool Ankle Support with integrated air-gel cushion and moulding-foam cushion | 25 cm  | one size | anthracite | 50R1     |
| MalleoSupport.fix Ankle Support with moulding-foam cushion                                     | 25 cm  | one size | anthracite | 50R2     |
| Only air-gel cushion   |        |          |            | 50R11    |



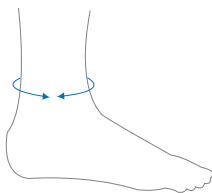
MalleoSupport.fix and MalleoSupport.fix-cool can be worn on the left or right side. Do not use the moulding foam cushions together with the air-gel cushions!

# Foot/Ankle Joint



## MalleoMax.light

Ankle Support for soft part compression without silicone pads



### Mode of Action

- supports the ankle joint capsule
- relieves the joint and prevents false movements
- for compression and massage of the soft tissue in the ankle joint area
- improves the blood circulation and lymph drainage, which helps to reduce swelling, relieve pain and improve joint function

### Indication

- post-operative and post-traumatic irritations (e.g. after distortions)
- joint bruises and swellings caused by arthrosis and arthritis
- tendomyopathy
- weakness of ligaments

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- lymph drain malfunctions (also uncertain swellings of soft tissue, distally from the placed support)
- uncertain changes during or after wearing the support, such as additional discomfort
- for longer resting periods (e.g. sleeping etc.), the support should be removed, as the MalleoMax.light ankle support develops its therapeutic effect especially during physical activity

The MalleoMax.light can be worn on the right or left ankle.

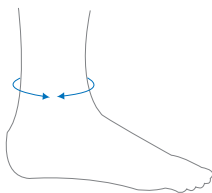
| Size | Ankle circumference | Colour            | Item-No. |
|------|---------------------|-------------------|----------|
| XS   | 17 - 19 cm          | silver/anthracite | 44B1/XS  |
| S    | 19 - 21 cm          | silver/anthracite | 44B1/S   |
| M    | 21 - 23 cm          | silver/anthracite | 44B1/M   |
| L    | 23 - 25 cm          | silver/anthracite | 44B1/L   |
| XL   | 25 - 27 cm          | silver/anthracite | 44B1/XL  |
| XXL  | 27 - 29 cm          | silver/anthracite | 44B1/XXL |
| XS   | 17 - 19 cm          | peach             | 43B1/XS  |
| S    | 19 - 21 cm          | peach             | 43B1/S   |
| M    | 21 - 23 cm          | peach             | 43B1/M   |
| L    | 23 - 25 cm          | peach             | 43B1/L   |
| XL   | 25 - 27 cm          | peach             | 43B1/XL  |
| XXL  | 27 - 29 cm          | peach             | 43B1/XXL |





## MalleoMax

Ankle Support for soft part compression with silicone pads



### Mode of Action

- supports the ankle joint capsule
- relieves the joint and prevents false movements
- due to the unique knitting technique and the integrated silicone pads, the MalleoMax ankle support provides compression and massage of the soft tissue in the ankle joint area
- improves the blood circulation and lymph drainage, which helps to reduce swelling, relieve pain and improve joint function

### Indication

- post-operative and post-traumatic irritations (e.g. after distorsions)
- joint bruises and swellings caused by arthrosis and arthritis
- tendomyopathy
- weakness of ligaments

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- lymph drain malfunctions (also uncertain swellings of soft tissue, distally from the placed support)
- uncertain changes during or after wearing the support, such as additional discomfort
- for longer resting periods (e.g. sleeping etc.), the support should be removed, as the MalleoMax ankle support develops its therapeutic effect especially during physical activity

23B1 - silver/anthracite

| Size | Side  | Ankle circumference | Colour            | Item-No.  |
|------|-------|---------------------|-------------------|-----------|
| XS   | left  | 17 - 19 cm          | silver/anthracite | 23B1/LXS  |
| S    | left  | 19 - 21 cm          | silver/anthracite | 23B1/LS   |
| M    | left  | 21 - 23 cm          | silver/anthracite | 23B1/LM   |
| L    | left  | 23 - 25 cm          | silver/anthracite | 23B1/LL   |
| XL   | left  | 25 - 27 cm          | silver/anthracite | 23B1/LXL  |
| XXL  | left  | 27 - 29 cm          | silver/anthracite | 23B1/LXXL |
| XS   | right | 17 - 19 cm          | silver/anthracite | 23B1/RXS  |
| S    | right | 19 - 21 cm          | silver/anthracite | 23B1/RS   |
| M    | right | 21 - 23 cm          | silver/anthracite | 23B1/RM   |
| L    | right | 23 - 25 cm          | silver/anthracite | 23B1/RL   |
| XL   | right | 25 - 27 cm          | silver/anthracite | 23B1/RXL  |
| XXL  | right | 27 - 29 cm          | silver/anthracite | 23B1/RXXL |

19B1 - peach

| Size | Side  | Ankle circumference | Colour | Item-No.  |
|------|-------|---------------------|--------|-----------|
| XS   | left  | 17 - 19 cm          | peach  | 19B1/LXS  |
| S    | left  | 19 - 21 cm          | peach  | 19B1/LS   |
| M    | left  | 21 - 23 cm          | peach  | 19B1/LM   |
| L    | left  | 23 - 25 cm          | peach  | 19B1/LL   |
| XL   | left  | 25 - 27 cm          | peach  | 19B1/LXL  |
| XXL  | left  | 27 - 29 cm          | peach  | 19B1/LXXL |
| XS   | right | 17 - 19 cm          | peach  | 19B1/RXS  |
| S    | right | 19 - 21 cm          | peach  | 19B1/RS   |
| M    | right | 21 - 23 cm          | peach  | 19B1/RM   |
| L    | right | 23 - 25 cm          | peach  | 19B1/RL   |
| XL   | right | 25 - 27 cm          | peach  | 19B1/RXL  |
| XXL  | right | 27 - 29 cm          | peach  | 19B1/RXXL |

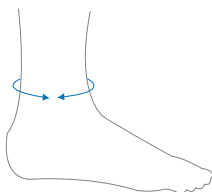
Including donning aid.

# Foot/Ankle Joint



## AchilloMax

Achilles Tendon Support for soft part compressions with silicone pads



### Mode of Action

- relieves pain and activates the musculature
- pad made of silicone at the achilles tendon evenly distributes pressure, without limiting the wearing comfort
- stimulates metabolism by massage effect
- additional relief of the achilles tendon by integrated silicone wedge
- silicone heel cushion for counter lateral side

### Indication

- achillodynia
- tendonitis
- paratendinitis
- bursitis subachillea
- postoperative after achilles tendon ruptures

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- lymph drain malfunctions (swellings distal from the applied support)
- scarring
- skin diseases

50B1 - silver/anthracite

| Size | Side  | Ankle circumference | Colour            | Item-No. |
|------|-------|---------------------|-------------------|----------|
| XS   | left  | 17 - 19 cm          | silver/anthracite | 50B1/LXS |
| S    | left  | 19 - 21 cm          | silver/anthracite | 50B1/LS  |
| M    | left  | 21 - 23 cm          | silver/anthracite | 50B1/LM  |
| L    | left  | 23 - 25 cm          | silver/anthracite | 50B1/LL  |
| XL   | left  | 25 - 27 cm          | silver/anthracite | 50B1/LXL |
| XS   | right | 17 - 19 cm          | silver/anthracite | 50B1/RXS |
| S    | right | 19 - 21 cm          | silver/anthracite | 50B1/RS  |
| M    | right | 21 - 23 cm          | silver/anthracite | 50B1/RM  |
| L    | right | 23 - 25 cm          | silver/anthracite | 50B1/RL  |
| XL   | right | 25 - 27 cm          | silver/anthracite | 50B1/RXL |

51B1 - peach

| Size | Side  | Ankle circumference | Colour | Item-No. |
|------|-------|---------------------|--------|----------|
| XS   | left  | 17 - 19 cm          | peach  | 51B1/LXS |
| S    | left  | 19 - 21 cm          | peach  | 51B1/LS  |
| M    | left  | 21 - 23 cm          | peach  | 51B1/LM  |
| L    | left  | 23 - 25 cm          | peach  | 51B1/LL  |
| XL   | left  | 25 - 27 cm          | peach  | 51B1/LXL |
| XS   | right | 17 - 19 cm          | peach  | 51B1/RXS |
| S    | right | 19 - 21 cm          | peach  | 51B1/RS  |
| M    | right | 21 - 23 cm          | peach  | 51B1/RM  |
| L    | right | 23 - 25 cm          | peach  | 51B1/RL  |
| XL   | right | 25 - 27 cm          | peach  | 51B1/RXL |

Including donning aid.



## Splayfoot Brace

Metatarsal Support with pad



### Mode of Action

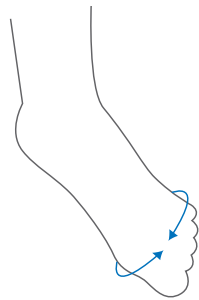
- circular compressing support, supporting the metatarsal arch and its ligaments

### Indication

- splayfoot discomfort

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory or lymphatic disorders



| Ball of the foot<br>circumference | Colour | Item-No. |
|-----------------------------------|--------|----------|
| 16 cm                             | peach  | 191P7/16 |
| 17 cm                             | peach  | 191P7/17 |
| 18 cm                             | peach  | 191P7/18 |
| 19 cm                             | peach  | 191P7/19 |
| 20 cm                             | peach  | 191P7/20 |
| 21 cm                             | peach  | 191P7/21 |
| 22 cm                             | peach  | 191P7/22 |
| 23 cm                             | peach  | 191P7/23 |
| 24 cm                             | peach  | 191P7/24 |
| 25 cm                             | peach  | 191P7/25 |
| 26 cm                             | peach  | 191P7/26 |



## ValguSupport.night

Hallux valgus correction splint (night splint)



### Mode of Action

- ValguSupport.night is mainly worn at night and without shoes
- constant wearing achieves stretching of the soft tissue and the joint capsule
- by the effect of small forces, the big toe is brought into correct axial position

### Indication

- hallux valgus - conservative and post-operative

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- blood circulatory and lymphatic disorders
- sensory disorders of the feet (e.g. diabetes mellitus)
- arthritis urica (gout attack)

| Shoe size | Side  | Item-No. |
|-----------|-------|----------|
| 34 - 36   | left  | 192P1/L1 |
| 37 - 40   | left  | 192P1/L2 |
| 41 - 48   | left  | 192P1/L3 |
| 34 - 36   | right | 192P1/R1 |
| 37 - 40   | right | 192P1/R2 |
| 41 - 48   | right | 192P1/R3 |



The correct size of the ValguSupport.night is determined by the patients' shoe size.



## „Rheinfelder“ Orthosis

Club Foot Correction Orthosis with three-dimensional adjustment



similar type

### Mode of Action

- during correction of the foot according to the 3-point-principle, the heel area and forefoot can be adjusted independently and specifically in varus- or valgus position
- forefoot and heel part are connected by an axis with adjustable joints, its rotation point can be adjusted exactly as needed and allows forefoot pronation as well as supination
- the heel cup is laterally flexible
- pressure in exact dosage can be put on the cuboid bone by means of an adjustment screw

### Indication

- club foot or skew foot
- pes equinus prophylaxis against plantarflexion and adduction

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- blood circulatory disorders

### Size Chart

| Description          | Size 1        | Size 2     | Size 3       |
|----------------------|---------------|------------|--------------|
| Foot length          | 9,5 - 11,5 cm | 12 - 16 cm | 16 - 18,5 cm |
| Foot width           | 5 cm          | 7 cm       | 9 cm         |
| Heel to back of knee | 9 - 12 cm     | 14 - 19 cm | 17 - 21 cm   |
| Calf length          | 4 cm          | 6 cm       | 8 cm         |
| Upper thigh length   | 4 cm          | 8 cm       | 8 cm         |
| Upper thigh width    | 5,5 cm        | 8 cm       | 9,5 cm       |

| Size | Side  | Colour | Item-No.  |
|------|-------|--------|-----------|
| 1    | left  | yellow | 195P1/GL1 |
| 2    | left  | yellow | 195P1/GL2 |
| 3    | left  | yellow | 195P1/GL3 |
| 1    | right | yellow | 195P1/GR1 |
| 2    | right | yellow | 195P1/GR2 |
| 3    | right | yellow | 195P1/GR3 |



## Ankle Foot Orthosis

Foot postural support orthosis, made of Streifylen (PE)



### Mode of Action

- optimal immobilisation of the lower leg
- due to complete immobilisation, this orthosis can be used as night splint

### Indication

- post-operative immobilisation of the lower leg
- drop-foot prophylaxis
- dorsal flexor - resp. peroneal paralysis

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory disorders, venous or lymphatic return disorders, lymph oedema
- sensory disorders (e.g. polyneuropathy)
- instable fractures of the lower leg

194P1 - white

| Side  | Ball width | Foot length | Colour | Item-No. |
|-------|------------|-------------|--------|----------|
| left  | 9,5 cm     | 26 cm       | white  | 194P1/L1 |
| left  | 10,5 cm    | 28 cm       | white  | 194P1/L2 |
| left  | 11,5 cm    | 30 cm       | white  | 194P1/L3 |
| right | 9,5 cm     | 26 cm       | white  | 194P1/R1 |
| right | 10,5 cm    | 28 cm       | white  | 194P1/R2 |
| right | 11,5 cm    | 30 cm       | white  | 194P1/R3 |

194P2 - peach

| Side    | Ball width | Foot length | Colour | Item-No. |
|---------|------------|-------------|--------|----------|
| 9,5 cm  | 26 cm      | peach       | left   | 194P2/L1 |
| 10,5 cm | 28 cm      | peach       | left   | 194P2/L2 |
| 11,5 cm | 30 cm      | peach       | left   | 194P2/L3 |
| 9,5 cm  | 26 cm      | peach       | right  | 194P2/R1 |
| 10,5 cm | 28 cm      | peach       | right  | 194P2/R2 |
| 11,5 cm | 30 cm      | peach       | right  | 194P2/R3 |



## PeroSupport

Peroneal spring thermoplastic mouldable, made of Polypropylen (PP), including calf pad



197P1



197P15

### Mode of action

- ready to fit semi-finished product allows quick and individual production of a function-adjuvant orthosis type AFO
- lower leg orthosis consists of injected polypropylene, which is a multi-phase co-polymer and features an optimal combination of good impact resistance as well as high rigidity
- lower leg orthosis can be used for patients with dorsal-extension deficiency of the foot, resulting in drop foot gait
- lower leg orthosis limits the plantar flexion in the upper ankle joint and therefore causes lifting of the foot during swing phase

### Indication

- drop foot
- peroneal paresis
- hemiplegics with mainly limp tip toe position

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- body weight > 120 kg
- foot or ankle deformities
- swellings and dilation of the calf skin
- sensory disorders (e.g. polyneuropathy)
- diabetic foot syndrome/-ulcers
- heavy circulatory disorders/lymphoedema

| Size | Side  | Shoe size | Height | Item-No. |
|------|-------|-----------|--------|----------|
| S    | left  | 35 - 37   | 29 cm  | 197P1/L1 |
| M    | left  | 37 - 39   | 31 cm  | 197P1/L2 |
| L    | left  | 39 - 41   | 34 cm  | 197P1/L3 |
| XL   | left  | 41 - 44   | 39 cm  | 197P1/L4 |
| S    | right | 35 - 37   | 29 cm  | 197P1/R1 |
| M    | right | 37 - 39   | 31 cm  | 197P1/R2 |
| L    | right | 39 - 41   | 34 cm  | 197P1/R3 |
| XL   | right | 41 - 44   | 39 cm  | 197P1/R4 |

### Spare pads

| Side  | Shoe size | Colour | Item-No.  |
|-------|-----------|--------|-----------|
| left  | 35-37     | white  | 197P15/L1 |
| left  | 37-39     | white  | 197P15/L2 |
| left  | 39-41     | white  | 197P15/L3 |
| left  | 41-44     | white  | 197P15/L4 |
| right | 35-37     | white  | 197P15/R1 |
| right | 37-39     | white  | 197P15/R2 |
| right | 39-41     | white  | 197P15/R3 |
| right | 41-44     | white  | 197P15/R4 |



The one-piece closing calf pad is made of non-irritant, synthetic and smooth material and can be fixed to the orthosis in only one step. Due to this construction, riveting is not necessary any longer. The calf cushions are removable and machine washable.

# Foot/Ankle Joint



## PeroSupport.tec

Ankle-Foot-Orthosis, dynamic, made of carbon-pre-preg, including 2 sets of cushioning pads



197P4

### Mode of Action

- great energy storage and -return by Carbon-Pre-Preg material
- the PeroSupport.tec Ankle-Foot-Orthosis can be used for patients suffering from dorsal extension deficiency of the foot, resulting to the so-called "steppage gait"
- the PeroSupport.tec Ankle-Foot-Orthosis limits the plantar flexion in the upper ankle joint and therefore causes the foot to lift during swing phase
- adjustable calf pads and fastener

### Indication

- peroneal paresis
- weakness of dorsiflexion of the foot
- inflammation of the ankle joint
- post-operative treatment after achilles tendon rupture

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- body weight > 120 kg
- foot or ankle deformities
- swellings and dilation of the calf skin
- sensory disorders (e.g. polyneuropathy)
- diabetic foot syndrome/-ulcers
- heavy circulatory disorders/lymphoedema

| Size | Side  | Shoe size | Height | Item-No. |
|------|-------|-----------|--------|----------|
| S    | left  | 36 - 39   | 36 cm  | 197P4/L1 |
| M    | left  | 39 - 42   | 37 cm  | 197P4/L2 |
| L    | left  | 42 - 45   | 38 cm  | 197P4/L3 |
| XL   | left  | 45 - 48   | 40 cm  | 197P4/L4 |
| S    | right | 36 - 39   | 36 cm  | 197P4/R1 |
| M    | right | 39 - 42   | 37 cm  | 197P4/R2 |
| L    | right | 42 - 45   | 38 cm  | 197P4/R3 |
| XL   | right | 45 - 48   | 40 cm  | 197P4/R4 |

### Spare pads

| Description                            | Size   | Side         | Item-No. |
|--|--------|--------------|----------|
| Calf pad with fastener, 10 velcro dots | S - XL | left + right | 197P6    |



By sanding the sole the PeroSupport.tec can be adapted to both, the foot form and the shoe side. The included micro-fleece-sole may also be cut to fit. PrePreg is not thermoplastically mouldable.





## PeroSupport.pro

Ankle-Foot-Orthosis with additional calf stabilisation, made of carbon-pre-preg, dynamic, including 2 sets of cushioning pads



### Mode of action

- dynamic re-adjustment of the foot
- limits the plantar flexion
- prevents lateral ankle twisting (supination position)
- prevents side-slips (lateralisation)
- great energy storage and -retrieval by Carbon-Pre-Preg material
- adjustable calf pads and fastener

### Indication

- peroneal paresis
- weakness of dorsiflexion of the foot
- inflammation of the ankle joint
- post-operative treatment after achilles tendon rupture
- malposition of the ankle joint caused by weakness of dorsiflexion of the foot

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- body weight > 120 kg
- foot or ankle deformities
- swellings and dilation of the calf skin
- sensory disorders (e.g. polyneuropathy)
- diabetic foot syndrome/-ulcers
- heavy circulatory disorders/lymphoedema

| Size | Side  | Shoe size | Height | Item-No. |
|------|-------|-----------|--------|----------|
| S    | left  | 36 - 39   | 34 cm  | 197R6/L1 |
| M    | left  | 39 - 42   | 35 cm  | 197R6/L2 |
| L    | left  | 42 - 45   | 35 cm  | 197R6/L3 |
| XL   | left  | 45 - 48   | 36 cm  | 197R6/L4 |
| S    | right | 36 - 39   | 34 cm  | 197R6/R1 |
| M    | right | 39 - 42   | 35 cm  | 197R6/R2 |
| L    | right | 42 - 45   | 35 cm  | 197R6/R3 |
| XL   | right | 45 - 48   | 36 cm  | 197R6/R4 |

### Spare pads

| Description                            | Size    | Side         | Item-No. |
|--|---------|--------------|----------|
| Calf pad with fastener, 12 velcro dots | 36 - 42 | left + right | 197R7/1  |
| Calf pad with fastener, 12 velcro dots | 42 - 48 | left + right | 197R7/2  |



By sanding the sole the PeroSupport.pro can be adapted to both, the foot form and the shoe side. The included micro-fleece-sole may also be cut to fit. Pre-preg is not thermoplastically mouldable.



## PediSupport.dorsal

Foot Postural Support Orthosis (Dorsal Night Stabilisation Splint)



### Mode of Action

- keeps the foot in a 90° position
- prevention of a pes equinus position of the foot and thereby of a contraction of the achilles tendon
- slight stretching of the plantar fascia

### Indication

- plantar fasciitis
- achilles tendonitis
- pes equinus position
- metatarsalgia
- for night postural support

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- plantar flexion contracture of more than 10°
- severe plantar flexion spasms
- not suitable for walking
- diabetic foot syndrome/-ulcus
- heavy circulatory disorders/lymphoedema

| Size | Shoe size | Colour | Item-No. |
|------|-----------|--------|----------|
| M    | 36 - 39   | black  | 191R1/M  |
| L    | 40 - 44   | black  | 191R1/L  |



## PediSupport.night

Foot Postural Support Orthosis (Night Stabilisation Splint)



### Mode of action

- keeps the foot in a 90° position
- prevention of a pes equinus position of the foot and thereby of a contraction of the achilles tendon
- optimum immobilisation of the lower leg
- separate wedge to stretch the plantar fascia

### Indication

- plantar fasciitis
- postoperative immobilisation of the lower leg
- paralysis of the dorsiflexor respectively of the peroneal nerve
- for night postural support
- pes equinus position

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- plantar flexion contracture of more than 10°
- severe plantar flexion spasms
- not suitable for walking

| Size | Shoe size | Colour            | Item-No. |
|------|-----------|-------------------|----------|
| S    | 36 - 39   | silver/anthracite | 190R1/S  |
| M    | 39 - 41   | silver/anthracite | 190R1/M  |
| L    | 41 - 44   | silver/anthracite | 190R1/L  |
| XL   | 44 - 46   | silver/anthracite | 190R1/XL |



## PneumoWalker

Pneumatic lower leg-foot orthosis for immobilisation in a defined position

- lightweight construction with stabilisation elements and integrated pneumatic system

### Mode of Action

- immobilisation of the lower leg- foot region in a defined position (90° position)
- an individually inflatable air chamber (integrated pneumatic system with ventilation unit) provides for a precisely fitting postural support of the foot and the lower leg within the shoe
- especially lightweight construction with lateral stabilisation element made of aluminum
- rounded sole stimulates a natural gait pattern
- individual adjustment possibilities through velcro fastenings
- soft, cushioned, washable interior shoe for high wearing comfort

### Indication

- ligament, soft part or tendon injuries
- conservative and postoperative treatment of stable fractures of the foot, ankle and distal lower leg
- after hallux-valgus-operations
- pre- or postoperative/posttraumatic immobilisation
- toe arthroplasty

### Contraindication

- material incompatibility/allergies
- do not wear directly on wounded, irritated or damaged skin
- circulatory disorders
- weight limit 120 kg / 265 lbs.
- not suitable for high activity



64R1



64R11

| Size | Shoe size | Item-No. |
|------|-----------|----------|
| S    | 35 - 37,5 | 64R1/S   |
| M    | 38 - 42,5 | 64R1/M   |
| L    | 43 - 45,5 | 64R1/L   |
| XL   | > 46      | 64R1/XL  |

### Accessories

| Description | Size | Item-No. |
|-------------|------|----------|
| Inner Shoe  | S    | 64R11/S  |
| Inner Shoe  | M    | 64R11/M  |
| Inner Shoe  | L    | 64R11/L  |
| Inner Shoe  | XL   | 64R11/XL |

Scope of delivery does include the inner shoe.



For better hygiene, the body protection tricot sleeve Item-No. 99P12 can be pulled over the leg.

Two separate cushions for additional cushioning of delicate areas and a third cushion to protect the toes are included in the scope of delivery.

The PneumoWalker can be worn on the right and the left side.

# Foot/Ankle Joint



## PneumoWalker.tec

Pneumatic lower leg-foot orthosis for immobilisation in a defined position

rigid shell construction with external pneumatic system

### Mode of Action

- immobilisation of the lower leg- foot region in a defined position (90° position)
- two individually inflatable air chambers (external pneumatic system with air pump) provide for a precisely fitting postural support of the foot and the lower leg within the shoe
- rigid shell construction in the foot and lower leg area guarantees for a stable postural support of the foot and the distal lower leg
- rounded sole stimulates a natural gait pattern
- a removable second insole made of approx. 10 mm PE-foam has a shock-absorbing effect
- individual adjustment possibilities through velcro fastenings
- soft, cushioned, washable interior shoe for high wearing comfort

### Indication

- ligament, soft part or tendon injuries
- conservative and postoperative treatment of stable fractures of the foot, ankle and distal lower leg
- severe ankle distorsion
- after hallux-valgus-operations
- pre- or postoperative/posttraumatic immobilisation
- toe arthroplasty

### Contraindication

- material incompatibility/allergies
- do not wear directly on wounded, irritated or damaged skin
- circulatory disorders
- weight limit 120 kg / 265 lbs.
- not suitable for high activity



62R1



62R12

| Size | Shoe size | Item-No. |
|------|-----------|----------|
| S    | 35 - 37,5 | 62R1/S   |
| M    | 38 - 42,5 | 62R1/M   |
| L    | 43 - 45,5 | 62R1/L   |
| XL   | > 46      | 62R1/XL  |

### Accessories

| Description | Size | Item-No. |
|-------------|------|----------|
| Inner Shoe  | S    | 62R11/S  |
| Inner Shoe  | M    | 62R11/M  |
| Inner Shoe  | L    | 62R11/L  |
| Inner Shoe  | XL   | 62R11/XL |

### External pneumatic system with air pump

| Size   | Item-No. |
|--------|----------|
| S / M  | 62R12/1  |
| L / XL | 62R12/2  |

Scope of delivery does include the inner shoe.



For hygienic reasons, a pair of changing socks, that protect the inner shoe, is included in the scope of deliver.

Two separate cushions for additional cushioning of delicate areas and a third cushion to protect the toes are included in the scope of delivery.

The PneumoWalker.tec can be worn on the right and the left side.



## Heel wedges, 5-pc. Set

Useable with PneumoWalker.tec 62R1



### Mode of action

depending on orthosis size, use wedges of different sizes

- the wedges are positioned underneath the black cushion of the orthosis and are attached by means of the self-adhesive coating
- in the course of rehabilitation, the wedges can be removed according to the doctor's advice
- the wedges can be used for the right and left foot and can be individually customised
- the degree of plantar flexion is 22° with three wedges, 16° with two wedges and 10° with one wedge

### Indication

- due to plantar flexion, relief of achilles tendon during achilles tendonitis
- post-surgical care after achilles tendon reconstruction and achilles tendon ruptures

### Contraindication

- material intolerance, allergies
- do not wear on injured, irritated and damaged skin

| Size           | Item-No. |
|----------------|----------|
| Universal size | 62R13    |

# Foot/Ankle Joint



## PneumoWalker.tec.short

Pneumatic lower leg-foot orthosis for immobilisation in a defined position, short version

- rigid shell construction with external pneumatic system

### Mode of Action

- immobilisation of ankle area in 90° position
- two individually inflatable air chambers (external pneumatic system with air pump) provide tailor-made positioning of foot and lower leg in the walking boot
- rigid shell construction in foot- and ankle area provide tailor-made positioning of foot and lower leg
- rounded profiled sole benefits natural gait pattern
- removable additional inner sole made of 10 mm PE-foam provides shock-absorption
- individual adjustment options by means of hook- and loop straps
- soft, padded, washable inner shoe for high wearing comfort

### Indication

- injuries of ligaments, soft tissue and tendons
- conservative and post operative therapy of stable fractures of the forefoot and the metatarsus
- after hallux-valgus (bunion) surgery
- pre- or postoperative / posttraumatic immobilisation
- toe arthroplasty

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory disorders
- weight limit 120 kg / 265 lbs.
- not suitable for high activity



63R1



63R12

| Size | Shoe size | Item-No. |
|------|-----------|----------|
| S    | 35 - 37,5 | 63R1/S   |
| M    | 38 - 42,5 | 63R1/M   |
| L    | 43 - 45,5 | 63R1/L   |
| XL   | > 46      | 63R1/XL  |

### Accessories

| Description | Size | Item-No. |
|-------------|------|----------|
| Inner Shoe  | S    | 63R11/S  |
| Inner Shoe  | M    | 63R11/M  |
| Inner Shoe  | L    | 63R11/L  |
| Inner Shoe  | XL   | 63R11/XL |

### External pneumatic system with air pump

| Size   | Item-No. |
|--------|----------|
| S / M  | 63R12/1  |
| L / XL | 63R12/2  |

Scope of delivery does include the inner shoe.



For hygienic reasons, a pair of changing socks, that protect the inner shoe, is included in the scope of deliver.

Two separate cushions for additional cushioning of delicate areas and a third cushion to protect the toes are included in the scope of delivery.

The PneumoWalker.tec.short can be worn on the right and the left side.



## Silicone Heel Wedge



### Mode of Action

- the silicone heel wedge (leg length compensation) consists of 100% viscoelastic silicone
- reduces the shock impact load within the body by up to 40%
- relieves possible pain occurrence caused by arthrosis in ankle-, knee- or hip joint
- the heel wedge is optimally suited for balancing out differences in leg length

### Indication

- static spinal conditions
- acute and chronic tendoperiosthosis
- degenerative symptoms (arthrosis) in ankle-, knee- or hip joint

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Shoe size | Thickness | Item-No.    |
|------|-----------|-----------|-------------|
| S    | 35 - 37   | 3 mm      | 192P20/3S   |
| M    | 38 - 40   | 3 mm      | 192P20/3M   |
| L    | 41 - 43   | 3 mm      | 192P20/3L   |
| XL   | 44 - 46   | 3 mm      | 192P20/3XL  |
| S    | 35 - 37   | 5 mm      | 192P20/5S   |
| M    | 38 - 40   | 5 mm      | 192P20/5M   |
| L    | 41 - 43   | 5 mm      | 192P20/5L   |
| XL   | 44 - 46   | 5 mm      | 192P20/5XL  |
| S    | 35 - 37   | 8 mm      | 192P20/8S   |
| M    | 38 - 40   | 8 mm      | 192P20/8M   |
| L    | 41 - 43   | 8 mm      | 192P20/8L   |
| XL   | 44 - 46   | 8 mm      | 192P20/8XL  |
| S    | 35 - 37   | 10 mm     | 192P20/10S  |
| M    | 38 - 40   | 10 mm     | 192P20/10M  |
| L    | 41 - 43   | 10 mm     | 192P20/10L  |
| XL   | 44 - 46   | 10 mm     | 192P20/10XL |





## Silicone Heel Cup

without heel spur pad



### Mode of Action

- the heel cups consist of 100% viscoelastic silicone
- provides soft and gentle tread
- heel cups help to relieve pain and to avoid arthroses of ankle-, knee- and hip joint
- relieves irritations of the achilles tendon

### Indication

- arthrosis of the ankle-, knee- and hip joint
- achillodynia

### Contraindication

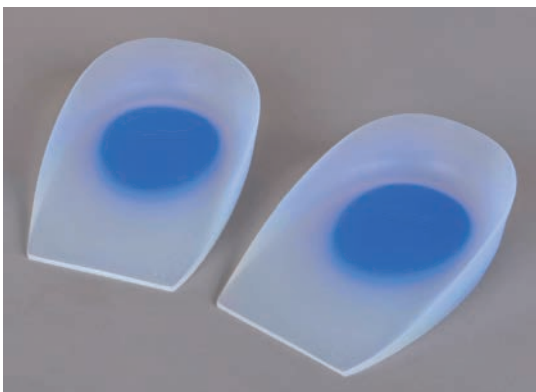
- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Type              | Item-No.  |
|------|-------------------|-----------|
| S    | children          | 192P11/S  |
| M    | women             | 192P11/M  |
| M/L  | intermediate size | 192P11/ML |
| L    | men               | 192P11/L  |



## Silicone Heel Cup

with heel spur pad



### Mode of Action

- the heel cups consist of 100% viscoelastic silicone
- provides soft and gentle tread
- heel cups help to relieve pain and to avoid arthroses of ankle-, knee- and hip joint
- relieves irritations of the achilles tendon
- due to the heel spur adjustment, an additional strain-relief of the heel spur root is achieved

### Indication

- arthrosis of the ankle-, knee- and hip joint
- achillodynia
- heel spur (calcaneal spur)

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Type              | Item-No.  |
|------|-------------------|-----------|
| S    | children          | 192P10/S  |
| M    | women             | 192P10/M  |
| M/L  | intermediate size | 192P10/ML |
| L    | men               | 192P10/L  |





## Silicone Insole

with heel- and longitudinal arch

made of 100 % silicone, full length, 5-point shock absorption

### Mode of Action

- the silicone insoles can be inserted in all closed street- and sports shoes
- pads or foot supports already built into the shoe must be removed in order to make sufficient room for the silicone insole
- if necessary, length and width of the forefoot part may be cut to fit
- comfortable massage resp. alternating compression during wearing
- pain relief for foot bottom- or toe deformities
- 5-point shock absorption

### Indication

- arthrosis of ankle-, knee- and hip joint
- degenerative spinal conditions
- heel spur
- achillodynia

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin



| Size | Shoe size | Item-No.  |
|------|-----------|-----------|
| XS   | 35 - 36   | 192P25/XS |
| S    | 37 - 38   | 192P25/S  |
| M    | 39 - 40   | 192P25/M  |
| L    | 41 - 42   | 192P25/L  |
| XL   | 43 - 44   | 192P25/XL |



## Silicone Insole

with heel- and longitudinal arch and textile covering

made of 100 % silicone, full length, 5-point shock absorption and duolastic-cover

### Mode of Action

- the silicone insoles can be inserted in all closed street- and sports shoes
- pads or foot supports already built into the shoe must be removed in order to make sufficient room for the silicone insole
- if necessary, length and width of the forefoot part may be cut to fit
- comfortable massage resp. alternating compression during wearing
- pain relief for foot bottom- or toe deformities
- 5-point shock absorption and duolastic-cover

### Indication

- arthrosis of ankle-, knee- and hip joint
- degenerative spinal conditions
- heel spur
- achillodynia

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin



| Size | Shoe size | Item-No.  |
|------|-----------|-----------|
| XS   | 35 - 36   | 192P50/XS |
| S    | 37 - 38   | 192P50/S  |
| M    | 39 - 40   | 192P50/M  |
| L    | 41 - 42   | 192P50/L  |
| XL   | 43 - 44   | 192P50/XL |



## Silicone Insole

with heel- and longitudinal arch and metatarsal pad



made of 100 % silicone, full length, 5-point shock absorption and metatarsal pad

### Mode of Action

- the silicone insoles can be inserted in all closed street- and sports shoes
- pads or foot supports already built into the shoe must be removed in order to make sufficient room for the silicone insole
- if necessary, length and width of the forefoot part may be cut to fit
- comfortable massage resp. alternating compression during wearing
- the metatarsal pad provides an erection of the transversal arch
- pain relief for foot bottom- or toe deformities

### Indication

- arthrosis of ankle-, knee- and hip joint
- degenerative spinal conditions
- heel spur
- achillodynia
- metatarsalgia

### Contraindication

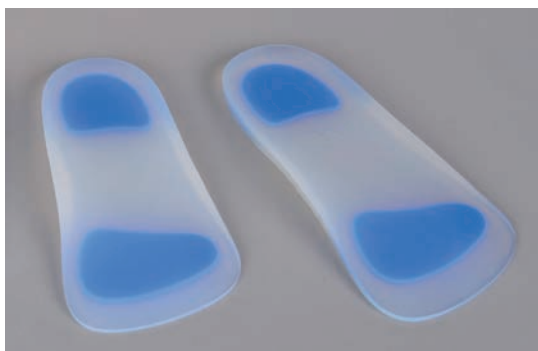
- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Shoe size | Item-No.  |
|------|-----------|-----------|
| XS   | 35 - 36   | 192P30/XS |
| S    | 37 - 38   | 192P30/S  |
| M    | 39 - 40   | 192P30/M  |
| L    | 41 - 42   | 192P30/L  |
| XL   | 43 - 44   | 192P30/XL |



## Silicone Insole, 3/4 length

with shock absorption for foot bottom and heel, 3/4 length



made of 100 % silicone, 3/4 length

### Mode of Action

- the silicone insoles can be inserted in all closed street- and sports shoes
- pads or foot supports already built into the shoe must be removed in order to make sufficient room for the silicone insole
- if necessary, length and width of the forefoot part may be cut to fit
- comfortable massage resp. alternating compression during wearing
- pain relief for foot bottom- or toe deformities

### Indication

- arthrosis of ankle-, knee- and hip joint
- degenerative spinal conditions
- heel spur
- achillodynia

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Shoe size | Item-No.  |
|------|-----------|-----------|
| S    | 37 - 38   | 192P35/S  |
| M    | 39 - 40   | 192P35/M  |
| L    | 41 - 42   | 192P35/L  |
| XL   | 43 - 44   | 192P35/XL |



## Mollis.Ball of Foot Protection

### Mode of Action

- protects the ball of foot underneath the big toe and reliefs pain
- the soft silicone material offers maximum comfort, optimally adapts to the foot shape and therefore cannot slip
- smooth material, does not damage socks and stockings
- pressure distribution/pressure relief

### Indication

- prevention for diabetic feet
- hallux rigidus
- hallux valgus
- rheumatoid arthritis
- gout

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin



| Size              | PU      | Item-No. |
|-------------------|---------|----------|
| One size fits all | 1 piece | 4G1      |



Supplied with 1 jar of talcum powder (5 gram). Universal size, can be worn on the left or right side.



## Mollis.Forefoot Cushion

with toe ring



### Mode of Action

- provides gentle correction
- relieves painful pressure spots
- relieves the forefoot area and supports the metatarsal arch
- provides maximum comfort, even with high-heel shoes
- pressure distribution/pressure relief

### Indication

- prevention for diabetic feet
- ball of foot pain (metatarsalgia)
- pressure discomfort at the forefoot
- splayfoot discomfort

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size              | Side           | PU     | Item-No. |
|-------------------|----------------|--------|----------|
| One size fits all | left and right | 1 pair | 1G1      |



Supplied with 1 jar of talcum powder (5 gram).





## Mollis.Forefoot Cushion

with toe separator



### Mode of action

- provides gentle correction
- relieves painful pressure spots
- relieves the forefoot area and supports the metatarsal arch
- provides maximum comfort, even with high-heel shoes
- pressure distribution/pressure relief

### Indication

- prevention for diabetic feet
- ball of foot pain (metatarsalgia)
- pressure discomfort at the forefoot
- splayfoot discomfort

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size              | PU       | Item-No. |
|-------------------|----------|----------|
| one size fits all | 2 pieces | 2G1      |



Supplied with 1 jar of talcum powder (5 gram). Can be worn on the left or right side.





## Mollis.Forefoot Cushion



### Mode of Action

- relieves the forefoot area and supports the metatarsal arch
- provides at the same time gentle toe correction
- provides maximum comfort, even with high-heel shoes
- pressure distribution/pressure relief

### Indication

- prevention for diabetic feet
- ball of foot pain (metatarsalgia)
- pressure discomfort at the forefoot
- splayfoot discomfort

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

Supplied with 1 jar of talcum powder (5 gram).

| Size              | Side           | PU     | Item-No. |
|-------------------|----------------|--------|----------|
| One size fits all | left and right | 1 pair | 7G1      |



## Mollis.Toe Separator

### Mode of Action

- separates displaced and close positioned toes and gently corrects their position
- protects skin from friction and therefore prevents skin irritation as well as clavi (= corns) between the toes
- the silicone material is physiologic uncritical and does not cause damp microclimate between the toes
- pressure distribution/pressure relief

### Indication

- malposition of toes, especially between the little toes

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin



Supplied with 1 jar of talcum powder (5 gram). Can be worn on the left or right side.

| Size | PU       | Item-No. |
|------|----------|----------|
| S    | 2 pieces | 3G1/S    |
| M    | 2 pieces | 3G1/M    |



## Mollis.Toe Separator

### Mode of Action

- separates displaced and close positioned toes and gently corrects their position
- protects skin from friction and therefore prevents skin irritation as well as clavi (= corns) between the toes
- the silicone material is physiologic uncritical and does not cause damp microclimate between the toes

### Indication

- prevention for diabetic feet
- pressure distribution/pressure relief

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin



| Size | PU       | Item-No. |
|------|----------|----------|
| S    | 2 pieces | 6G1/S    |
| M    | 2 pieces | 6G1/M    |
| L    | 2 pieces | 6G1/L    |



Supplied with 1 jar of talcum powder (5 gram). Can be worn on the left or right side.





## Mollis.Toe Cushion

### Mode of Action

- gently corrects toe malpositions
- supports and therefore relieves pain already at first use
- pressure distribution/pressure relief

### Indication

- prevention for diabetic feet
- toe deformities such as hammer toes and claw toes
- pressure discomfort of the toes

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin



| Size              | Side  | PU      | Item-No. |
|-------------------|-------|---------|----------|
| One size fits all | left  | 1 piece | 5G1/L    |
| One size fits all | right | 1 piece | 5G1/R    |



Supplied with 1 jar of talcum powder (5 gram).





## Venus

Partial Foot Decompression Shoe, short version



### Mode of Action

- main feature is a rigid, ascending outsole towards the front and a shortened sole construction (negative heel)
- pressure relief and pressure distribution during the walking cycle
- benefits the healing process of wounds in the forefoot area
- the forefoot relief shoe embraces the entire heel- and tarsal area with a softly padded shoe upper
- heel cap, hook- and loop fasteners prevent slipping within the shoe

### Indication

- wounds in the forefoot area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds in the forefoot area
- post-surgical after corrections and forefoot injuries

### Contraindication

- do not use for the above indications, if a sufficient pressure relief cannot be achieved
- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

„Venus“ can be worn on left or right side!

| Shoe size | Inner shoe length | Item-No. |
|-----------|-------------------|----------|
| 36 - 38   | approx. 160 mm    | 200R1/S  |
| 39 - 42   | approx. 175 mm    | 200R1/M  |
| 43 - 46   | approx. 190 mm    | 200R1/L  |
| 47 - 51   | approx. 205 mm    | 200R1/XL |



„Venus“ can be worn on left or right side!



Accessories Venus

Forefoot Protective Cap, with hook and loop fastener on the outside



200R10

| Shoe size | Item-No.  |
|-----------|-----------|
| 36 - 38   | 200R10/S  |
| 39 - 42   | 200R10/M  |
| 43 - 46   | 200R10/L  |
| 47 - 51   | 200R10/XL |

Adjustable Safety Guard



200R14

| Shoe size | Item-No.  |
|-----------|-----------|
| 36 - 38   | 200R14/S  |
| 39 - 42   | 200R14/M  |
| 43 - 46   | 200R14/L  |
| 47 - 51   | 200R14/XL |



## Mars

Heel Relief Shoe



### Mode of Action

- features a padded metatarsus roll and a shortened sole construction towards the heel area
- pressure relief and pressure distribution during the walking cycle
- benefits the healing process of wounds in the heel area
- the heel relief shoe embraces ankle and tarsus with a softly padded shoe upper
- hook- and loop fasteners hold the foot in predefined position and prevent slipping within the shoe
- the padded insole prevents pressure peaks in the forefoot area

### Indication

- wounds in the heel area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds in the heel area
- post-surgical and traumas

### Contraindication

- do not use for the above indications, if a sufficient pressure relief cannot be achieved
  - do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
  - do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

| Shoe size | Inner shoe length | Inner shoe width | Item-No. |
|-----------|-------------------|------------------|----------|
| 35 - 37   | approx. 225 mm    | approx. 87 mm    | 203R1/S  |
| 38 - 40   | approx. 235 mm    | approx. 90 mm    | 203R1/M  |
| 41 - 43   | approx. 255 mm    | approx. 95 mm    | 203R1/L  |
| 44 - 46   | approx. 275 mm    | approx. 100 mm   | 203R1/XL |



„Mars“ can be worn on left or right side!



## Accessories Mars

Heel Protection Cap, with hook and loop fastener on the outside

| Shoe size | Item-No.  |
|-----------|-----------|
| 35 - 37   | 203R11/S  |
| 38 - 40   | 203R11/M  |
| 41 - 43   | 203R11/L  |
| 44 - 46   | 203R11/XL |



203R11

Forefoot Protection Cap, with hook and loop fastener on the outside

| Shoe size | Item-No.  |
|-----------|-----------|
| 35 - 37   | 203R10/S  |
| 38 - 40   | 203R10/M  |
| 41 - 43   | 203R10/L  |
| 44 - 46   | 203R10/XL |

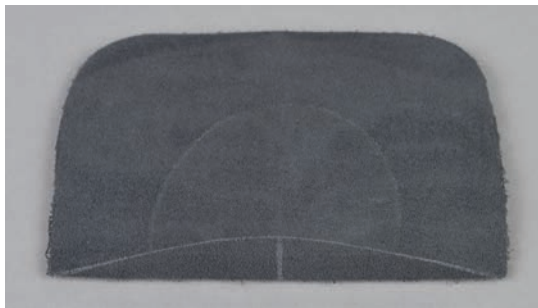


203R10



## Mars S

Heel Relief Shoe



arch

### Mode of Action

- new improved sole construction effects targeted shifting of the body centre of gravity onto the forefoot with at the same time comfortable foot roll-over
- the shoe can be worn on the left or right side, due to a hook- and loop pad
- the pad can be customised (for example by sanding) or „build-ups“- depending on the anatomy of the medial arch, this provides better medial support and relief of the heel
- an especially effective and long padded insole prevents plantar pressure peaks
- the shaft is individually adjustable to the ankle, back of the foot and forefoot area

### Indication

- wounds in the heel area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds in the heel area
- post-surgical and traumas

### Contraindication

- do not use for the above indications, if a sufficient pressure relief cannot be achieved
- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

| Shoe size | Inner shoe length | Inner shoe width | Item-No.  |
|-----------|-------------------|------------------|-----------|
| 34 - 36   | 240 mm            | 87 mm            | 213R1/S   |
| 37 - 39   | 260 mm            | 91 mm            | 213R1/M   |
| 40 - 42   | 280 mm            | 100 mm           | 213R1/L   |
| 43 - 45   | 300 mm            | 105 mm           | 213R1/XL  |
| 46 - 48   | 320 mm            | 109 mm           | 213R1/XXL |



„Mars S“ can be worn on left or right side!



## Mars S Accessories



213R10



213R11



213R12

### Forefoot Cap

| Shoe size | Item-No.   |
|-----------|------------|
| 34 - 36   | 213R10/S   |
| 37 - 39   | 213R10/M   |
| 40 - 42   | 213R10/L   |
| 43 - 45   | 213R10/XL  |
| 46 - 48   | 213R10/XXL |

### Heel Protection Cap

| Shoe size | Item-No.   |
|-----------|------------|
| 34 - 36   | 213R11/S   |
| 37 - 39   | 213R11/M   |
| 40 - 42   | 213R11/L   |
| 43 - 45   | 213R11/XL  |
| 46 - 48   | 213R11/XXL |

### Cushioning Sole

| Shoe size | Item-No.   |
|-----------|------------|
| 34 - 36   | 213R12/S   |
| 37 - 39   | 213R12/M   |
| 40 - 42   | 213R12/L   |
| 43 - 45   | 213R12/XL  |
| 46 - 48   | 213R12/XXL |



## Saturn

Partial Foot Decompression Shoe



### Mode of Action

- main feature is an ascending outsole towards the front (negative heel)
- pressure relief and pressure distribution during the walking cycle
- benefits the healing process of wounds in the forefoot area
- the partial foot decompression shoe embraces heel and tarsus with a softly padded shoe upper
- heel cap, hook- and loop fasteners prevent slipping within the shoe

### Indication

- wounds in the forefoot area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds in the forefoot area
- post-surgical after corrections and forefoot injuries

### Contraindication

- do not use for the above indications, if a sufficient pressure relief cannot be achieved
- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

„Saturn“ can be worn on left or right side!

| Shoe size | Inner shoe length | Inner shoe width | Item-No. |
|-----------|-------------------|------------------|----------|
| 36 - 37   | approx. 245 mm    | approx. 96 mm    | 207R1/XS |
| 38 - 39   | approx. 258 mm    | approx. 98 mm    | 207R1/S  |
| 40 - 41   | approx. 271 mm    | approx. 100 mm   | 207R1/M  |
| 42 - 43   | approx. 284 mm    | approx. 102 mm   | 207R1/L  |
| 44 - 45   | approx. 297 mm    | approx. 104 mm   | 207R1/XL |



„Saturn“ can be worn on left or right side!





## Accessories Saturn

Forefoot Protective Cap, with hook and loop fastener on the outside



| Shoe size | Item-No.  |
|-----------|-----------|
| 32 - 34   | 207R10/XS |
| 35 - 37   | 207R10/S  |
| 38 - 40   | 207R10/M  |
| 41 - 43   | 207R10/L  |
| 44 - 46   | 207R10/XL |



## Jupiter

Partial Foot Decompression Shoe



### Mode of Action

- main feature is an ascending outsole towards the front (negative heel)
- pressure relief and pressure distribution during the walking cycle
- benefits the healing process of wounds in the forefoot area
- the forefoot relief shoe embraces heel and tarsus with a softly padded shoe upper
- heel cap, hook- and loop fasteners prevent slipping within the shoe
- hook- and loop insole for individual customisation

### Indication

- wounds in the forefoot area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds in the forefoot area
- post-surgical after corrections and forefoot injuries

### Contraindication

- do not use for the above indications, if a sufficient pressure relief cannot be achieved
- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

| Shoe size | Inner shoe length | Inner shoe width | Item-No.  |
|-----------|-------------------|------------------|-----------|
| 31 - 33   | approx. 220 mm    | approx. 87 mm    | 205R1/XS  |
| 34 - 36   | approx. 240 mm    | approx. 91,5 mm  | 205R1/S   |
| 37 - 39   | approx. 260 mm    | approx. 96 mm    | 205R1/M   |
| 40 - 42   | approx. 280 mm    | approx. 100,5 mm | 205R1/L   |
| 43 - 45   | approx. 300 mm    | approx. 105 mm   | 205R1/XL  |
| 46 - 48   | approx. 320 mm    | approx. 109,5 mm | 205R1/XXL |



"Jupiter" can be worn on left or right side!



## Accessories Jupiter

Forefoot Protective Cap, with hook and loop fastener on the outside



205R10

| Shoe size | Item-No.   |
|-----------|------------|
| 31 - 33   | 205R10/XS  |
| 34 - 36   | 205R10/S   |
| 37 - 39   | 205R10/M   |
| 40 - 42   | 205R10/L   |
| 43 - 45   | 205R10/XL  |
| 46 - 48   | 205R10/XXL |

Cushioning Sole, 8mm, made of EVA, coating made of velours, symmetrical shape



205R12

| Shoe size | Item-No.   |
|-----------|------------|
| 31 - 33   | 205R12/XS  |
| 34 - 36   | 205R12/S   |
| 37 - 39   | 205R12/M   |
| 40 - 42   | 205R12/L   |
| 43 - 45   | 205R12/XL  |
| 46 - 48   | 205R12/XXL |



## Merkur

Partial Foot Decompression Shoe



### Mode of Action

- main feature is a rigid, ascending outsole towards the front (negative heel)
- pressure relief and pressure distribution during the walking cycle
- benefits the healing process of wounds in the forefoot area
- the forefoot relief shoe embraces the entire heel- and tarsal area with a softly padded shoe upper
- heel cap, hook- and loop fasteners prevent slipping within the shoe
- hook- and loop insole for individual customisation

### Indication

- wounds in the forefoot area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds in the forefoot area
- post-surgical after corrections and forefoot injuries

### Contraindication

- do not use for the above indications, if a sufficient pressure relief cannot be achieved
- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

„Merkur“ can be worn on left or right side!

| Shoe size | Inner shoe length | Inner shoe width | Item-No.  |
|-----------|-------------------|------------------|-----------|
| 31 - 33   | approx. 220 mm    | approx. 87 mm    | 201R1/XS  |
| 34 - 36   | approx. 240 mm    | approx. 91,5 mm  | 201R1/S   |
| 37 - 39   | approx. 260 mm    | approx. 96 mm    | 201R1/M   |
| 40 - 42   | approx. 280 mm    | approx. 100,5 mm | 201R1/L   |
| 43 - 45   | approx. 300 mm    | approx. 105 mm   | 201R1/XL  |
| 46 - 48   | approx. 320 mm    | approx. 109,5 mm | 201R1/XXL |



„Merkur“ can be worn on left or right side!



## Accessories Merkur

Protective Cap, with hook and loop fastener on the outside



201R10

| Shoe size | Item-No.   |
|-----------|------------|
| 33 - 35   | 201R10/XS  |
| 36 - 39   | 201R10/S   |
| 40 - 42   | 201R10/M   |
| 43 - 44   | 201R10/L   |
| 45 - 47   | 201R10/XL  |
| 48 - 50   | 201R10/XXL |

Cushioning Sole, 8 mm, made of EVA, coating made of velours, symmetrical shape



201R12

| Shoe size | Item-No.   |
|-----------|------------|
| 33 - 35   | 201R12/XS  |
| 36 - 39   | 201R12/S   |
| 40 - 42   | 201R12/M   |
| 43 - 44   | 201R12/L   |
| 45 - 47   | 201R12/XL  |
| 48 - 50   | 201R12/XXL |



## Merkur A

Partial Foot Decompression Shoe (Post-Surgical Shoe)



### Mode of Action

- main feature is a rigid, slightly ascending outsole towards the front (negative heel)
- pressure relief and pressure distribution during the walking cycle
- benefits the healing process of wounds in the forefoot area
- the post-surgical shoe embraces the entire foot- and ankle area with a softly padded shoe upper
- hook- and loop fasteners at the wide flap prevent slipping within the shoe
- the padded, removable insole prevents pressure peaks in the foot sole area
- the flap can be opened widely and together with the individually adjustable hook- and loop fasteners, it provides sufficient space for bandaged feet

### Indication

- wounds in the foot- and ankle area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds not subject to indication in the foot- and ankle area
- post-surgical and traumas

### Contraindication

- do not use for the above indications, if a sufficient pressure relief cannot be achieved
- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

**"Merkur A" can be worn on left or right side!**

| Shoe size | Inner shoe length | Inner shoe width | Item-No. |
|-----------|-------------------|------------------|----------|
| 35 - 36   | approx. 238 mm    | approx. 90 mm    | 202R1/36 |
| 37 - 38   | approx. 251 mm    | approx. 92,5 mm  | 202R1/38 |
| 39 - 40   | approx. 264 mm    | approx. 95 mm    | 202R1/40 |
| 41 - 42   | approx. 277 mm    | approx. 97,5 mm  | 202R1/42 |
| 43 - 44   | approx. 290 mm    | approx. 100 mm   | 202R1/44 |
| 45 - 46   | approx. 303 mm    | approx. 102,5 mm | 202R1/46 |
| 47 - 48   | approx. 316 mm    | approx. 105 mm   | 202R1/48 |
| 49 - 50   | approx. 330 mm    | approx. 112,5 mm | 202R1/50 |



**„Merkur A" can be worn on left or right side! Can be used as balance shoe for type "Merkur".**





## Accessories Merkur A

Cushioning Sole, 8 mm, made of EVA, coating made of velours, symmetrical shape



| Shoe size | Item-No.  |
|-----------|-----------|
| 35 - 36   | 202R12/36 |
| 37 - 38   | 202R12/38 |
| 39 - 40   | 202R12/40 |
| 41 - 42   | 202R12/42 |
| 43 - 44   | 202R12/44 |
| 45 - 46   | 202R12/46 |
| 47 - 48   | 202R12/48 |
| 49 - 50   | 202R12/50 |



## Uranus

Partial Foot Decompression Shoe (Post-Surgical Shoe)



### Mode of Action

- main feature is a rigid, slightly ascending outsole towards the front (negative heel)
- pressure relief and pressure distribution during the walking cycle
- benefits the healing process of wounds in the forefoot area
- the post-surgical shoe embraces the entire foot- and ankle area with a softly padded shoe upper
- hook- and loop fasteners at the wide flap prevent slipping within the shoe
- the padded, removable insole prevents pressure peaks in the foot sole area
- the flap can be opened widely and together with the individually adjustable hook- and loop fasteners, it provides sufficient space for bandaged feet

### Indication

- wounds in the foot- and ankle area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds in the foot- and ankle area
- post-surgical and traumas

### Contraindication

- do not use for the above indications, if a sufficient pressure relief cannot be achieved
- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

| Shoe size | Inner shoe length | Inner shoe width | Item-No. |
|-----------|-------------------|------------------|----------|
| 35 - 36   | approx. 238 mm    | approx. 90 mm    | 204R1/36 |
| 37 - 38   | approx. 251 mm    | approx. 92,5 mm  | 204R1/38 |
| 39 - 40   | approx. 264 mm    | approx. 95 mm    | 204R1/40 |
| 41 - 42   | approx. 277 mm    | approx. 97,5 mm  | 204R1/42 |
| 43 - 44   | approx. 290 mm    | approx. 100 mm   | 204R1/44 |
| 45 - 46   | approx. 303 mm    | approx. 102,5 mm | 204R1/46 |
| 47 - 48   | approx. 316 mm    | approx. 105 mm   | 204R1/48 |
| 49 - 50   | approx. 330 mm    | approx. 112,5 mm | 204R1/50 |



"Uranus" can be worn on left or right side!



## Accessories Uranus

Cushioning Sole, 8 mm, made of EVA, coating made of velours, symmetrical shape



| Shoe size | Item-No.  |
|-----------|-----------|
| 35 / 36   | 204R12/36 |
| 37 / 38   | 204R12/38 |
| 39 / 40   | 204R12/40 |
| 41 / 42   | 204R12/42 |
| 43 / 44   | 204R12/44 |
| 45 / 46   | 204R12/46 |
| 47 / 48   | 204R12/48 |
| 49 / 50   | 204R12/50 |

# Foot/Ankle Joint



## Pluto

Partial Foot Decompression Shoe (Post Surgical Shoe)



### Mode of Action

- pressure distribution and -relief due to slightly negative heel and rigid flexion sole
- immobilisation of foot- and toe joints
- removable padded insole to absorb pressure peaks
- generous space for bandaged feet by open construction in the forefoot area; as well as wide openings in the flap- and heel area

### Indication

- wounds in the foot- and ankle area due to diabetes mellitus
- peripheral arterial diseases
- other wounds in the foot- and ankle area
- post-surgical and traumas
- unsteady gait (dizziness, visual impairment)

### Contraindication

- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!



| Shoe size | Inner shoe length | Inner shoe width | Item-No. |
|-----------|-------------------|------------------|----------|
| 35 - 36   | approx. 238 mm    | approx. 90 mm    | 208R1/36 |
| 37 - 38   | approx. 251 mm    | approx. 92,5 mm  | 208R1/38 |
| 39 - 40   | approx. 264 mm    | approx. 95 mm    | 208R1/40 |
| 41 - 42   | approx. 277 mm    | approx. 97,5 mm  | 208R1/42 |
| 43 - 44   | approx. 290 mm    | approx. 100 mm   | 208R1/44 |
| 45 - 46   | approx. 303 mm    | approx. 102,5 mm | 208R1/46 |
| 47 - 48   | approx. 316 mm    | approx. 105 mm   | 208R1/48 |
| 49 - 50   | approx. 330 mm    | approx. 112,5 mm | 208R1/50 |



„Pluto“ can be worn on left or right side!



## Accessories Pluto

Cushioning Sole made of EVA, coating made of velours, symmetrical shape



208R12

| Shoe size | Item-No.  |
|-----------|-----------|
| 35 - 36   | 208R12/36 |
| 37 - 38   | 208R12/38 |
| 39 - 40   | 208R12/40 |
| 41 - 42   | 208R12/42 |
| 43 - 44   | 208R12/44 |
| 45 - 46   | 208R12/46 |
| 47 - 48   | 208R12/48 |
| 49 - 50   | 208R12/50 |

Forefoot Protective Cap, with hook and loop fastener on the outside



208R10

| Shoe size | Item-No.  |
|-----------|-----------|
| 35 - 36   | 208R10/36 |
| 37 - 38   | 208R10/38 |
| 39 - 40   | 208R10/40 |
| 41 - 42   | 208R10/42 |
| 43 - 44   | 208R10/44 |
| 45 - 46   | 208R10/46 |
| 47 - 48   | 208R10/48 |
| 49 - 50   | 208R10/50 |



## Apollo

Partial Foot Decompression Shoe with zero-heel technology (Post-Surgical Shoe)



### Mode of Action

- the post surgical shoe „Apollo“ with its distinctive rocker sole follows the no-heel-technology and thereby relieves the whole foot during stance and swing phase
- promotes the healing of wounds in the forefoot area
- the removable cushioning sole further helps to avoid pressure peaks in the sole area

### Indication

- post-surgically to help heal surgical operations and wounds of the forefoot, such as hallux valgus corrections

### Contraindication

- do not use for the above-mentioned indications if the use cannot guarantee for a sufficient pressure discharge
- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

Due to the shape of the rocker bottom sole, the user experiences quick mobilisation. For certain surgical techniques such as close-to-base metatarsal alignment, the mobilisation must be discussed with the physician in charge and if necessary, a different therapy shoe type, e.g. „Jupiter“ 205R1/... must be selected.

| Shoe size | Inner shoe length | Inner shoe width | Item-No. |
|-----------|-------------------|------------------|----------|
| 35 - 36   | approx. 239 mm    | approx. 82 mm    | 209R1/36 |
| 37 - 38   | approx. 252 mm    | approx. 85 mm    | 209R1/38 |
| 39 - 40   | approx. 265 mm    | approx. 88 mm    | 209R1/40 |
| 41 - 42   | approx. 279 mm    | approx. 91 mm    | 209R1/42 |
| 43 - 44   | approx. 292 mm    | approx. 94 mm    | 209R1/44 |
| 45 - 46   | approx. 305 mm    | approx. 97 mm    | 209R1/46 |
| 47 - 48   | approx. 319 mm    | approx. 100 mm   | 209R1/48 |
| 49 -50    | approx. 331 mm    | approx. 103 mm   | 209R1/50 |



„Apollo“ can be worn on the left or right side! Please do not wear in pairs.





## Accessories Apollo

Cushioning Sole, 10 mm, made of EVA, coating made of velours, symmetrical shape



209R11

| Shoe size | Item-No.  |
|-----------|-----------|
| 35 - 36   | 209R11/36 |
| 37 - 38   | 209R11/38 |
| 39 - 40   | 209R11/40 |
| 41 - 42   | 209R11/42 |
| 43 - 44   | 209R11/44 |
| 45 - 46   | 209R11/46 |
| 47 - 48   | 209R11/48 |
| 49 - 50   | 209R11/50 |



209R12

Forefoot Protective Cap, with hook and loop fastener on the outside

| Shoe size | Item-No.  |
|-----------|-----------|
| 35 - 36   | 209R12/36 |
| 37 - 38   | 209R12/38 |
| 39 - 40   | 209R12/40 |
| 41 - 42   | 209R12/42 |
| 43 - 44   | 209R12/44 |
| 45 - 46   | 209R12/46 |
| 47 - 48   | 209R12/48 |
| 49 - 50   | 209R12/50 |

# Foot/Ankle Joint



## Sirius

Longterm Surgical Shoe with adjustable forefoot and heel fastening



### Mode of action

- plantigrade, reinforced outsole additionally relieves all foot and toe joints
- immobilisation of foot- and toe joints
- generous space for bandaged feet by open construction in the forefoot area; as well as wide openings in the flap- and heel area
- removable cushioning sole absorbs pressure peaks

### Indication

- wounds in the foot- and ankle area due to diabetes mellitus
- peripheral arterial diseases
- other wounds in the foot- and ankle area
- post-surgical and traumas
- unsteady gait (dizziness, visual impairment)

### Contraindication

- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- do not use for instable or fracture prone diabetic neuro-osteoarthropathic foot syndrome, DNOAP (e.g. florid charcot foot)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!



| Shoe size | Inner shoe length | Inner shoe width | Item-No. |
|-----------|-------------------|------------------|----------|
| 35 - 36   | approx. 240 mm    | approx. 89 mm    | 211R1/36 |
| 37 - 38   | approx. 253 mm    | approx. 92 mm    | 211R1/38 |
| 39 - 40   | approx. 267 mm    | approx. 95 mm    | 211R1/40 |
| 41 - 42   | approx. 280 mm    | approx. 98 mm    | 211R1/42 |
| 43 - 44   | approx. 293 mm    | approx. 101 mm   | 211R1/44 |
| 45 - 46   | approx. 306 mm    | approx. 104 mm   | 211R1/46 |
| 47 - 48   | approx. 320 mm    | approx. 107 mm   | 211R1/48 |
| 49 - 50   | approx. 332 mm    | approx. 110 mm   | 211R1/50 |



„Sirius“ can be worn on the left or right side!



## Accessories Sirius

Cushioning Sole, 10 mm, made of EVA, coating made of velours, symmetrical shape



211R11

| Shoe size | Item-No.  |
|-----------|-----------|
| 35 - 36   | 211R11/36 |
| 37 - 38   | 211R11/38 |
| 39 - 40   | 211R11/40 |
| 41 - 42   | 211R11/42 |
| 43 - 44   | 211R11/44 |
| 45 - 46   | 211R11/46 |
| 47 - 48   | 211R11/48 |
| 49 - 50   | 211R11/50 |



211R12

Forefoot Protective Cap, with hook and loop fastener on the outside

| Shoe size | Item-No.  |
|-----------|-----------|
| 35 - 36   | 211R12/36 |
| 37 - 38   | 211R12/38 |
| 39 - 40   | 211R12/40 |
| 41 - 42   | 211R12/42 |
| 43 - 44   | 211R12/44 |
| 45 - 46   | 211R12/46 |
| 47 - 48   | 211R12/48 |
| 49 - 50   | 211R12/50 |



## Luna

Longterm Surgical Shoe with 3 removable cushioning soles and reinforced outsole



### Mode of Action

- the sandal-like, wide surgical shoe with hoisted toe rim is made to take up large volume dressings and protect them from shifting
- three removable and adjustable cushioning soles additionally discharge delicate pressure peaks on the plantar foot sole
- the reinforced outsole additionally relieves the injured foot
- the higher shaft and the stable reinforced heel area offer the foot a secure grip

### Indication

- wounds in the foot- and ankle area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds in the foot- and ankle area
- post-surgical and traumas

### Contraindication

- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

| Shoe size | Inner shoe length | Inner shoe width | Side  | Item-No.  |
|-----------|-------------------|------------------|-------|-----------|
| 35 - 36   | approx. 239 mm    | approx. 99 mm    | right | 210R1/36R |
| 37 - 38   | approx. 252 mm    | approx. 102 mm   | right | 210R1/38R |
| 39 - 40   | approx. 265 mm    | approx. 105 mm   | right | 210R1/40R |
| 41 - 42   | approx. 279 mm    | approx. 108 mm   | right | 210R1/42R |
| 43 - 44   | approx. 292 mm    | approx. 111 mm   | right | 210R1/44R |
| 45 - 46   | approx. 305 mm    | approx. 114 mm   | right | 210R1/46R |
| 47 - 48   | approx. 319 mm    | approx. 117 mm   | right | 210R1/48R |
| 49 - 50   | approx. 331 mm    | approx. 120 mm   | right | 210R1/50R |
| 35 - 36   | approx. 239 mm    | approx. 99 mm    | left  | 210R1/36L |
| 37 - 38   | approx. 252 mm    | approx. 102 mm   | left  | 210R1/38L |
| 39 - 40   | approx. 265 mm    | approx. 105 mm   | left  | 210R1/40L |
| 41 - 42   | approx. 279 mm    | approx. 108 mm   | left  | 210R1/42L |
| 43 - 44   | approx. 292 mm    | approx. 111 mm   | left  | 210R1/44L |
| 45 - 46   | approx. 305 mm    | approx. 114 mm   | left  | 210R1/46L |
| 47 - 48   | approx. 319 mm    | approx. 117 mm   | left  | 210R1/48L |
| 49 - 50   | approx. 331 mm    | approx. 120 mm   | left  | 210R1/50L |



The removable cushioning soles can be individually adjusted depending on the indication.



## Accessories Luna

- Cushioning Sole with textile lamination
- 5 mm EVA, approx. 10° shore
- 5 mm EVA, approx. 20° shore
- 5 mm EVA, approx. 30° shore

Cushioning Sole - Set, three-parts, asymmetrical



210R11



210R12

| Shoe size | Side  | Item-No.   |
|-----------|-------|------------|
| 35 - 36   | right | 210R11/36R |
| 37 - 38   | right | 210R11/38R |
| 39 - 40   | right | 210R11/40R |
| 41 - 42   | right | 210R11/42R |
| 43 - 44   | right | 210R11/44R |
| 45 - 46   | right | 210R11/46R |
| 47 - 48   | right | 210R11/48R |
| 49 - 50   | right | 210R11/50R |
| 35 - 36   | left  | 210R11/36L |
| 37 - 38   | left  | 210R11/38L |
| 39 - 40   | left  | 210R11/40L |
| 41 - 42   | left  | 210R11/42L |
| 43 - 44   | left  | 210R11/44L |
| 45 - 46   | left  | 210R11/46L |
| 47 - 48   | left  | 210R11/48L |
| 49 - 50   | left  | 210R11/50L |

Forefoot Protective Cap, with hook and loop fastener on the outside

| Shoe size | Side  | Item-No.   |
|-----------|-------|------------|
| 35 - 36   | right | 210R12/36R |
| 37 - 38   | right | 210R12/38R |
| 39 - 40   | right | 210R12/40R |
| 41 - 42   | right | 210R12/42R |
| 43 - 44   | right | 210R12/44R |
| 45 - 46   | right | 210R12/46R |
| 47 - 48   | right | 210R12/48R |
| 49 - 50   | right | 210R12/50R |
| 35 - 36   | left  | 210R12/36L |
| 37 - 38   | left  | 210R12/38L |
| 39 - 40   | left  | 210R12/40L |
| 41 - 42   | left  | 210R12/42L |
| 43 - 44   | left  | 210R12/44L |
| 45 - 46   | left  | 210R12/46L |
| 47 - 48   | left  | 210R12/48L |
| 49 - 50   | left  | 210R12/50L |



## Neptun

Longterm Surgical Shoe



### Mode of Action

- the surgical shoe is designated to hold feet with voluminous bandages and protect them from slipping within the shoe as well as from cold and wet weather
- the surgical shoe embraces the entire foot- and ankle area with a softly padded shoe upper
- hook- and loop fasteners at the wide flap prevent slipping within the shoe
- the removable padded insole prevents pressure peaks in the foot sole area
- the flap can be opened widely and together with the individually adjustable hook- and loop fasteners, it provides sufficient space for bandaged feet

### Indication

- wounds in the foot- and ankle area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds in the foot- and ankle area
- post-surgical and traumas

### Contraindication

- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

| Shoe size | Inner shoe length | Inner shoe width | Side  | Item-No.  |
|-----------|-------------------|------------------|-------|-----------|
| 36        | approx. 243 mm    | approx. 93 mm    | left  | 206R1/36L |
| 37        | approx. 249 mm    | approx. 94,5 mm  | left  | 206R1/37L |
| 38        | approx. 256 mm    | approx. 96 mm    | left  | 206R1/38L |
| 39        | approx. 263 mm    | approx. 97,5 mm  | left  | 206R1/39L |
| 40        | approx. 269 mm    | approx. 99 mm    | left  | 206R1/40L |
| 41        | approx. 276 mm    | approx. 100,5 mm | left  | 206R1/41L |
| 42        | approx. 283 mm    | approx. 102 mm   | left  | 206R1/42L |
| 43        | approx. 290 mm    | approx. 103,5 mm | left  | 206R1/43L |
| 44        | approx. 296 mm    | approx. 105 mm   | left  | 206R1/44L |
| 45        | approx. 303 mm    | approx. 106,5 mm | left  | 206R1/45L |
| 46        | approx. 309 mm    | approx. 108 mm   | left  | 206R1/46L |
| 47        | approx. 315 mm    | approx. 109,5 mm | left  | 206R1/47L |
| 48        | approx. 322 mm    | approx. 111 mm   | left  | 206R1/48L |
| 36        | approx. 243 mm    | approx. 93 mm    | right | 206R1/36R |
| 37        | approx. 249 mm    | approx. 94,5 mm  | right | 206R1/37R |
| 38        | approx. 256 mm    | approx. 96 mm    | right | 206R1/38R |
| 39        | approx. 263 mm    | approx. 97,5 mm  | right | 206R1/39R |
| 40        | approx. 269 mm    | approx. 99 mm    | right | 206R1/40R |
| 41        | approx. 276 mm    | approx. 100,5 mm | right | 206R1/41R |
| 42        | approx. 283 mm    | approx. 102 mm   | right | 206R1/42R |
| 43        | approx. 290 mm    | approx. 103,5 mm | right | 206R1/43R |
| 44        | approx. 296 mm    | approx. 105 mm   | right | 206R1/44R |
| 45        | approx. 303 mm    | approx. 106,5 mm | right | 206R1/45R |
| 46        | approx. 309 mm    | approx. 108 mm   | right | 206R1/46R |
| 47        | approx. 315 mm    | approx. 109,5 mm | right | 206R1/47R |
| 48        | approx. 322 mm    | approx. 111 mm   | right | 206R1/48R |



## Accessories Neptun

Insole, 3 mm latex, coating made of polyester fabric, asymmetrical shape



| Shoe size | Side  | Item-No.   |
|-----------|-------|------------|
| 36        | left  | 206R12/36L |
| 37        | left  | 206R12/37L |
| 38        | left  | 206R12/38L |
| 39        | left  | 206R12/39L |
| 40        | left  | 206R12/40L |
| 41        | left  | 206R12/41L |
| 42        | left  | 206R12/42L |
| 43        | left  | 206R12/43L |
| 44        | left  | 206R12/44L |
| 45        | left  | 206R12/45L |
| 46        | left  | 206R12/46L |
| 47        | left  | 206R12/47L |
| 48        | left  | 206R12/48L |
| 36        | right | 206R12/36R |
| 37        | right | 206R12/37R |
| 38        | right | 206R12/38R |
| 39        | right | 206R12/39R |
| 40        | right | 206R12/40R |
| 41        | right | 206R12/41R |
| 42        | right | 206R12/42R |
| 43        | right | 206R12/43R |
| 44        | right | 206R12/44R |
| 45        | right | 206R12/45R |
| 46        | right | 206R12/46R |
| 47        | right | 206R12/47R |
| 48        | right | 206R12/48R |





## Neptun B

Longterm Surgical Shoe with wide outsole and especially high volume



### Mode of Action

- the surgical shoe is designated to hold feet with voluminous bandages and protect them from slipping within the shoe as well as from cold and wet weather
- the surgical shoe embraces the entire foot- and ankle area with a softly padded shoe upper
- hook- and loop fasteners at the wide flap prevent slipping within the shoe
- the removable padded insole prevents pressure peaks in the foot sole area
- the flap can be opened widely and together with the individually adjustable hook- and loop fasteners, it provides sufficient space for bandaged feet
- the high shaft offers sufficient stability

### Indication

- wounds in the foot- and ankle area caused by diabetes mellitus
- peripheral artery occlusions
- other wounds in the foot- and ankle area
- post-surgical and traumas
- rehabilitation of lymphoedema, ulcus cruris venosum, elephantiasis, adipositas

### Contraindication

- do not wear directly on injured, irritated or damaged skin (before application, please cover the skin with wound dressing or a sock)
- use only with walking supports

### Attention

Sensory loss due to diabetic polyneuropathy (PNP), i.e. occurring sensations to the feet such as pressure, temperature, pain are not perceived timeously. Regular fitting check-ups are necessary!

| Shoe size | Inner shoe length | Inner shoe width | Side  | Item-No.  |
|-----------|-------------------|------------------|-------|-----------|
| 35 - 36   | approx. 239 mm    | approx. 99 mm    | right | 212R1/36R |
| 37 - 38   | approx. 252 mm    | approx. 102 mm   | right | 212R1/38R |
| 39 - 40   | approx. 265 mm    | approx. 105 mm   | right | 212R1/40R |
| 41 - 42   | approx. 279 mm    | approx. 108 mm   | right | 212R1/42R |
| 43 - 44   | approx. 292 mm    | approx. 111 mm   | right | 212R1/44R |
| 45 - 46   | approx. 305 mm    | approx. 114 mm   | right | 212R1/46R |
| 47 - 48   | approx. 319 mm    | approx. 117 mm   | right | 212R1/48R |
| 49 - 50   | approx. 331 mm    | approx. 120 mm   | right | 212R1/50R |
| 35 - 36   | approx. 239 mm    | approx. 99 mm    | left  | 212R1/36L |
| 37 - 38   | approx. 252 mm    | approx. 102 mm   | left  | 212R1/38L |
| 39 - 40   | approx. 265 mm    | approx. 105 mm   | left  | 212R1/40L |
| 41 - 42   | approx. 279 mm    | approx. 108 mm   | left  | 212R1/42L |
| 43 - 44   | approx. 292 mm    | approx. 111 mm   | left  | 212R1/44L |
| 45 - 46   | approx. 305 mm    | approx. 114 mm   | left  | 212R1/46L |
| 47 - 48   | approx. 319 mm    | approx. 117 mm   | left  | 212R1/48L |
| 49 - 50   | approx. 331 mm    | approx. 120 mm   | left  | 212R1/50L |



## Accessories Neptun B

Cushioning Sole, 8 mm, made of EVA, coating made of velours, symmetrical shape



| Shoe size | Side  | Item-No.   |
|-----------|-------|------------|
| 35 - 36   | right | 212R11/36R |
| 37 - 38   | right | 212R11/38R |
| 39 - 40   | right | 212R11/40R |
| 41 - 42   | right | 212R11/42R |
| 43 - 44   | right | 212R11/44R |
| 45 - 46   | right | 212R11/46R |
| 47 - 48   | right | 212R11/48R |
| 49 - 50   | right | 212R11/50R |
| 35 - 36   | left  | 212R11/36L |
| 37 - 38   | left  | 212R11/38L |
| 39 - 40   | left  | 212R11/40L |
| 41 - 42   | left  | 212R11/42L |
| 43 - 44   | left  | 212R11/44L |
| 45 - 46   | left  | 212R11/46L |
| 47 - 48   | left  | 212R11/48L |
| 49 - 50   | left  | 212R11/50L |



# Knee Joint



# Knee Joint

The knee is our body's largest joint. It consists of the distal (away from the trunk) ending of the upper thigh bone and the proximal (close to the trunk) ending of the lower thigh bone. Contrary to other joints, these two bone endings do not directly link together. In order to increase the contact surface, to level out the uneven joint surfaces and to convert the enormous motion range of the knee joint, an intermediate layer is necessary – the menisci. These are c-shaped or round cartilage discs of fibroid structure. The knee joint is supported solely by ligaments. The most important ligaments are the intra-articular ligament, the lateral collateral ligament and the anterior and posterior cruciate ligament.

A speciality of the knee joint is the knee cap (patella). Located in the front of the joint, it slides in a guiding groove along the upper thigh bone during flexion and extension. It provides guidance for the quadriceps tendon, which is responsible for the extension of the knee joint. Depending on the activity, the pressure of the patella on the knee joint can reach far more than the twentyfold of the own body weight.

The knee joint has a very big motion range – it can be overextended by approximately  $10^\circ$  and during flexion, it reaches an angle of approximately  $150^\circ$ . In flexion, the joint is also able to perform rotary movements, during which the rotation to the outside of  $40^\circ$  is considerably bigger than the rotation to the inside of  $10^\circ$ .



The knee joint is the most strained joint of our body. With every step, it must absorb approximately three times the amount of our own body weight. Even during light activity, this figure increases remarkably. Considering that each human being walks approximately fivethousand steps per day, in the course of a lifetime this adds up to a distance of approximately three times around the world. Or, relating to the absorbed weight, several millions of tons. This explains why the knee joint is subject to an increased wearout and furthermore, irritations, overstraining and injuries are very common.

In Germany, annually approximately 300.000 meniscus surgeries as well as approximately 100.000 cruciate ligament surgeries are performed annually. In x-rays, already every second German citizen older than 35 years shows provable signs of arthrosis.

Considering mechanical aspects, the knee is a hinge-sliding-joint. Consequently, it does not have a fixed centre of rotation, around which the joint is moving. When treating the knee with an orthosis, this is of high importance. As knee-orthoses have a fixed centre of rotation, it is especially important that the orthosis provides enough flexibility to follow the anatomical centre of rotation as good as possible. An example for such an orthosis in our product range is the knee brace 150R3.

# Injuries and Deformities of the Knee Joint

Typical diseases, injuries and deformities of the knee joint and their treatment:

## **Knock-knees (genu valgum) resp. bowlegs (genu varum)**

With knock-knees, the lateral joint parts are overloaded, whereas with bowlegs, the medial joint parts are overloaded. During childhood, these leg deformities can be treated with long-term effect by use of orthopaedic insoles. Sometimes, more extensive manifestation requires the treatment with orthotic braces worn at night. Deformities during adulthood are treated with leg orthoses, to help preventing possible joint pain.

## **Overextension of the knee joint (genu recurvatum)**

The knee joint may be overextended by more than the usual  $5^{\circ}$  -  $10^{\circ}$ . This causes an overstrain on the joint capsule as well as on the ligaments of the knee joint, which leads to increasing worsening of this deformity. For lighter cases, often a knee support with lateral reinforcement such as the GenuMax resp. GenuMax Luxus or a knee brace with extension lock, e. g. knee brace 150R3 are sufficient.

## **Surgery**

After surgery, it is often necessary to completely immobilise the knee joint for a few days. Depending on the kind of surgery, the joint must be fixed with a knee brace in  $0^{\circ}$  extension, such as the knee brace 150R2 or in  $20^{\circ}$  flexion, e. g. with the knee brace 150R1.

## **Inflammatory conditions**

Inflammatory conditions, joint effusions and swellings, cartilage- and meniscus damages, arthrosis and arthritis, light deformities, postsurgical or traumatic irritations, bursitis or general light knee joint instabilities are advised to be treated with a compression-knee brace with lateral reinforcement and patella ring made of silicone, e. g. the GenuMax resp. GenuMax Luxus.

Depending on the diagnosis, shoe insoles with lateral adjustments, softfoam insoles or shock absorbing silicone insoles as well as silicone heel-cushions can additionally relieve the knee joint.





## GenuMax.light

Knee Joint Support without silicone pads for soft part compression



### Mode of Action

- support and protection of joint capsules, ligaments and cartilages
- relief of the joint
- compression and massage of soft tissue
- improvement of blood circulation

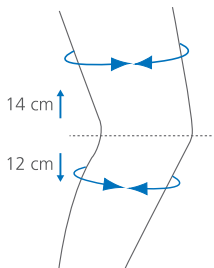
### Indication

- sensation of instability
- irritations (post-traumatic, post-surgical, chronic)
- joint swellings and irritations
- knee pain

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- lymph drain malfunctions
- remove the support during longer periods of rest (e.g. while sleeping etc.), as the therapeutic effect of the GenuMax.light knee joint support is mostly provided during physical activity

| Size | Femoral circumference | Lower leg circumference | Colour            | Item-No. |
|------|-----------------------|-------------------------|-------------------|----------|
| XS   | 37 - 41 cm            | 25 - 28 cm              | silver/anthracite | 47B1/XS  |
| S    | 41 - 43 cm            | 28 - 31 cm              | silver/anthracite | 47B1/S   |
| M    | 43 - 46 cm            | 31 - 34 cm              | silver/anthracite | 47B1/M   |
| L    | 46 - 49 cm            | 34 - 37 cm              | silver/anthracite | 47B1/L   |
| XL   | 49 - 52 cm            | 37 - 40 cm              | silver/anthracite | 47B1/XL  |
| XXL  | 52 - 56 cm            | 40 - 43 cm              | silver/anthracite | 47B1/XXL |
| XS   | 37 - 41 cm            | 25 - 28 cm              | peach             | 46B1/XS  |
| S    | 41 - 43 cm            | 28 - 31 cm              | peach             | 46B1/S   |
| M    | 43 - 46 cm            | 31 - 34 cm              | peach             | 46B1/M   |
| L    | 46 - 49 cm            | 34 - 37 cm              | peach             | 46B1/L   |
| XL   | 49 - 52 cm            | 37 - 40 cm              | peach             | 46B1/XL  |
| XXL  | 52 - 56 cm            | 40 - 43 cm              | peach             | 46B1/XXL |



GenuMax.light can be worn on the right or left knee.

# Knee Joint



## GenuMax

Knee Joint Support with silicone pads for soft part compression



### Mode of Action

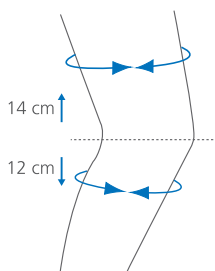
- support and protection of joint capsules, ligaments and cartilages
- relief of the joint
- compression and massage of soft tissue
- improvement of blood circulation

### Indication

- sensation of instability
- irritations (post-traumatic, post-surgical, chronic)
- joint swellings and irritations
- knee pain

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- lymph drain malfunctions
- remove the support during longer periods of rest (e.g. while sleeping etc.), as the therapeutic effect of the GenuMax knee joint support is mostly provided during physical activity



| Size | Femoral circumference | Lower leg circumference | Colour            | Item-No. |
|------|-----------------------|-------------------------|-------------------|----------|
| XS   | 37 - 41 cm            | 25 - 28 cm              | silver/anthracite | 22B1/XS  |
| S    | 41 - 43 cm            | 28 - 31 cm              | silver/anthracite | 22B1/S   |
| M    | 43 - 46 cm            | 31 - 34 cm              | silver/anthracite | 22B1/M   |
| L    | 46 - 49 cm            | 34 - 37 cm              | silver/anthracite | 22B1/L   |
| XL   | 49 - 52 cm            | 37 - 40 cm              | silver/anthracite | 22B1/XL  |
| XXL  | 52 - 56 cm            | 40 - 43 cm              | silver/anthracite | 22B1/XXL |
| XS   | 37 - 41 cm            | 25 - 28 cm              | peach             | 17B1/XS  |
| S    | 41 - 43 cm            | 28 - 31 cm              | peach             | 17B1/S   |
| M    | 43 - 46 cm            | 31 - 34 cm              | peach             | 17B1/M   |
| L    | 46 - 49 cm            | 34 - 37 cm              | peach             | 17B1/L   |
| XL   | 49 - 52 cm            | 37 - 40 cm              | peach             | 17B1/XL  |
| XXL  | 52 - 56 cm            | 40 - 43 cm              | peach             | 17B1/XXL |



GenuMax can be worn on the right or left knee.



## GenuMax.luxus

Knee Joint Support with silicone pads for soft part compression



### Mode of Action

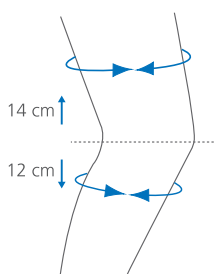
- support and protection of joint capsules, ligaments and cartilages
- relief of the joint
- compression and massage of soft tissue
- improvement of blood circulation

### Indication

- sensation of instability
- irritations (post-traumatic, post-surgical, chronic)
- joint swellings and irritations
- knee pain

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- lymph drain malfunctions
- remove the support during longer periods of rest (e.g. while sleeping etc.), as the therapeutic effect of the GenuMax.luxus knee joint support is mostly provided during physical activity



| Size | Femoral circumference | Lower leg circumference | Colour            | Item-No.  |
|------|-----------------------|-------------------------|-------------------|-----------|
| XXS  | 35 - 38 cm            | 25 - 28 cm              | silver/anthracite | 27B1/XXS  |
| XS   | 38 - 41 cm            | 28 - 31 cm              | silver/anthracite | 27B1/XS   |
| S    | 41 - 44 cm            | 31 - 34 cm              | silver/anthracite | 27B1/S    |
| M    | 44 - 47 cm            | 34 - 37 cm              | silver/anthracite | 27B1/M    |
| L    | 47 - 50 cm            | 37 - 40 cm              | silver/anthracite | 27B1/L    |
| XL   | 50 - 53 cm            | 40 - 43 cm              | silver/anthracite | 27B1/XL   |
| XXL  | 53 - 56 cm            | 43 - 46 cm              | silver/anthracite | 27B1/XXL  |
| XXXL | 56 - 59 cm            | 46 - 49 cm              | silver/anthracite | 27B1/XXXL |
| XXS  | 35 - 38 cm            | 25 - 28 cm              | peach             | 26B1/XXS  |
| XS   | 38 - 41 cm            | 28 - 31 cm              | peach             | 26B1/XS   |
| S    | 41 - 44 cm            | 31 - 34 cm              | peach             | 26B1/S    |
| M    | 44 - 47 cm            | 34 - 37 cm              | peach             | 26B1/M    |
| L    | 47 - 50 cm            | 37 - 40 cm              | peach             | 26B1/L    |
| XL   | 50 - 53 cm            | 40 - 43 cm              | peach             | 26B1/XL   |
| XXL  | 53 - 56 cm            | 43 - 46 cm              | peach             | 26B1/XXL  |



GenuMax.luxus can be worn on the right or left knee.

# Knee Joint



## GenuMax.stabil

Knee Support with joint for unlimited extension and flexion



### Mode of Action

- support and stabilisation of joint capsule, ligaments and cartilage
- customisable mono-centric joint braces prevent hyperextension of the joint by extension limitation at 0°
- compression brace with silicone pad massages the soft tissue in the knee area, causing improved blood circulation and lymph flow
- circular strap system for optimal fit

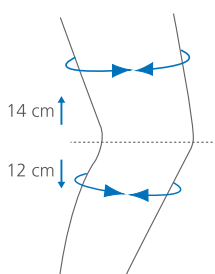
### Indication

- irritations (post-traumatic, post-operative, chronically)
- gonarthrosis
- minor tendon insufficiency and sprains

### Contraindication

- material interactions / allergies
- do not wear directly on injured, irritated or damaged skin
- lymph drain malfunctions
- remove the support during longer periods of rest (e. g. while sleeping etc.), as the therapeutic effect of the GenuMax.stabil Knee Brace is mostly provided during physical activity

| Size | Femoral circumference | Lower leg circumference | Colour            | Item-No. |
|------|-----------------------|-------------------------|-------------------|----------|
| XXS  | 35 - 38 cm            | 25 - 28 cm              | silver/anthracite | 54R1/XXS |
| XS   | 38 - 41 cm            | 28 - 31 cm              | silver/anthracite | 54R1/XS  |
| S    | 41 - 44 cm            | 31 - 34 cm              | silver/anthracite | 54R1/S   |
| M    | 44 - 47 cm            | 34 - 37 cm              | silver/anthracite | 54R1/M   |
| L    | 47 - 50 cm            | 37 - 40 cm              | silver/anthracite | 54R1/L   |
| XL   | 50 - 53 cm            | 40 - 43 cm              | silver/anthracite | 54R1/XL  |
| XXL  | 53 - 56 cm            | 43 - 46 cm              | silver/anthracite | 54R1/XXL |



GenuMax.stabil can be worn on the right or left knee.



## Knee Brace with joint assembly

Knee orthosis for mobilisation



### Mode of action

- the knee brace is a functional knee orthosis system which was developed especially for post-surgical therapy
- it has a stabilising effect to the knee joint and provides the option for limiting motion in flexion and extension
- the limitation is adjustable in both directions in steps of 10 degrees
- with its adjustable velcro fasteners the knee orthosis can be individually adjusted to every leg circumference

### Indication

- post-surgical therapy
- post-traumatic immobilisation
- post-surgical partial immobilisation

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- venous insufficiency with thrombophilia
- do not apply the brace on severe vascular disorder or lymphoedema
- the brace is not able to correct femur-, tibia- or fibula fractures
- do not apply the brace on missing or disturbed perception

| Type                 | Brace length | Colour | Item-No. |
|----------------------|--------------|--------|----------|
| open fabric lining   | 48 cm        | black  | 150R3/M  |
| open fabric lining   | 68 cm        | black  | 150R3/L  |
| closed fabric lining | 42 cm        | black  | 150R3/S  |
| closed fabric lining | 48 cm        | black  | 150R4/M  |
| closed fabric lining | 68 cm        | black  | 150R4/L  |

### Accessory

| Description          | Length | Item-No. |
|----------------------|--------|----------|
| closed fabric lining | short  | 150R5/S  |
| closed fabric lining | medium | 150R5/M  |
| closed fabric lining | large  | 150R5/L  |



150R5



Knee Brace with joint assembly can be worn on the left or right side. Fastening straps and Y-hook- and loop fasteners can be cut to length to suit all leg circumferences.

# Knee Joint



## Knee Brace, straight

Knee Orthosis for immobilisation



### Mode of Action

- the threepart knee brace stabilises the leg in extended position and helps to relief pain (e.g. first aid treatment after knee injury); also helps to secure surgery results and to speed up the healing process
- mostly used for post-surgical care after surgery

### Indication

- first aid treatment after knee injuries for immobilisation
- the brace is indicated after surgery
- instability of the knee joint

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- venous insufficiency with thrombophilia
- do not apply the brace on severe vascular disorder or lymphoedema
- the brace is not able to correct femur-, tibia- or fibula fractures
- do not apply the brace on missing or disturbed perception

| Brace length         | Colour | Item-No. |
|----------------------|--------|----------|
| 20 cm (for babies)   | black  | 150R2/20 |
| 30 cm (for children) | black  | 150R2/30 |
| 40 cm (for children) | black  | 150R2/40 |
| 45 cm                | black  | 150R2/45 |
| 50 cm                | black  | 150R2/50 |
| 55 cm                | black  | 150R2/55 |
| 60 cm                | black  | 150R2/60 |
| 65 cm                | black  | 150R2/65 |
| 70 cm                | black  | 150R2/70 |



Knee Brace, straight can be worn on the left or right side. Suitable for all leg circumferences by means of adjustable hook- and loop fasteners.



## Knee Brace, 20° flexion

Knee Orthosis for immobilisation



### Mode of Action

- the threepart knee brace stabilises the leg in functional position and helps to relief pain (e. g. first aid treatment after knee injury); also helps to secure surgery results and to speed up the healing process
- by means of several hook- and loop fasteners, the knee joint is fixed into position
- mostly use for post-operative care after surgery

### Indication

- first aid treatment after knee injuries for immobilisation
- the brace is indicated after surgery
- instability of the knee joint

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- venous insufficiency with thrombophilia
- do not apply the brace on severe vascular disorder or lymphoedema
- the brace is not able to correct femur-, tibia- or fibula fractures
- do not apply the brace on missing or disturbed perception

| Brace length         | Colour | Item-No. |
|----------------------|--------|----------|
| 40 cm (for children) | black  | 150R1/40 |
| 50 cm                | black  | 150R1/50 |
| 55 cm                | black  | 150R1/55 |
| 60 cm                | black  | 150R1/60 |
| 65 cm                | black  | 150R1/65 |
| 70 cm                | black  | 150R1/70 |



Knee Brace, 20° flexion can be worn on the left or right side.  
Suitable for all leg circumferences by means of adjustable hook- and loop fasteners.





## Pelvis/Hip Joint



# Pelvis/Hip Joint

The pelvis (pelvis major, pelvis minor) generally describes the body section between stomach and legs. The pelvis is a very stable, solid construction and outlines a closed, but not completely stiff bone ring. By means of the sacral bone, this bone ring is connected to the spine, and the pelvis surrounds the pelvic floor like a frame.

The bony pelvis consists of both hip bones (ossa coxae), and together with the sacral bone (os sacrum), it forms the pelvic girdle. Due to its strength and stability, the pelvic girdle provides to the human body steadiness and an upright position.

Each of both hip bones consists of three bony parts: the ilium bone (os ilium), the seat bone (os ischii) and the pubic bone (os pubis). These three bones merge after reaching adolescence age, and then build the uniform hip bone in the hip joint socket (acetabular cup).

Looking at the shape of the pelvis, distinct gender gaps are noticeable. While the male pelvis is rather high and narrow, the female pelvis tends to be low and rather wider.



The hip joint (articulatio coxae) is a spheroidal joint and can be moved three-dimensionally. The upper thigh bone (femur) and the pelvis herein constitute the bony joint-duo.

The hip joint's three main directions of motion are:

- Flexing – extending (flexion – extension)
- Spreading – tightening (abduction – adduction)
- Rotating outside – inside (outer – inner rotation)

In order to provide frictionless motion at the contact surfaces of the hip joint, the joint parts of the femur head and the joint socket are covered with a very smooth and thick cartilage layer. The joint mucous membrane constantly produces joint fluid (synovia), which lubricates the joint, protects it from shocks as well as nourishes it at the same time.



As time passed, evolution did not only form the brain of Homo erectus, it also formed the pelvis, which ensures today's human upright walk.

Next to the numerous hip- and thigh muscles, an enormous ligament construction holds the femoral head (caput femoris) in the hip socket (acetabulum). The most important and strongest ligament of the human body is the Os ilium thigh ligament (ligamentum iliofemorale), which has a tensile strength of approx. 350 kg.

# Hip Disorders

## Hip dysplasia and hip dislocation (luxation)

### Condition description

Hip dysplasia is an infantile maturing disorder with growth disturbance of the acetabulum roof. Without early therapy or use of proper orthopaedic aids, the femoral head can move out of the acetabulum (dislocation) and develop to a hip luxation.

Hip disorders are caused by the human upright position. While walking on two legs, the rear upper parts of the hip joint (acetabulum roof), are under increased strain. Due to the genderspecific differences in the shape of the pelvis, girls suffer from hip disorders 4 times more often than boys.

### Therapy

Depending on the degree of the dysplasia, subluxation or luxation, there are different therapy methods.

Conservative measures should be exploited before considering an extensive surgery. Therefore, the treatment should start as early as possible with a hip abduction support (harness) therapy. The prior therapy principles are to reduce load on the hip joint and a rather gentle, functional treatment by keeping the child in a sitting - squatting position.

### Therapy aim

- To bring the femoral head into straight position in the acetabulum.
- To take tension off the capsule vessels.
- To allow the acetabulum roof to post-mature.

## Hip joint arthrosis

### Condition description

The most common hip disorder among adults resp. older persons is the hip joint arthrosis.

Depending on age, the cartilage layer of the hip joint degenerates. Without the protecting cartilage layer, the hip joint loses its flexibility and in the course of time, deforms under the load of the own body weight.

Next to pain therapy, further conservative treatments are applied to relieve the pain caused by the arthrosis.

### Therapy

The pain in the hip joint can be relieved by wearing soft, shock-absorbing shoes and insoles (silicone heel cups) and specific exercise to strengthen the muscles, e. g. swimming or riding a bicycle.

Unfortunately, the degenerative effects cannot be healed. Existing severe hip joint arthrosis (coxarthrosis) most likely will require replacement by an artificial joint. Among others, nowadays there are minimally invasive surgery methods, during which a hip endoprosthesis (H-TEP) is implanted (see Yale-Hip brace).



## Pavlik-Harness, coloured

Hip Abduction Support



similar type

### Mode of Action

- gentle, painless and functional care for infants and young children
- the Pavlik-Harness leads to flexed and splayed position of the legs, and therefore to a centred adjustment of the femoral head
- this reduces the pressure to the cartilaginous acetabular cup
- if used regularly, it helps the infantile acetabular cup to post-mature

### Indication

- hip dislocation
- hip dysplasia

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Colour | Age             | Item-No.  |
|------|--------|-----------------|-----------|
| 0    | blue   | 1. - 5. month   | 130T19/0B |
| 1    | blue   | 5. - 10. month  | 130T19/1B |
| 2    | blue   | 10. - 15. month | 130T19/2B |
| 3    | blue   | from 15. month  | 130T19/3B |
| 0    | red    | 1. - 5. month   | 130T19/0R |
| 1    | red    | 5. - 10. month  | 130T19/1R |
| 2    | red    | 10. - 15. month | 130T19/2R |
| 3    | red    | from 15. month  | 130T19/3R |



## Pavlik-Harness, stable type

Hip Abduction Support



### Mode of Action

- gentle, painless and functional care for infants and young children
- the Pavlik-bandage leads to flexed and splayed position of the legs, and therefore to a centred adjustment of the femoral head
- this reduces the pressure to the cartilaginous acetabular cup
- if used regularly, it helps the infantile acetabular cup to post-mature

### Indication

- hip dislocation
- hip dysplasia

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Colour | Age             | Item-No. |
|------|--------|-----------------|----------|
| 0    | white  | 1. - 5. month   | 130T20/0 |
| 1    | white  | 5. - 10. month  | 130T20/1 |
| 2    | white  | 10. - 15. month | 130T20/2 |
| 3    | white  | from 15. month  | 130T20/3 |



## Pavlik-Harness, with snap fastener and hook and loop fastener

Hip Abduction Support



### Mode of Action

- gentle, painless and functional care for infants and young children
- the Pavlik-bandage leads to flexed and splayed position of the legs, and therefore to a centred adjustment of the femoral head
- this reduces the pressure to the cartilaginous acetabular cup
- if used regularly, it helps the infantile acetabular cup to post-mature

### Indication

- hip dislocation
- hip dysplasia

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Colour | Age             | Item-No. |
|------|--------|-----------------|----------|
| 0    | white  | 1. - 5. month   | 130T23/0 |
| 1    | white  | 5. - 10. month  | 130T23/1 |
| 2    | white  | 10. - 15. month | 130T23/2 |
| 3    | white  | from 15. month  | 130T23/3 |





## iDeal Hip Abduction Support

Hip Abduction Support



### Mode of Action

- due to the flexed abduction position, the iDeal hip abduction orthosis leads to a centered adjustment of the femoral head and pressure reduction onto the cartilaginous acetabular cup of the hip joint
- an over-extensive abduction is prevented by the integrated flexion-holding wedges
- the soft design enables the infant to move (up to age of 3 months)

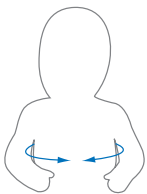
### Indication

- hip dysplasia
- hip luxation

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Chest circumference | Item-No. |
|------|---------------------|----------|
| 0    | 38 - 45 cm          | 130T26/0 |
| 1    | 45 - 52 cm          | 130T26/1 |
| 2    | 52 - 58 cm          | 130T26/2 |
| 3    | 55 - 62 cm          | 130T26/3 |





## Hip Abduction Orthosis „Listra“

Hip Abduction Support

### Mode of Action

- gentle, painless and functional treatment
- leads to spreading position actively, by the body's muscle power
- gentle centering of the femoral head reduces the pressure onto the cartilaginous acetabular cup of the hip joint
- great freedom of movement in spread treatment position
- absolutely no risky tension of the soft hip tissue

### Indication

- hip dysplasia
- hip luxation

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin



similar type

| Spreading width | Colour          | Item-No. |
|-----------------|-----------------|----------|
| 12 cm           | white/patterned | 130T4/12 |
| 14 cm           | white/patterned | 130T4/14 |
| 16 cm           | white/patterned | 130T4/16 |
| 18 cm           | white/patterned | 130T4/18 |
| 20 cm           | white/patterned | 130T4/20 |
| 22 cm           | white/patterned | 130T4/22 |
| 24 cm           | white/patterned | 130T4/24 |
| 26 cm           | white/patterned | 130T4/26 |
| 28 cm           | white/patterned | 130T4/28 |
| 30 cm           | white/patterned | 130T4/30 |
| 32 cm           | white/patterned | 130T4/32 |



## Active-Hip Abduction Support, without flexion holding wedges

Active-Hip Abduction Support Tray



### Mode of Action

- gentle, painless und functional therapy
- leads to actively spread leg position by body's own muscle power
- gentle straddling
- great motion range in straddled therapy position
- absolutely no risky tissue tension in the soft tissue of the hip

### Indication

- hip dysplasia
- hip luxation

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Spreading width | Item-No. |
|------|-----------------|----------|
| 12   | 12 cm           | 130T8/12 |
| 14   | 14 cm           | 130T8/14 |
| 16   | 16 cm           | 130T8/16 |
| 18   | 18 cm           | 130T8/18 |
| 20   | 20 cm           | 130T8/20 |
| 22   | 22 cm           | 130T8/22 |
| 24   | 24 cm           | 130T8/24 |
| 26   | 26 cm           | 130T8/26 |
| 28   | 28 cm           | 130T8/28 |
| 30   | 30 cm           | 130T8/30 |
| 32   | 32 cm           | 130T8/32 |
| 34   | 34 cm           | 130T8/34 |
| 36   | 36 cm           | 130T8/36 |
| 38   | 38 cm           | 130T8/38 |



## Active-Hip Abduction Support, with flexion holding wedges

Active-Hip Abduction Support Tray



### Mode of Action

- gentle, painless und functional therapy
- leads to actively spread leg position by body's own muscle power
- gentle straddling helps the hip acetabular cup to develop
- great motion range in straddled therapy position
- absolutely no risky tissue tension in the soft tissue of the hip
- provides optimal adjustment of the hip to the acetabulum by flexion holding wedges

### Indication

- hip dysplasia
- hip luxation

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Spreading width | Item-No.  |
|------|-----------------|-----------|
| 12   | 12 cm           | 130T28/12 |
| 14   | 14 cm           | 130T28/14 |
| 16   | 16 cm           | 130T28/16 |
| 18   | 18 cm           | 130T28/18 |
| 20   | 20 cm           | 130T28/20 |
| 22   | 22 cm           | 130T28/22 |
| 24   | 24 cm           | 130T28/24 |
| 26   | 26 cm           | 130T28/26 |
| 28   | 28 cm           | 130T28/28 |
| 30   | 30 cm           | 130T28/30 |
| 32   | 32 cm           | 130T28/32 |
| 34   | 34 cm           | 130T28/34 |
| 36   | 36 cm           | 130T28/36 |
| 38   | 38 cm           | 130T28/38 |



## Yale - Hip Brace

Hip Brace with rotation inhibiting stabilisation element, inclusive lining



### Mode of Action

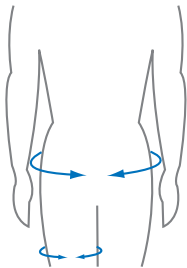
- due to the spiral shaped structure of the „stabilisator“ (thermoplastically malleable), a centering force effects the hip joint, which holds the joint head inside the acetabulum
- the principle corresponds to stabilisation achieved by fixed „pelvis-leg-bandages“ of orthopaedics and trauma surgery
- at the same time, the dynamic muscle stabilisation of the hip joint is not prevented and the remaining motion range guarantees a smooth and lively gait pattern

### Indication

- partial immobilisation of the hip joint, for special post-surgical care of minimally invasive total endoprosthesis implant of the hip (hip-TEP)

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- sensoric discomfort (pain)
- circulatory disorders, lymphoedema



| Size | Pelvis circumference | Femoral circumference | Side  | Item-No. |
|------|----------------------|-----------------------|-------|----------|
| S    | up to 85 cm          | up to 60 cm           | left  | 74B1/LS  |
| M    | up to 105 cm         | up to 70 cm           | left  | 74B1/LM  |
| L    | up to 125 cm         | up to 80 cm           | left  | 74B1/LL  |
| S    | up to 85 cm          | up to 60 cm           | right | 74B1/RS  |
| M    | up to 105 cm         | up to 70 cm           | right | 74B1/RM  |
| L    | up to 125 cm         | up to 80 cm           | right | 74B1/RL  |

### Accessory

| Description          | Size | Side  | Item-No. |
|----------------------|------|-------|----------|
| Lining for Hip Brace | S    | left  | 74B2/LS  |
|                      | M    | left  | 74B2/LM  |
|                      | L    | left  | 74B2/LL  |
| Lining for Hip Brace | S    | right | 74B2/RS  |
|                      | M    | right | 74B2/RM  |
|                      | L    | right | 74B2/RL  |



## CoxaSupport.fix

Hip Joint Orthosis with adjustable motion limitation in two levels



### Mode of Action

- stabilisation of the hip joint
- limitation of rotation
- early mobilisation speeds up the healing process
- supports controlled motion sequences and reduces the risk of luxation
- motion limitation in two levels
- flexion/extension adjustable from 0 – 120° in 15° steps
- abduction/adduction separately adjustable

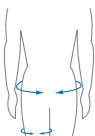
### Indication

- luxation prophylaxis
- hip-TEP
- femoral head-resection (Girdlestone-resection)
- conservative therapy, e.g. of coxarthrosis
- post-surgical care

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- weight limit 120 kg / 265 lbs.
- use only with walking supports
- not suitable for high activity

| Size | Hip circumference | Femoral circumference | Side  | Item-No. |
|------|-------------------|-----------------------|-------|----------|
| S    | 60 - 84 cm        | 43 - 54 cm            | left  | 75R1/LS  |
| M    | 84 - 110 cm       | 55 - 65 cm            | left  | 75R1/LM  |
| L    | 110 - 130 cm      | 66 - 75 cm            | left  | 75R1/LL  |
| S    | 60 - 84 cm        | 43 - 54 cm            | right | 75R1/RS  |
| M    | 84 - 110 cm       | 55 - 65 cm            | right | 75R1/RM  |
| L    | 110 - 130 cm      | 66 - 75 cm            | right | 75R1/RL  |





## Accessories CoxaSupport.fix

Spare pad set, black for hip and thigh



75R11

| Size | Hip circumference | Femoral circumference | Side  | Item-No. |
|------|-------------------|-----------------------|-------|----------|
| S    | 60 - 84 cm        | 43 - 54 cm            | left  | 75R11/LS |
| M    | 84 - 110 cm       | 55 - 65 cm            | left  | 75R11/LM |
| L    | 110 - 130 cm      | 66 - 75 cm            | left  | 75R11/LL |
| S    | 60 - 84 cm        | 43 - 54 cm            | right | 75R11/RL |
| M    | 84 - 110 cm       | 55 - 65 cm            | right | 75R11/RM |
| L    | 110 - 130 cm      | 66 - 75 cm            | right | 75R11/RL |

Hip component



75R14

| Size | Hip circumference | Side  | Item-No. |
|------|-------------------|-------|----------|
| S    | 60 - 84 cm        | left  | 75R14/LS |
| M    | 84 - 110 cm       | left  | 75R14/LM |
| L    | 110 - 130 cm      | left  | 75R14/LL |
| S    | 60 - 84 cm        | right | 75R14/RS |
| M    | 84 - 110 cm       | right | 75R14/RM |
| L    | 110 - 130 cm      | right | 75R14/RL |

Thigh component



75R15

| Size | Femoral circumference | Side       | Item-No. |
|------|-----------------------|------------|----------|
| S    | 43 - 54 cm            | left/right | 75R15/S  |
| M    | 55 - 65 cm            | left/right | 75R15/M  |
| L    | 66 - 75 cm            | left/right | 75R15/L  |

## Accessories CoxaSupport.fix

Joint brace with one joint



75R12, 75R10

| Size                            | Side       | Item-No. |
|---------------------------------|------------|----------|
| for persons taller than 175 cm  | left/right | 75R12    |
| for persons smaller than 175 cm | left/right | 75R10    |



75R13

Spare tool set

| Size     | Item-No. |
|----------|----------|
| One size | 75R13    |







Back/Spine





# Back/Spine

The spine consists of 24 separated and approx. 9 – 10 other vertebrae, which are ossified in the sacral and coccyx segment. In regards to function, they can be divided into following sections:

- The cervical spine with totally 7 vertebrae (vertebrae cervicalis), which is also called cervical segment.
  - The thoracic spine with totally 12 vertebrae (vertebrae thoracicae), which is also called thoracic segment.
  - The lumbar spine with totally 5 vertebrae (vertebrae lumbalis), which is also called lumbar segment.
- The sacral segment describes the sacral bone and coccygeal bone (os sacrum et os coccygis), which usually are ossified.
- Next to respiratory diseases, back pain is the second most common reason for medical consultations..

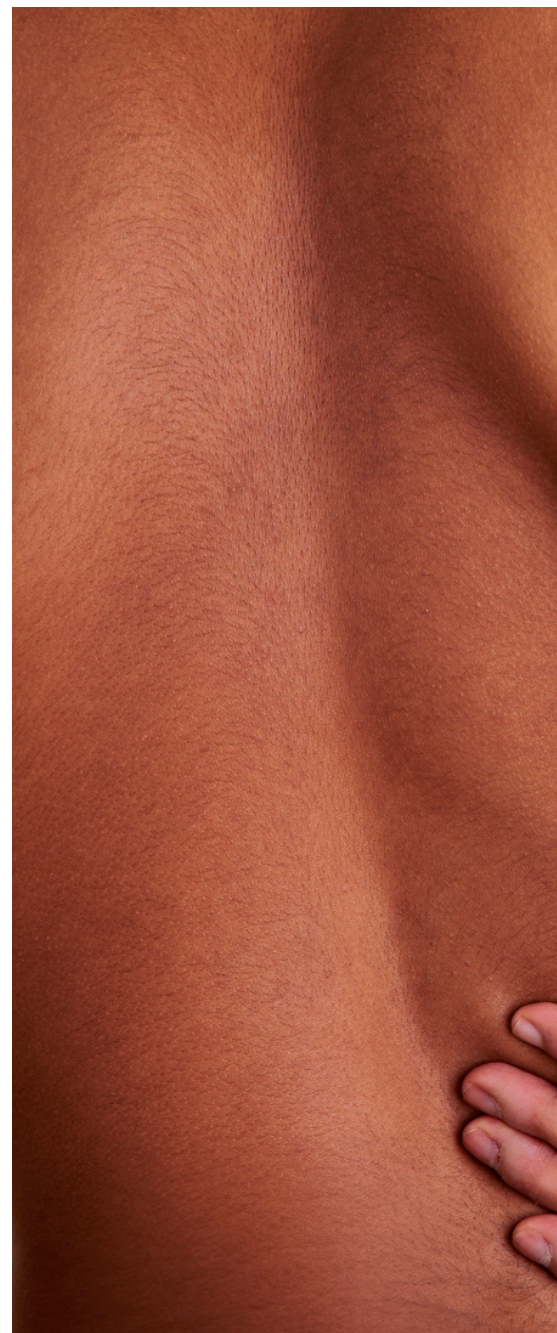
## Specialties of the individual spinal sections

- The first cervical vertebrae body (atlas) carries the head and allows nodding movements as well as lateral movement; the second cervical vertebrae body-axis enables by its peg-shape the rotating movement between neck and head.
- The spinous processes are positioned overlapping at the thoracic spine; therefore blocking rotation. This is also the spot where the thoracic rib bones emerge.
- At the lumbar spine, the condylar processes are positioned against each other in such a way that rotation is not possible. In this section, the vertebrae bodies and the spinal disks are developed very strongly.
- The junction from the lumbar spine to the sacral bone is clearly angled and is called promontorium. The sacral vertebrae are ossified to one block and are the connection to the pelvic girdle.
- The coccygeal is present only rudimentarily and is not important any more for human being.

## Motion patterns of the spine

The human spine is curved in the shape of a double-S and as “elastic pole”, ensures the human upright walk (homo erectus). Further to the static tasks, e. g. carry loads, the spine is very flexible, especially in the upper sections. Therefore, following motion sequences are possible:

- Bending forwards (flexion)
- Extending backwards (extension)
- Tilting sideways (lateral flexion)
- Turning motion (rotation)



### **Basic shape of a vertebrae**

At the cylinder-shaped bone piece, there are 1 spinous process, 2 transverse processes and 4 condylar processes. At the transition from vertebral body to vertebral arch, the spinal nerves emerge from the intervertebral foramen. The vertebral arch surrounds the spinal cord and in the sum of the vertebral bodies, forms the vertebral canal.

### **Function**

The vertebral body carries the load, the vertebral arch surrounds and protects the spinal cord, the processes function as lever for muscles and ligaments.

### **The vertebral disks**

The 23 intervertebral disks, also called spinal disks, connect the single vertebral bodies and consist of an outer tissue ring (anulus fibrosus) and a soft gelatinous core (nucleus pulposus). These spacer disks allow motion in the spinal segment and have a shock absorbing function.



Next to respiratory diseases,  
back pain is the second most common  
reason for medical consultations.

# Back/Spine

Nearly every one of us knows the subject “back pain” and has been affected by it at least once before. The trouble with the back can have plenty of causes. With the diagnosis of the orthopaedist, centre and extent of the pain are localised, and a therapy with medication, physiotherapy or orthopaedic aids will be initiated accordingly, or even be treated surgically. Like in nearly every therapy, major focus is put on immobilisation, erection and/or targeted motion by therapeutic exercise. Also, a change in lifestyle of the person affected (e. g. weight reduction, physiotherapy = PT) can contribute to gain positive control over back pain.

## Common disease patterns

### Cervical syndrome

This is a collective term for all painful disorders in the segment of the cervical spine. By compression of the nerve roots many different diagnoses can be specified, such as stiff neck, migraine or pain radiating into shoulder or arm. During traffic accidents, the cervical spine is a predestined site for injuries, due to acceleration and at the same time inertness of the head.

### Osteoporosis

A metabolic disease of the skeleton system with loss of bony substance (“bone thinning”). Due to the decreasing bone density, the fracture susceptibility increases especially at the disk bodies (respectively neck of femur, distal radius head). There, caused by the axial load, vertebral deformities (“fish vertebrae”), deck plate drops (“sinterings”) and roundback deformity occur increasingly. Next to the development of a rounded back, this disease can cause pain.

Bedriddenness and immobilisation

(see hyperextension orthoses).

### Sciatica and low back pain syndrome

This is a collective term for pain in the section of the lumbar spine and also known as lumbalgy, lumbosacral radiculopathy and lumbago. The cause often lies in irritation or compression of the nerve roots by the spinal disks. Often, overweight in combination with weak abdominal and back muscles are responsible for this disease pattern (hollow-back = hyper-lordosis). Also, degenerative symptoms are often experienced in this spinal section and for the affected person, can also be rather painful (see LumboSupport).





## CerviSupport.basic

Cervical Spine Stabilisation Support, anatomic without reinforcement



### Mode of Action

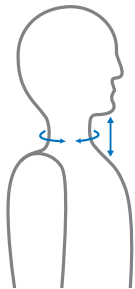
- supports, immobilises and relieves the cervical spine
- great wearing comfort by breathable foam material and soft cotton cover
- with laryngeal notch
- foam with medium compression hardness (gross density: 31,0 kg/m³ and compression hardness: 6 kPa)

### Indication

- distortions of the cervical spine (whiplash injury, acceleration trauma)
- post-surgical treatment
- arteria-vertebralis-syndrome
- wry neck

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- tracheostomy
- respiratory distress



| Size | Neck circumference | Height of chin | Colour            | Item-No.  |
|------|--------------------|----------------|-------------------|-----------|
| S    | 32 - 38 cm         | 7,5 cm         | silver/anthracite | 130R1/7S  |
| M    | 39 - 43 cm         | 7,5 cm         | silver/anthracite | 130R1/7M  |
| L    | 44 - 48 cm         | 7,5 cm         | silver/anthracite | 130R1/7L  |
| S    | 32 - 38 cm         | 9,0 cm         | silver/anthracite | 130R1/9S  |
| M    | 39 - 43 cm         | 9,0 cm         | silver/anthracite | 130R1/9M  |
| L    | 44 - 48 cm         | 9,0 cm         | silver/anthracite | 130R1/9L  |
| S    | 32 - 38 cm         | 11,0 cm        | silver/anthracite | 130R1/11S |
| M    | 39 - 43 cm         | 11,0 cm        | silver/anthracite | 130R1/11M |
| L    | 44 - 48 cm         | 11,0 cm        | silver/anthracite | 130R1/11L |



## CerviSupport.stabil

Cervical Spine Stabilisation Support, anatomic with reinforcement



### Mode of Action

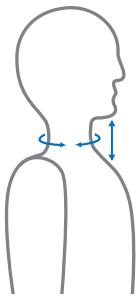
- supports, immobilises and relieves the cervical spine
- great wearing comfort by breathable foam material and soft cotton cover
- with laryngeal notch
- foam with medium compression hardness (gross density: 31,0 kg/m³ and compression hardness: 6 kPa)
- with integrated reinforcement

### Indication

- distortions of the cervical spine (whiplash injury, acceleration trauma)
- post-surgical treatment
- arteria-vertebralis-syndrome
- wry neck
- post traumatic pain disorders
- osteochondrosis/spondylarthrosis of the cervical spine

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- tracheostomy
- respiratory distress



| Size | Neck circumference | Height of chin | Colour            | Item-No.  |
|------|--------------------|----------------|-------------------|-----------|
| S    | 32 - 38 cm         | 7,5 cm         | silver/anthracite | 131R1/7S  |
| M    | 39 - 43 cm         | 7,5 cm         | silver/anthracite | 131R1/7M  |
| L    | 44 - 48 cm         | 7,5 cm         | silver/anthracite | 131R1/7L  |
| S    | 32 - 38 cm         | 9,0 cm         | silver/anthracite | 131R1/9S  |
| M    | 39 - 43 cm         | 9,0 cm         | silver/anthracite | 131R1/9M  |
| L    | 44 - 48 cm         | 9,0 cm         | silver/anthracite | 131R1/9L  |
| S    | 32 - 38 cm         | 11,0 cm        | silver/anthracite | 131R1/11S |
| M    | 39 - 43 cm         | 11,0 cm        | silver/anthracite | 131R1/11M |
| L    | 44 - 48 cm         | 11,0 cm        | silver/anthracite | 131R1/11L |





## CerviSupport.philadelphia

Two-piece Cervical Spine Stabilisation Orthosis with sternum support



### Mode of Action

- supports and immobilises the cervical spine by supporting the sternum and the shoulder at the chin and at the back of the head
- complete immobilisation of the cervical spine through double shell principle

### Indication

- Spondylarthrosis
- Cervical syndrome
- Tracheostomy
- post-surgical treatment
- post traumatic pain disorders
- structural loosening of the upper cervical spine
- simple and stable vertebral fractures

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Size | Neck circumference | Height of chin | Colour | Item-No.   |
|------|--------------------|----------------|--------|------------|
| S    | 25 - 33 cm         | 6 cm           | peach  | 135R1/6S   |
| M    | 33 - 41 cm         | 6 cm           | peach  | 135R1/6M   |
| L    | 41 - 48 cm         | 6 cm           | peach  | 135R1/6L   |
| XL   | 48+ cm             | 6 cm           | peach  | 135R1/6XL  |
| S    | 25 - 34 cm         | 8 cm           | peach  | 135R1/8S   |
| M    | 33 - 42 cm         | 8 cm           | peach  | 135R1/8M   |
| L    | 41 - 49 cm         | 8 cm           | peach  | 135R1/8L   |
| XL   | 48+ cm             | 8 cm           | peach  | 135R1/8XL  |
| S    | 25 - 35 cm         | 11 cm          | peach  | 135R1/11S  |
| M    | 33 - 43 cm         | 11 cm          | peach  | 135R1/11M  |
| L    | 41 - 50 cm         | 11 cm          | peach  | 135R1/11L  |
| XL   | 48+ cm             | 11 cm          | peach  | 135R1/11XL |
| S    | 25 - 36 cm         | 13 cm          | peach  | 135R1/13S  |
| M    | 33 - 44 cm         | 13 cm          | peach  | 135R1/13M  |
| L    | 41 - 51 cm         | 13 cm          | peach  | 135R1/13L  |
| XL   | 48+ cm             | 13 cm          | peach  | 135R1/13XL |



## LumboMax.easy

Lumbar Spine Support for stabilisation, with tension strap and without lumbar pad



### Mode of Action

- compression of the abdominal wall, causing augmentation of the intra-abdominal pressure
- straightening and delordosing of the lumbar spine by means of four flexible reinforcement rods in the lumbar area
- slight constraint of lateral movements and of rotation
- the compression of the support may be adjusted by additional lumbar belts, thereby relieving the back muscles

### Indication

- lumbalgia
- lumbo-ischalgia
- irritative conditions of the sacroiliac joint (ilium-sacrum-joint)
- degenerative changes of the lumbar spine
- prophylaxis after discomfort of the lumbar spine

### Contraindication

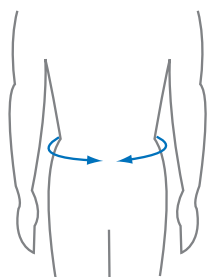
- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- breathing difficulties, shortness of breath



| Size | Waist circumference | Back height | Colour            | Item-No. |
|------|---------------------|-------------|-------------------|----------|
| XS   | 55 - 65 cm          | 24 cm       | silver/anthracite | 65R1/XS  |
| S    | 65 - 80 cm          | 24 cm       | silver/anthracite | 65R1/S   |
| M    | 80 - 90 cm          | 24 cm       | silver/anthracite | 65R1/M   |
| L    | 90 - 105 cm         | 24 cm       | silver/anthracite | 65R1/L   |
| XL   | 105 - 120 cm        | 24 cm       | silver/anthracite | 65R1/XL  |
| XXL  | 120 - 140 cm        | 24 cm       | silver/anthracite | 65R1/XXL |



The elastic, breathable fabric adjusts itself optimally to the anatomy of the body. The grip flap enables a comfortable donning and doffing of the support. A pad, e. g. item-No. 14B3 can be ordered optionally and velcroed in.





## LumboMax.easy+

Lumbar Spine Support for stabilisation, with tension strap and lumbar pad



### Mode of Action

- compression of the abdominal wall, causing augmentation of the intra-abdominal pressure
- straightening and delordosing of the lumbar spine by means of four flexible reinforcement rods in the lumbar area
- slight constraint of lateral movements and of rotation
- the compression of the support may be adjusted by additional fusion elements, thereby relieving the back muscles
- adjustable back pad provides compression and improved blood circulation of the lumbar area


### Indication

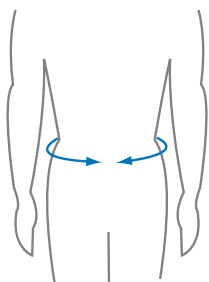
- lumbalgia
- lumbo-ischalgia
- irritative conditions of the sacroiliac joint (ilium-sacrum-joint)
- degenerative changes of the lumbar spine
- prophylaxis after discomfort of the lumbar spine

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- breathing difficulties, shortness of breath

| Size | Waist circumference | Back height | Colour            | Item-No. |
|------|---------------------|-------------|-------------------|----------|
| XS   | 55 - 65 cm          | 24 cm       | silver/anthracite | 66R1/XS  |
| S    | 65 - 80 cm          | 24 cm       | silver/anthracite | 66R1/S   |
| M    | 80 - 90 cm          | 24 cm       | silver/anthracite | 66R1/M   |
| L    | 90 - 105 cm         | 24 cm       | silver/anthracite | 66R1/L   |
| XL   | 105 - 120 cm        | 24 cm       | silver/anthracite | 66R1/XL  |
| XXL  | 120 - 140 cm        | 24 cm       | silver/anthracite | 66R1/XXL |

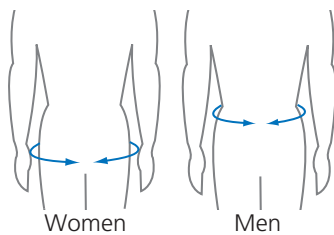
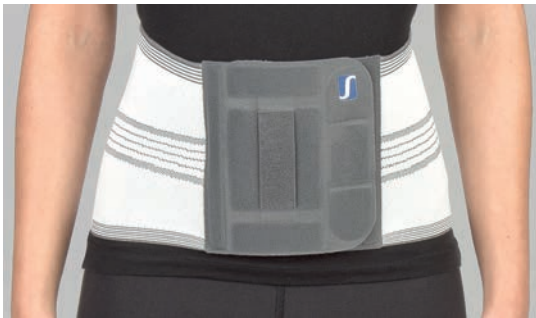
 The elastic, breathable fabric adjusts itself optimally to the anatomy of the body. The grip flap enables a comfortable donning and doffing of the support.





## LumboMax

Lumbar Spine Support with back pad



### Mode of Action

- back-pain relief
- compression and improved blood circulation by stimulating massage
- support of the back musculature
- straightening of the trunk

### Indication

- chronic or pseudoradicular pain in the lumbar and iliosacral area
- lumbaliga

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- breathing difficulties, shortness of breath
- obesity
- remove the support during longer periods of rest (e.g. while sleeping etc.), as the therapeutic effect of the LumboMax lumbar spine support is mostly provided during physical activity

#### 13B1/15B1 - Women

| Size | Hip circumference | Colour            | Item-No. |
|------|-------------------|-------------------|----------|
| XS   | 70 - 80 cm        | silver/anthracite | 13B1/XS  |
| S    | 80 - 90 cm        | silver/anthracite | 13B1/S   |
| M    | 90 - 100 cm       | silver/anthracite | 13B1/M   |
| L    | 100 - 110 cm      | silver/anthracite | 13B1/L   |
| XL   | 110 - 120 cm      | silver/anthracite | 13B1/XL  |
| XXL  | 120 - 130 cm      | silver/anthracite | 13B1/XXL |
| XS   | 70 - 80 cm        | peach             | 15B1/XS  |
| S    | 80 - 90 cm        | peach             | 15B1/S   |
| M    | 90 - 100 cm       | peach             | 15B1/M   |
| L    | 100 - 110 cm      | peach             | 15B1/L   |
| XL   | 110 - 120 cm      | peach             | 15B1/XL  |
| XXL  | 120 - 130 cm      | peach             | 15B1/XXL |

#### 14B1 - Men

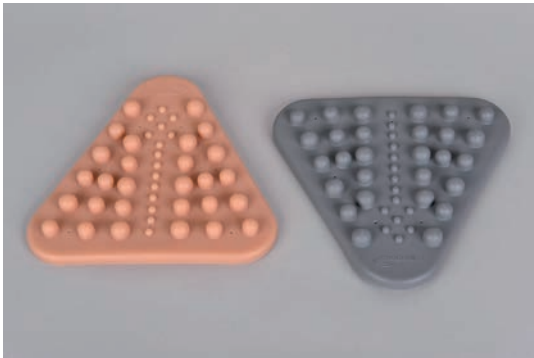
| Size | Waist circumference | Colour            | Item-No. |
|------|---------------------|-------------------|----------|
| XS   | 70 - 80 cm          | silver/anthracite | 14B1/XS  |
| S    | 80 - 90 cm          | silver/anthracite | 14B1/S   |
| M    | 90 - 100 cm         | silver/anthracite | 14B1/M   |
| L    | 100 - 110 cm        | silver/anthracite | 14B1/L   |
| XL   | 110 - 120 cm        | silver/anthracite | 14B1/XL  |
| XXL  | 120 - 130 cm        | silver/anthracite | 14B1/XXL |



The back pad Item-No. 14B3 and 15B3 consists of silicone with a textile cover. The wearing comfort is further improved by a breathable, highly elastic contoured knit.



## Accessories LumboMax



14B3/15B3



15B2/14B2

| Description                    | Colour     | Dimensions | Item-No. |
|--------------------------------|------------|------------|----------|
| Silicone back pad              | anthracite | 16 x 17 cm | 14B3     |
| Silicone back pad              | peach      | 16 x 17 cm | 15B3     |
| Terry-cloth cover for back pad | anthracite | 17 x 18 cm | 14B2     |
| Terry-cloth cover for back pad | peach      | 17 x 18 cm | 15B2     |

## Dorsal Pad with Silicone Cover

flexible



| Dimensions L x W | Colour | Item-No. |
|------------------|--------|----------|
| 17 x 16 cm       | blue   | 89P7     |





## LumboSupport

Lumbar Support with mobilisation functionality



### Mode of Action

- normalisation of posture by erection of the upper body
- increases the intra-abdominal pressure
- slight delordosing and pelvic erection, therefore support of the dorsal vertebral-body parts
- increased static and dynamic safety
- adjustable degree of stabilisation by removing the dorsal stabilisation element, the stabilising elements and the belt
- great wearing comfort due to breathable and highly elastic contoured knit

### Indication

- post-surgical stabilisation of the lumbar spine area
- degenerative spinal disorders
- muscular insufficiency of the lumbar spine area
- chronic pain in the lumbar spine and iliosacral area
- ligamentoses
- hyper-lordosis of the lumbar spine

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- hernias
- vascular or abdominal diseases



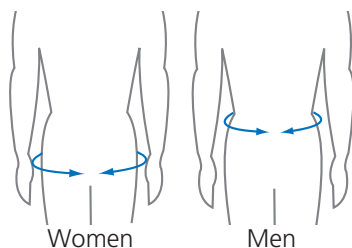
### 40R1 - Women

| Size | Colour     | Back height | Hip circumference | Item-No. |
|------|------------|-------------|-------------------|----------|
| S    | anthracite | 32 cm       | 76 - 86 cm        | 40R1/S   |
| M    | anthracite | 32 cm       | 87 - 98 cm        | 40R1/M   |
| L    | anthracite | 32 cm       | 99 - 111 cm       | 40R1/L   |
| XL   | anthracite | 32 cm       | 112 - 125 cm      | 40R1/XL  |
| XXL  | anthracite | 32 cm       | 126 - 140 cm      | 40R1/XXL |



### 41R1 - Men

| Size | Colour     | Back height | Waist circumference | Item-No. |
|------|------------|-------------|---------------------|----------|
| XS   | anthracite | 32 cm       | 66 - 76 cm          | 41R1/XS  |
| S    | anthracite | 32 cm       | 77 - 88 cm          | 41R1/S   |
| M    | anthracite | 32 cm       | 89 - 101 cm         | 41R1/M   |
| L    | anthracite | 32 cm       | 102 - 115 cm        | 41R1/L   |
| XL   | anthracite | 32 cm       | 116 - 130 cm        | 41R1/XL  |
| XXL  | anthracite | 32 cm       | 131 - 146 cm        | 41R1/XXL |



The front height is 17 cm for both types (women's and men's sizes).



## LumboVario.tec

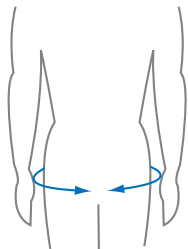
Lumbar Orthosis with mobilisation functionality



30R1



35R1



### Mode of Action

- LumboVario.tec is a multifunctional spinal orthosis to thoroughly stabilise and steady the entire lumbar spine, including the lumbo-sacral passage, within each therapy phase
- in the course of rehabilitation process, the spinal orthosis allows targeted training of the spine by removing stabilising elements of the orthosis (back shell and boning bars)

### Indication

- post-surgical after intervertebral disc-surgery of the lumbar spine
- post-surgical after stabilising surgery or fusion (spondylodesis)
- vertebral slipping (lumbar spondylolisthesis)
- narrowing of the vertebral canal (lumbar spinal canal stenosis)
- nerve root irritations due to narrowing at the foramen intervertebrale
- degenerative instability (lumbar spondylarthrosis)
- bone cancer (osteosarcoma) of the lumbar spine
- inflammatory diseases of the lumbar spine (spondylitis)

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin (wear with t-shirt underneath, e. g. undershirt for spinal orthoses 145T20)
- pressure sores in the areas concerned
- breathing difficulties, shortness of breath (dyspnea)
- vascular or other abdominal diseases
- sensory discomfort (pain)

| Size | Hip circumference | Back height | Type  | Item-No. |
|------|-------------------|-------------|-------|----------|
| 1    | 75 - 90 cm        | 37 cm       | long  | 35R1/1L  |
| 2    | 90 - 105 cm       | 37 cm       | long  | 35R1/2L  |
| 3    | 105 - 120 cm      | 37 cm       | long  | 35R1/3L  |
| 4    | 120 - 135 cm      | 37 cm       | long  | 35R1/4L  |
| 1    | 75 - 90 cm        | 29 cm       | short | 30R1/1S  |
| 2    | 90 - 105 cm       | 29 cm       | short | 30R1/2S  |
| 3    | 105 - 120 cm      | 29 cm       | short | 30R1/3S  |





## Spare Parts LumboVario.tec

Spare Parts: long type



30R100

| Description                         | Size | Item-No.  |
|-------------------------------------|------|-----------|
| Knitted part                        | 1    | 35R100/1L |
|                                     | 2    | 35R100/2L |
|                                     | 3    | 35R100/3L |
|                                     | 4    | 35R100/4L |
| Plastic shell (Streifylast)         | 1    | 35R110/1L |
|                                     | 2    | 35R110/2L |
|                                     | 3    | 35R110/3L |
|                                     | 4    | 35R110/4L |
| PA-bar of the interior knitted part |      | 35R130/L  |
| Pad with cotton cover               |      | 30R126    |

Spare Parts: short type



35R110

| Description                         | Size | Item-No.  |
|-------------------------------------|------|-----------|
| Knitted part                        | 1    | 30R100/1S |
|                                     | 2    | 30R100/2S |
|                                     | 3    | 30R100/3S |
| Plastic shell (Streifylast)         | 1    | 30R110/1S |
|                                     | 2    | 35R110/2S |
|                                     | 3    | 30R110/3S |
| PA-bar of the interior knitted part |      | 30R130/S  |
| Pad with cotton cover               |      | 30R126    |



35R130



## Dorsal Pad, oval

made of Streifylen with Plastazote padding



| Size | Length  | Colour | Item-No. |
|------|---------|--------|----------|
| S    | 21 cm   | white  | 89P8/S   |
| M    | 22,5 cm | white  | 89P8/M   |
| L    | 24 cm   | white  | 89P8/L   |



## TL Support

Abdominal and Rib Fracture Support

### Mode of Action

- the TL Support stabilises the outer ribcage and the abdominal area

### Indication

- post-surgical
- abdominal dysbalance
- scar-rupture, scar-protection
- rib-bruise
- rib-fracture

### Contraindication

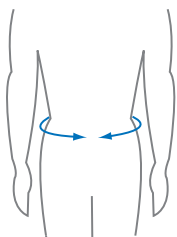
- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- missing perception
- dyspnoea



60B1



61B1



### 60B1

| Type          | Size | Colour | Waist circumference | Item-No. |
|---------------|------|--------|---------------------|----------|
| Women/tapered | S    | white  | 58 - 72 cm          | 60B1/S   |
| Women/tapered | M    | white  | 71 - 87 cm          | 60B1/M   |
| Women/tapered | L    | white  | 86 - 102 cm         | 60B1/L   |
| Women/tapered | XL   | white  | 100 - 116 cm        | 60B1/XL  |

### 61B1

| Type         | Size | Colour | Waist circumference | Item-No. |
|--------------|------|--------|---------------------|----------|
| Men/straight | S    | white  | 70 - 90 cm          | 61B1/S   |
| Men/straight | M    | white  | 89 - 110 cm         | 61B1/M   |
| Men/straight | L    | white  | 109 - 130 cm        | 61B1/L   |
| Men/straight | XL   | white  | 125 - 150 cm        | 61B1/XL  |

The front and rear height of the women's and men's TL support is 25 cm.



## Chest Support-Belt

Support-Belt for fractured ribs, according to Dr. Huber

### Mode of Action

- compressing and supporting effect during therapy of chest injuries

### Indication

- rib fractures
- rib contusions
- sternal fractures
- sternal contusions

### Contraindication

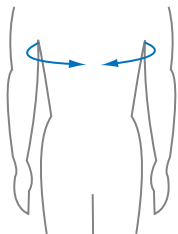
- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- sensory discomfort (pain)



Women



Men



| Type  | Chest circumference | Item-No.   |
|-------|---------------------|------------|
| Women | 70 cm               | 133T3/70D  |
| Women | 75 cm               | 133T3/75D  |
| Women | 80 cm               | 133T3/80D  |
| Women | 85 cm               | 133T3/85D  |
| Women | 90 cm               | 133T3/90D  |
| Women | 95 cm               | 133T3/95D  |
| Women | 100 cm              | 133T3/100D |
| Women | 105 cm              | 133T3/105D |
| Women | 110 cm              | 133T3/110D |
| Women | 115 cm              | 133T3/115D |
| Women | 120 cm              | 133T3/120D |
| Men   | 70 cm               | 133T3/70H  |
| Men   | 75 cm               | 133T3/75H  |
| Men   | 80 cm               | 133T3/80H  |
| Men   | 85 cm               | 133T3/85H  |
| Men   | 90 cm               | 133T3/90H  |
| Men   | 95 cm               | 133T3/95H  |
| Men   | 100 cm              | 133T3/100H |
| Men   | 105 cm              | 133T3/105H |
| Men   | 110 cm              | 133T3/110H |
| Men   | 115 cm              | 133T3/115H |
| Men   | 120 cm              | 133T3/120H |



## L-R-O Spinal Orthosis

Support for the relief of the cervical/lumbar spine, limits movement in the sagittal and frontal plane



- including fastening system, lordosis 0°, made of Streifylast (Soft-PE)

### Mode of Action

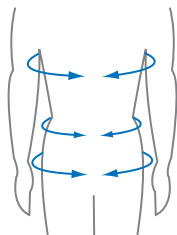
- stabilisation of the entire torso
  - partial support of the ventral vertebral bodies
  - minimisation of rotation and lateral inclination of the torso
- ready to fit semi-finished product

### Indication

- conservative therapy to immobilise lumbalgy, discopathy, spinal stenosis as well as compression fractures of the vertebral bodies
- used with reclination bracket (145T4/...), a reclination in the thoracolumbar spinal segment is achieved
- preventative therapy for segment stabilisation in the thoracolumbar and lumbosacral spinal segment
- post-operative therapy for post-traumatic stabilisation of the spinal segments

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- blood circulatory disorders



| Type  | Chest / waist / hip | Item-No.  |
|-------|---------------------|-----------|
| Men   | 66 / 51 / 71 cm     | 145T0/1   |
| Men   | 71 / 61 / 76 cm     | 145T0/2   |
| Men   | 76 / 71 / 81 cm     | 145T0/3   |
| Men   | 84 / 76 / 86 cm     | 145T0/4   |
| Men   | 89 / 81 / 91 cm     | 145T0/5   |
| Men   | 94 / 86 / 97 cm     | 145T0/6   |
| Men   | 99 / 91 / 102 cm    | 145T0/7   |
| Men   | 109 / 97 / 109 cm   | 145T0/8   |
| Men   | 114 / 100 / 114 cm  | 145T0/9   |
| Men   | 117 / 104 / 117 cm  | 145T0/10  |
| Women | 58 / 46 / 71 cm     | 145T0/1D  |
| Women | 63 / 51 / 76 cm     | 145T0/2D  |
| Women | 66 / 54 / 81 cm     | 145T0/3D  |
| Women | 69 / 58 / 86 cm     | 145T0/4D  |
| Women | 76 / 66 / 91 cm     | 145T0/5D  |
| Women | 84 / 74 / 97 cm     | 145T0/6D  |
| Women | 91 / 81 / 102 cm    | 145T0/7D  |
| Women | 91 / 84 / 109 cm    | 145T0/8D  |
| Women | 94 / 87 / 114 cm    | 145T0/9D  |
| Women | 101 / 96 / 117 cm   | 145T0/10D |



The fastening system is also available as an accessory, Item-No. 145T2.



## Accessories L-R-O Spinal Orthosis

- Padding, lordosis 0°, made of PE-foam (Streifysoft)



| Type  | Chest / waist / hip | Item-No.  |
|-------|---------------------|-----------|
| Men   | 66 / 51 / 71 cm     | 146T0/1   |
| Men   | 71 / 61 / 76 cm     | 146T0/2   |
| Men   | 76 / 71 / 81 cm     | 146T0/3   |
| Men   | 84 / 76 / 86 cm     | 146T0/4   |
| Men   | 89 / 81 / 91 cm     | 146T0/5   |
| Men   | 94 / 86 / 97 cm     | 146T0/6   |
| Men   | 99 / 91 / 102 cm    | 146T0/7   |
| Men   | 109 / 97 / 109 cm   | 146T0/8   |
| Men   | 114 / 100 / 114 cm  | 146T0/9   |
| Men   | 117 / 104 / 117 cm  | 146T0/10  |
| Women | 58 / 46 / 71 cm     | 146T0/1D  |
| Women | 63 / 51 / 76 cm     | 146T0/2D  |
| Women | 66 / 54 / 81 cm     | 146T0/3D  |
| Women | 69 / 58 / 86 cm     | 146T0/4D  |
| Women | 76 / 66 / 91 cm     | 146T0/5D  |
| Women | 84 / 74 / 97 cm     | 146T0/6D  |
| Women | 91 / 81 / 102 cm    | 146T0/7D  |
| Women | 91 / 84 / 109 cm    | 146T0/8D  |
| Women | 94 / 87 / 114 cm    | 146T0/9D  |
| Women | 101 / 96 / 117 cm   | 146T0/10D |



## L-R-O Spinal Orthosis

Support for the relief of the cervical/lumbar spine, limits movement in the sagittal and frontal plane



- including fastening system, lordosis 15°, made of Streifylast (Soft-PE)

### Mode of Action

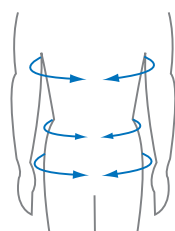
- stabilisation of the entire torso
- partial support of the ventral vertebral bodies
- minimisation of rotation and lateral inclination of the torso

### Indication

- conservative therapy to immobilise lumbalgy, discopathy, spinal stenosis as well as compression fractures of the vertebral bodies
- used with reclination bracket (145T4/...), a reclination in the thoracolumbar spinal segment is achieved
- preventative therapy for segment stabilisation in the thoracolumbar and lumbosacral spinal segment
- post-operative therapy for post-traumatic stabilisation of the spinal segments

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- blood circulatory disorders



| Type  | Chest / waist / hip | Item-No.   |
|-------|---------------------|------------|
| Men   | 66 / 51 / 71 cm     | 145T15/1   |
| Men   | 71 / 61 / 76 cm     | 145T15/2   |
| Men   | 76 / 71 / 81 cm     | 145T15/3   |
| Men   | 84 / 76 / 86 cm     | 145T15/4   |
| Men   | 89 / 81 / 91 cm     | 145T15/5   |
| Men   | 94 / 86 / 97 cm     | 145T15/6   |
| Men   | 99 / 91 / 102 cm    | 145T15/7   |
| Men   | 109 / 97 / 109 cm   | 145T15/8   |
| Men   | 114 / 100 / 114 cm  | 145T15/9   |
| Men   | 117 / 104 / 117 cm  | 145T15/10  |
| Women | 58 / 46 / 71 cm     | 145T15/1D  |
| Women | 63 / 51 / 76 cm     | 145T15/2D  |
| Women | 66 / 54 / 81 cm     | 145T15/3D  |
| Women | 69 / 58 / 86 cm     | 145T15/4D  |
| Women | 76 / 66 / 91 cm     | 145T15/5D  |
| Women | 84 / 74 / 97 cm     | 145T15/6D  |
| Women | 91 / 81 / 102 cm    | 145T15/7D  |
| Women | 91 / 84 / 109 cm    | 145T15/8D  |
| Women | 94 / 87 / 114 cm    | 145T15/9D  |
| Women | 101 / 96 / 117cm    | 145T15/10D |



The fastening system is also available as an accessory, Item-No. 145T2.





## Accessories L-R-O Spinal Orthosis

- Padding, lordosis 15°, made of PE-foam (Streifysoft)



| Type  | Chest / waist / hip | Item-No.   |
|-------|---------------------|------------|
| Men   | 66 / 51 / 71 cm     | 146T15/1   |
| Men   | 71 / 61 / 76 cm     | 146T15/2   |
| Men   | 76 / 71 / 81 cm     | 146T15/3   |
| Men   | 84 / 76 / 86 cm     | 146T15/4   |
| Men   | 89 / 81 / 91 cm     | 146T15/5   |
| Men   | 94 / 86 / 97 cm     | 146T15/6   |
| Men   | 99 / 91 / 102 cm    | 146T15/7   |
| Men   | 109 / 97 / 109 cm   | 146T15/8   |
| Men   | 114 / 100 / 114 cm  | 146T15/9   |
| Men   | 117 / 104 / 117 cm  | 146T15/10  |
| Women | 58 / 46 / 71 cm     | 146T15/1D  |
| Women | 63 / 51 / 76 cm     | 146T15/2D  |
| Women | 66 / 54 / 81 cm     | 146T15/3D  |
| Women | 69 / 58 / 86 cm     | 146T15/4D  |
| Women | 76 / 66 / 91 cm     | 146T15/5D  |
| Women | 84 / 74 / 97 cm     | 146T15/6D  |
| Women | 91 / 81 / 102 cm    | 146T15/7D  |
| Women | 91 / 84 / 109 cm    | 146T15/8D  |
| Women | 94 / 87 / 114 cm    | 146T15/9D  |
| Women | 101 / 96 / 117 cm   | 146T15/10D |



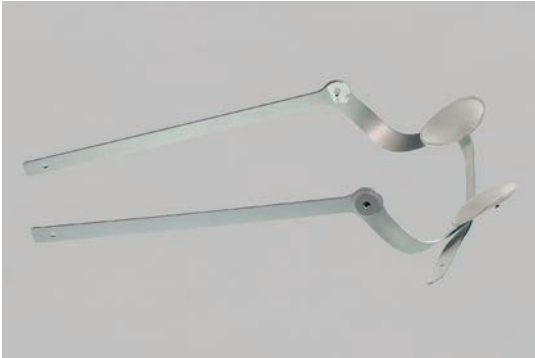
## Locking System for L-R-O

In order to provide an optimal orthosis fit, it is recommended to use the closure system for the spinal orthosis. With the adjustment variations of the closure system, the desired stability can be achieved easily. The closure system is attached to the spinal orthosis with four rivets.



| Length | Item-No. |
|--------|----------|
| 16 cm  | 145T2/16 |
| 20 cm  | 145T2/20 |
| 24 cm  | 145T2/24 |
| 28 cm  | 145T2/28 |

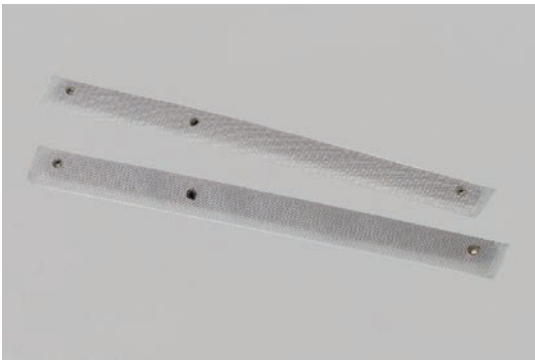
## Reclination bracket for L-R-O



- Adjustable attachment angle of subclavia-pads
- PU = 1 pair

| Size   | Item-No. |
|--------|----------|
| 1 - 3  | 145T4/S  |
| 4 - 7  | 145T4/M  |
| 8 - 10 | 145T4/L  |

## Splints for L-R-O



PU = 2 pcs per set

| Length | Item-No. |
|--------|----------|
| 20 cm  | 145T3/20 |
| 25 cm  | 145T3/25 |
| 30 cm  | 145T3/30 |
| 35 cm  | 145T3/35 |



## Undershirt for Spinal Orthoses

tanktop



The undershirt is used exclusively as underwear for spinal orthoses and furthermore also to isolate the skin surface during the casting process (plaster cast) for spinal orthoses.

### Indication

- material interactions/allergies to the orthosis material
- friction and correction pressure
- hyperhidrosis
- temperature regulation

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

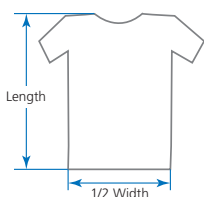
### Material

- 100% combed cotton, Sanitized® treated

\*width = 1/2 hem width, when stretched, length of the undershirt becomes shorter

PU = 1 piece

| Size | Length | Width* | Item-No.   |
|------|--------|--------|------------|
| XS   | 63 cm  | 27 cm  | 145T21/XS  |
| S    | 66 cm  | 28 cm  | 145T21/S   |
| M    | 69 cm  | 30 cm  | 145T21/M   |
| L    | 72 cm  | 32 cm  | 145T21/L   |
| XL   | 75 cm  | 34 cm  | 145T21/XL  |
| XXL  | 77 cm  | 37 cm  | 145T21/XXL |
| XXXL | 79 cm  | 40 cm  | 145T21/XXX |



Sanitized® prevents the development of bacteria! Sanitized® free of silver ions!



## Undershirt for Spinal Orthoses

T-Shirt



The undershirt is used exclusively as underwear for spinal orthoses and furthermore also to isolate the skin surface during the casting process (plaster cast) for spinal orthoses.

### Indication

- material interactions/allergies to the orthosis material
- friction and correction pressure
- hyperhidrosis
- temperature regulation

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

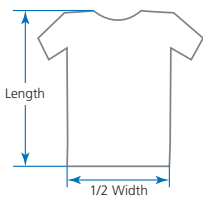
### Material

- 100% combed cotton, Sanitized® treated

\*width = 1/2 hem width, when stretched, length of the undershirt becomes shorter

PU = 1 piece

| Size | Length | Width* | Item-No.   |
|------|--------|--------|------------|
| XS   | 63 cm  | 27 cm  | 145T20/XS  |
| S    | 66 cm  | 28 cm  | 145T20/S   |
| M    | 69 cm  | 30 cm  | 145T20/M   |
| L    | 72 cm  | 32 cm  | 145T20/L   |
| XL   | 75 cm  | 34 cm  | 145T20/XL  |
| XXL  | 77 cm  | 37 cm  | 145T20/XXL |
| XXX  | 79 cm  | 40 cm  | 145T20/XXX |



Sanitized® prevents the development of bacteria! Sanitized® free of silver ions!



## Undershirt for Spinal Orthoses

without sleeves



The undershirt is used exclusively as underwear for spinal orthoses and furthermore also to isolate the skin surface during the casting process (plaster cast) for spinal orthoses.

### Indication

- material interactions/allergies to the orthosis material
- friction and correction pressure
- hyperhidrosis
- temperature regulation

### Contraindication

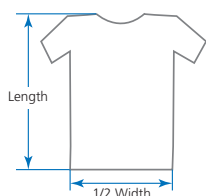
- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

### Material

- 100 % combed cotton, Sanitized® treated

\*width = 1/2 hem width, when stretched, length of the undershirt becomes shorter

PU = 1 piece



| Size | Length | Width* | Item-No.   |
|------|--------|--------|------------|
| XS   | 63 cm  | 27 cm  | 145T23/XS  |
| S    | 66 cm  | 28 cm  | 145T23/S   |
| M    | 69 cm  | 30 cm  | 145T23/M   |
| L    | 72 cm  | 32 cm  | 145T23/L   |
| XL   | 75 cm  | 34 cm  | 145T23/XL  |
| XXL  | 77 cm  | 37 cm  | 145T23/XXL |
| XXX  | 79 cm  | 40 cm  | 145T23/XXX |



Sanitized® prevents the development of bacteria! Sanitized® free of silver ions!



## Undershirt for Spinal Orthoses

with sleeves



The undershirt is used exclusively as underwear for spinal orthoses and furthermore also to isolate the skin surface during the casting process (plaster cast) for spinal orthoses.

### Indication

- material interactions/allergies to the orthosis material
- friction and correction pressure
- hyperhidrosis
- temperature regulation

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

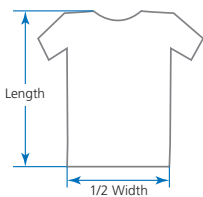
### Material

- 100% combed cotton, Sanitized® treated

\*width = 1/2 hem width, when stretched, length of the undershirt becomes shorter

PU = 1 piece

| Size | Length | Width* | Item-No.   |
|------|--------|--------|------------|
| XS   | 63 cm  | 27 cm  | 145T22/XS  |
| S    | 66 cm  | 28 cm  | 145T22/S   |
| M    | 69 cm  | 30 cm  | 145T22/M   |
| L    | 72 cm  | 32 cm  | 145T22/L   |
| XL   | 75 cm  | 34 cm  | 145T22/XL  |
| XXL  | 77 cm  | 37 cm  | 145T22/XXL |
| XXXL | 79 cm  | 40 cm  | 145T22/XXX |



 Sanitized® prevents the development of bacteria! Sanitized® free of silver ions!





## TLSO (Hyperextension Orthosis)

Orthosis for the relief of the thoracic/lumbar spine, limits movement in the sagittal and frontal plane

- frame construction with mobile pelvis bar

### Mode of action

- support and erection of the lumbar spine and lower thoracic spine by the three-point principle
- limits movement of the upper body rotation and lateral inclination by the frame construction
- the three-point principle is realized by means of an anatomically shaped lumbar pad, the ventral pelvis bar, and the sternum pad, all of which are individually adjustable to the patient (see paragraphs on size chart, design and adjustment)

### Indication

- stable traumatic vertebral fractures (L5 – TH11)
- osteoporosis

### Contraindication

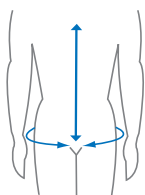
- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin (wear with t-shirt underneath, e. g. undershirt for spinal orthoses 145T20)
- thoracic morbus scheuermann
- flexional-traction lesion



20R20



20R25



### 20R20 - single sternum pad

| Size        | Pelvis circumference | Distance chest centre/pubic bone | Item-No.  |
|-------------|----------------------|----------------------------------|-----------|
| S           | 70 - 75 cm           | 39 - 45 cm                       | 20R20/S   |
| MS - short  | 75 - 90 cm           | 39 - 43 cm                       | 20R20/MS  |
| M           | 75 - 90 cm           | 42 - 49 cm                       | 20R20/M   |
| ML - long   | 75 - 90 cm           | 45 - 52 cm                       | 20R20/ML  |
| LS - short  | 90 - 105 cm          | 42 - 49 cm                       | 20R20/LS  |
| L           | 90 - 105 cm          | 45 - 52 cm                       | 20R20/L   |
| XLS - short | 105 - 115 cm         | 45 - 52 cm                       | 20R20/XLS |
| XL          | 105 - 115 cm         | 49 - 56 cm                       | 20R20/XL  |

### 20R25 - double sternum pad

| Size        | Pelvis circumference | Distance chest centre/pubic bone | Item-No.  |
|-------------|----------------------|----------------------------------|-----------|
| S           | 70 - 75 cm           | 39 - 45 cm                       | 20R25/S   |
| MS - short  | 75 - 90 cm           | 39 - 43 cm                       | 20R25/MS  |
| M           | 75 - 90 cm           | 42 - 49 cm                       | 20R25/M   |
| ML - long   | 75 - 90 cm           | 45 - 52 cm                       | 20R25/ML  |
| LS - short  | 90 - 105 cm          | 42 - 49 cm                       | 20R25/LS  |
| L           | 90 - 105 cm          | 45 - 52 cm                       | 20R25/L   |
| XLS - short | 105 - 115 cm         | 45 - 52 cm                       | 20R25/XLS |
| XL          | 105 - 115 cm         | 49 - 56 cm                       | 20R25/XL  |



## Spare Parts TLSO (Hyperextension Orthosis) 20R20/20R25



10R20



10R21

### Pad cushion set

| Description  | PU    | Size | Item-No.  |
|--|-------|------|-----------|
| Replacement cushion set for 20R20 (side pads, pelvis bar, sternum- and lumbar pad) | 1 set | S    | 10R20/S   |
|  | 1 set | MS   | 10R20/MS  |
|  | 1 set | M    | 10R20/M   |
|  | 1 set | ML   | 10R20/ML  |
|  | 1 set | LS   | 10R20/LS  |
|  | 1 set | L    | 10R20/L   |
|  | 1 set | XLS  | 10R20/XLS |
|  | 1 set | XL   | 10R20/XL  |
| Replacement cushion set for 20R25 (side pads, pelvis bar, sternum- and lumbar pad) | 1 set | S    | 10R21/S   |
|  | 1 set | MS   | 10R21/MS  |
|  | 1 set | M    | 10R21/M   |
|  | 1 set | ML   | 10R21/ML  |
|  | 1 set | LS   | 10R21/LS  |
|  | 1 set | L    | 10R21/L   |
|  | 1 set | XLS  | 10R21/XLS |
|  | 1 set | XL   | 10R21/XL  |



## TLSO (Hyperextension Orthosis)

Orthosis for the relief of the thoracic/lumbar spine, limits movement in the sagittal and frontal plane

- frame construction with symphysis pad

### Mode of Action

- support and erection of the lumbar spine and lower thoracic spine by the three-point principle
- limits movement of the upper body rotation and lateral inclination by the frame construction
- the three-point principle is realized by means of an anatomically shaped lumbar pad, the ventral pelvis bar, and the sternum pad, all of which are individually adjustable to the patient (see paragraphs on size chart, design and adjustment)

### Indication

- stable traumatic vertebral fractures (L5 – TH11)
- osteoporosis

### Contraindication

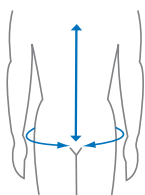
- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin (wear with t-shirt underneath, e. g. undershirt for spinal orthoses 145T20)
- thoracic morbus scheuermann
- flexional-traction lesion



25R20



25R25



### 25R20 - single sternum pad

| Size | Pelvis circumference | Distance chest centre/pubic bone | Item-No. |
|------|----------------------|----------------------------------|----------|
| S    | 70 - 75 cm           | 39 - 46 cm                       | 25R20/S  |
| M    | 75 - 90 cm           | 42 - 49 cm                       | 25R20/M  |
| L    | 90 - 105 cm          | 45 - 52 cm                       | 25R20/L  |
| XL   | 105 - 115 cm         | 49 - 56 cm                       | 25R20/XL |

### 25R25 - double sternum pad

| Size | Pelvis circumference | Distance chest centre/pubic bone | Item-No. |
|------|----------------------|----------------------------------|----------|
| S    | 70 - 75 cm           | 39 - 46 cm                       | 25R25/S  |
| M    | 75 - 90 cm           | 42 - 49 cm                       | 25R25/M  |
| L    | 90 - 105 cm          | 45 - 52 cm                       | 25R25/L  |
| XL   | 105 - 115 cm         | 49 - 56 cm                       | 25R25/XL |



## Spare Parts TLSO (Hyperextension Orthosis) 25R20/25R25



10R25



10R26

### Pad cushion set

| Description  | PU    | Size | Item-No. |
|--|-------|------|----------|
| Replacement cushion set for 25R20 (side pads, sternum-, symphysis- and lumbar pad) | 1 set | S    | 10R25/S  |
|  | 1 set | M    | 10R25/M  |
|  | 1 set | L    | 10R25/L  |
|  | 1 set | XL   | 10R25/XL |
| Replacement cushion set for 25R25 (side pads, sternum-, symphysis- and lumbar pad) | 1 set | S    | 10R26/S  |
|  | 1 set | M    | 10R26/M  |
|  | 1 set | L    | 10R26/L  |
|  | 1 set | XL   | 10R26/XL |



## TLSO (Hyperextension Orthosis)

Orthosis for the relief of the thoracic/lumbar spine, limits movement in the sagittal and frontal plane



- three-point principle

### Mode of Action

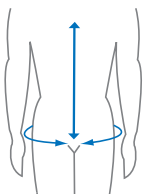
- support and erection of the lumbar spine and lower thoracic spine by the three-point principle
- forward tilt of the pelvis and strengthening of the lumbar lordosis
- relief of the vertebral bodies at increased loads on the lumbar vertebral joints
- the three-point principle is realized by means of an anatomically shaped lumbar pad as well as customizable symphysis and sternum pad, all of which are individually adjustable to the patient (see paragraphs on size chart, design and adjustment)

### Indication

- stable traumatic vertebral fractures (L5 – TH11)
- hyper kyphosis of the lower thoracic spine
- osteoporosis

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin (wear with t-shirt underneath, e. g. undershirt for spinal orthoses 145T20)
- thoracic morbus Scheuermann
- flexional-traction lesion



| Size        | Pelvis circumference | Distance chest centre/pubic bone | Item-No. |
|-------------|----------------------|----------------------------------|----------|
| S           | 70 - 75 cm           | 39 - 46 cm                       | 10R1/S   |
| M           | 75 - 90 cm           | 42 - 49 cm                       | 10R1/M   |
| L           | 90 - 105 cm          | 45 - 52 cm                       | 10R1/L   |
| XLS - short | 105 - 115 cm         | 39 - 46 cm                       | 10R1/XLS |
| XL          | 105 - 115 cm         | 49 - 56 cm                       | 10R1/XL  |



## Spare Parts TLSO Hyperextension Orthosis 10R1

Pad cushion set



10R10

| Description  | PU    | Size | Item-No. |
|--|-------|------|----------|
| Replacement cushion set (side pads, sternum-, symphysis- and lumbar pad) | 1 set | S    | 10R10/S  |
|  | 1 set | M    | 10R10/M  |
|  | 1 set | L    | 10R10/L  |
|  | 1 set | XL   | 10R10/XL |





## Shoulder Joint



# Shoulder Joint

The shoulder girdle is an instrument for our body language. So, hanging shoulders are often an indication for frustration and depressiveness, shrugging the shoulders is a sign of cluelessness. However, shoulders drawn back with the chest bound forward signal self-confidence.

Considered functionally, the shoulder joint (articulatio humeri) is a spheroidal joint and compared to other joints, possesses the human body's widest motion range. It consists of shoulder blade (scapula) and collarbone (clavicula) and the joint head of the upper arm bone (caput humeri).

The great flexibility of the shoulder joint is facilitated by the uneven relation of the joint head and the joint socket. Thus, the joint head is considerably bigger than the joint socket, the latter is additionally enlarged by a cartilaginous joint lip (labrum glenoidale). The shoulder joint is surrounded by a joint capsule, which continuously emits new joint liquid (synovia) to the inside to provide the sliding process of the cartilaginous joint ends.

An inner muscle-tendon-cap\* (which is often called "rotator cuff") secures, centers and protects the shoulder joint from loads and is supposed to prevent spontaneous luxating.

An outer muscle layer, especially of the delta muscle (musculus deltoideus) serves as most important abductor and is among others, responsible for the outer rotation of the shoulder joint.

(\* musculus supraspinatus, musculus infraspinatus, musculus teres minor)

Regarded individually, the flexible and muscular suspension of the shoulder girdle to the trunk already allows a large range of various motion patterns. Thus, muscle groups prevent dropping of the shoulder girdle when carrying loads; or dropping of the trunk against the shoulder girdle for example when resting against something or hanging at a high bar.

In connection with the actual shoulder joint, following range of movements is possible:

- Swing forwards (anteversion) = 170°
- Swing backwards (retroversion) = 40°
- Spreading (abduction) = 180°
- Tightening (adduction) = 40°
- Inner rotation = 100°
- Outer rotation = 90°



The joint surfaces of the joint head of the upper arm (caput humeri) and the joint surfaces at the shoulder blade are joined in a relation of 1:4. Therefore, the joint possesses a wide motion range but is also injury-prone.



# Shoulder Joint – Joint Dislocation (Luxation)

The most common injury of the shoulder joint is the joint-dislocation. This dislocation develops by a levering impact of violence onto the shoulder joint, usually consequently after a quick abduction- or outer rotation-movement of the arm. Far more seldom is a habitual shoulder luxation due to an inherited weakness of the joint capsule.

After a luxation, the person affected usually adopts a relieving posture; and holds his arm in order to avoid the partially very painful movements of the shoulder. After the anamnesis, the treating physician can require an x-ray in order to eliminate the possibility of fractures of the shoulder joint.

## Therapy

Depending on the extent of the shoulder luxation, a quick and gentle reposition of the humerus head is initiated. The real reposition of the shoulder joint in the joint socket is done under local anaesthesia, by resetting the dislocated joint with the so-called Hippokrates-method (respectively the Arlt-method over an arm-rest of a chair).

Following after, the reset arm is immobilised for several weeks by means of a Gilchrist- or Desaultbandage, in order to achieve a cicatrisation of the torn capsule-ligament structures of the shoulder joint. Once a shoulder joint has been dislocated, it may luxate again due to the weakness of the joint capsule and if needed, must be treated by arthroscopic surgery.



ClaviculaSupport

Shoulder Sling



Mode of Action

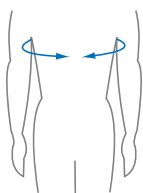
- fixation of the collar bone
- pulling back the entire shoulder girdle („rucksack sling“)
- relief of clavicula fractures

Indication

- conservative therapy of clavicula fractures

Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- open fractures
- sensation disorders



| Size | Chest circumference | Size women | Size men | Item-No. |
|------|---------------------|------------|----------|----------|
| XS   | 50 - 65 cm          | /          | /        | 120R1/XS |
| S    | 65 - 80 cm          | -34        | /        | 120R1/S  |
| M    | 80 - 95 cm          | 36 - 40    | - 48     | 120R1/M  |
| L    | 95 - 110 cm         | 42 - 48    | 50 - 54  | 120R1/L  |
| XL   | 110 - 125 cm        | 48 - 52    | 56 - 60  | 120R1/XL |

Item-Nr. 120R1/XS - suitable for children up to 140 cm body height.  
Item-Nr. 120R1/S - suitable for children up to 176 cm body height.

# Shoulder Joint



## OmoSupport.gilchrist

Shoulder Joint Sling for immobilisation in a defined position (Gilchrist's Sling)



### Mode of Action

- fixation of the entire arm during shoulder injuries
- can also be worn over light clothing

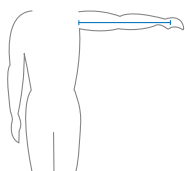
### Indication

- shoulder injuries such as distortions, contusions
- subluxation and luxation of the shoulder joint, luxation fracture
- humeral head- and humeral shaft fractures
- injuries of the rotator cuff
- post-surgical care

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- arterial occlusions
- congestions of the lymphatic system

| Size | Arm length | Size women | Size men | Item-No.  |
|------|------------|------------|----------|-----------|
| XS   | 40 - 48 cm | 32 - 34    | /        | 110R1/XS  |
| S    | 48 - 52 cm | 36 - 38    | 44 - 46  | 110R1/S   |
| M    | 50 - 56 cm | 40 - 42    | 48 - 50  | 110R1/M   |
| L    | 54 - 60 cm | 44 - 46    | 52 - 54  | 110R1/L   |
| XL   | 58 - 68 cm | 48 - 50    | 56 - 58  | 110R1/XL  |
| XXL  | 66 - 78 cm | 52 - 54    | 58 - 60  | 110R1/XXL |



The OmoSupport.gilchrist can be worn on right or left side.



## OmoSupport.easy

Shoulder Joint Sling for immobilisation



### Mode of action

- fixates the entire arm in flexed inner rotation position during the therapy of shoulder injuries
- relieving posture benefits the healing process and reduces pain
- healing process of humeral head fractures (upper arm shaft) will be improved and accelerated

### Indication

- shoulder injuries such as distorsions, contusions
- subluxation and luxation of the shoulder joint, luxation fracture
- humeral head- and humeral shaft fractures
- injuries of the rotator cuff
- post-surgical care

### Contraindication

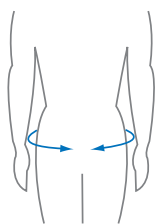
- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- arterial occlusions
- congestions of the lymphatic system
- fractures which need surgery (for example open fracture)



| Size | Hip circumference | Colour            | Item-No. |
|------|-------------------|-------------------|----------|
| M    | up to 110 cm      | silver grey/black | 105R1/M  |
| L    | 110 - 140 cm      | silver grey/black | 105R1/L  |



The OmoSupport.easy can be worn on right or left side.





# Shoulder Joint



## OmoSupport.air

Shoulder Joint Orthosis for immobilisation and relief

- Shoulder-Arm Orthosis

### Mode of Action

- post-operative immobilisation of the shoulder joint
- immobilisation of the shoulder joint in abduction-position at approx. 50° – 60°
- hand rest relieves the arm muscles

### Indication

- impingement syndroms
- resting in abduction-position after injury of the shoulder joint
- re-construction after rupture of the rotator cuff
- implantation of shoulder prostheses
- chronic pain disorders

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- shoulder arthrosis
- arterial occlusions
- congestions of the lymphatic system



The OmoSupport.air can be worn on the right or left side.

| Size              | Colour     | Item-No. |
|-------------------|------------|----------|
| one size fits all | anthracite | 100R1    |



The OmoSupport.air can be worn on right or left side.

## Arm/Elbow



# Arm/Elbow

The arm resp. the free upper extremity is divided into upper arm (brachium), forearm (antebrachium) and hand (manus). The arm is the human body part with the greatest mobility of all, which is based on the construction of the shoulder joint.

The upper arm bone (humerus) is the longest bone of the arm. Its rounded head (caput humeri) is located proximally and is part of the shoulder joint.

Distally at the upper arm bone, two large upper arm condyles (epicondylus medialis et lateralis) are adjoined which are positioned laterally of the elbow joint.

The upper arm muscles can be divided into the bending (flexors) and extending (extensors) muscles. The most important upper arm muscles are positioned in the front, in order to bend the forearm (musculus biceps brachii et musculus brachialis). The muscles to extend the forearm (musculus triceps brachii) are located at the backside of the upper arm.

The forearm merges between elbow joint (articulatio cubiti) and wrist (carpus) and consists of two bones: the spoke bone (radius) and the ulna bone (ulna). The forearm muscles can be also divided into two groups - the bending (flexors) and extending (extensors) muscles. The muscles mostly merging from the forearm move the hand as effector.



The "ell" is one of the oldest nature measures. It measures the distance between elbow and second fingertip. Especially tailors used this measure. Why or when the second "l" was dropped from the word, is unknown

The elbow (cubitus) connects upper- and forearm, consists of crook of the arm (fossa cubitalis) and the elbow joint (articulatio cubiti). Due to the merging of upper arm bone, spoke bone and ulna bone, the elbow joint consists of three partial joints (articulatio humeroradialis, articulatio humeroulnaris, articulatio radioulnaris proximalis), which are surrounded by a common joint capsule. This capsule is reinforced by three ligaments: inner ligament, outer ligament and ring ligament.

During bending and extending the elbow, a hinge-like movement occurs between upper- and forearm. Because of the three-part construction (rotating and hinged joint) of the elbow joint, rotating movements of the forearm in the sense of supination and pronation are also possible, during which the spoke bone rotates around the ulna bone. Several large nerve cords run parallel along the upper arm bone and innervate the flexors (mainly nervus medianus) and extensors (mainly nervus radialis) of the forearm.



# Arm/Elbow – Epicondylitis

This pain syndrome is a classic overload symptom caused by overstraining the forearm muscles by monotone, constantly repeating movements, incorrect postures or everyday techniques; as well as incorrect sleeping posture in lateral position. The orthopaedist differentiates between “tennis arm” (epicondylitis humeri radialis) and “golf elbow” (epicondylitis humeri ulnaris). The more common “tennis arm” is usually an irritation of the extension muscle insertion of the forearm, while the less common “golf elbow” concerns the insertion of the flexing forearm muscle. The corresponding condyle is sensitive to pressure and physical contact. Every mechanical strain against the extending or flexing musculature is painful.

## Therapy

Several methods are available to treat an epicondylitis; besides medication with ointments or gels containing diclofenac, there are also physio-therapeutical approaches to heal this overload emergence. The painful section can be e. g. cooled with ice, treated with massage to loosen the musculature or therapied with electric stimulation by means of a TENS-unit. Orthopaedic aids such as an arm sling provide absolute immobilisation on the one hand or, on the other, are supporting a functional therapy with braces or supports. Surgery is only necessary in very rare cases.

## Prophylaxe

Man is a creature of habit. This truism can also be transferred to learned or trained behaviour- and motion patterns. Especially in our information society, computer work has become essential; which can be very stressful and straining for our hands operating the keyboard and the mouse. Once a painful overstrain has been developed, one will be forced to reconsider his habits. An approach to solve this would be e. g. an ergonomical shaped keyboard or a new hand rest for the mouse, to protect oneself from overstraining.



## D-E-S-A

Epicondylitis Brace to discharge muscle cords



### Mode of action

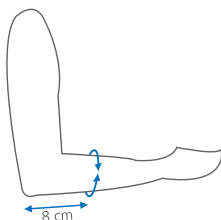
- for right and lefthanders, according to Dr. med. Werner Zirngibl
- tension relief for the entheses at the epicondylus
- the compressing effect to the forearm muscle eases the discomfort during physical strain
- comfortable to wear due to silicone cover, especially suitable for allergic persons

### Indication

- entheses and insertion tendinopathy at epicondylus radialis and ulnaris, caused by physical strain

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory disorders
- paralysis (e. g. hemiparesis)

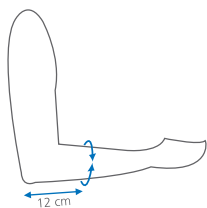


| Size | Forearm circumference | Side  | Item-No. |
|------|-----------------------|-------|----------|
| 1    | 240 - 260 mm          | left  | 139T4/1L |
| 2    | 270 - 290 mm          | left  | 139T4/2L |
| 3    | 300 - 320 mm          | left  | 139T4/3L |
| 4    | 330 - 350 mm          | left  | 139T4/4L |
| 1    | 240 - 260 mm          | right | 139T4/1R |
| 2    | 270 - 290 mm          | right | 139T4/2R |
| 3    | 300 - 320 mm          | right | 139T4/3R |
| 4    | 330 - 350 mm          | right | 139T4/4R |



## EpiMax.light

Elbow Support without silicone pads



### Mode of Action

- supports and protects ligaments, capsules, joint and cartilage
- relieves the joint and therefore helps to avoid wrong movements
- due to the special knitting technique and the integrated silicone pads, the EpiMax.light elbow support provides compression of the soft parts in the elbow area
- improves blood circulation and lymph drainage, which reduces swelling, eases the pain and helps to improve joint function

### Indication

- epicondylopathies (e.g. tennis-, golfer's elbow)
- osteoarthritis/arthritis
- post-surgical and postraumatic irritation
- tendomyopathy

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory or sensory disorders of the hand
- paralysis (e.g. hemiparesis)
- remove the support during longer periods of rest (e.g. while sleeping etc.), as the therapeutic effect of the EpiMax.light elbow support is mostly provided during physical activity

41B1 - silver/anthracite

| Size | Forearm circumference | Colour            | Item-No. |
|------|-----------------------|-------------------|----------|
| XS   | 19 - 21 cm            | silver/anthracite | 41B1/XS  |
| S    | 21 - 23 cm            | silver/anthracite | 41B1/S   |
| M    | 23 - 25 cm            | silver/anthracite | 41B1/M   |
| L    | 25 - 27 cm            | silver/anthracite | 41B1/L   |
| XL   | 27 - 29 cm            | silver/anthracite | 41B1/XL  |
| XXL  | 29 - 31 cm            | silver/anthracite | 41B1/XXL |

40B1 - peach

| Size | Forearm circumference | Colour | Item-No. |
|------|-----------------------|--------|----------|
| XS   | 19 - 21 cm            | peach  | 40B1/XS  |
| S    | 21 - 23 cm            | peach  | 40B1/S   |
| M    | 23 - 25 cm            | peach  | 40B1/M   |
| L    | 25 - 27 cm            | peach  | 40B1/L   |
| XL   | 27 - 29 cm            | peach  | 40B1/XL  |
| XXL  | 29 - 31 cm            | peach  | 40B1/XXL |



The EpiMax.light can be worn on right or left side.





## EpiMax

Elbow Compression Support with silicone pads



### Mode of Action

- supports and protects ligaments, capsules, joint and cartilage
- relieves the joint and therefore helps to avoid wrong movements
- due to the special knitting technique and the integrated silicone pads, the EpiMax elbow support provides compression of the soft parts in the elbow area
- improves blood circulation and lymph drainage, which reduces swelling, eases the pain and helps to improve joint function

### Indication

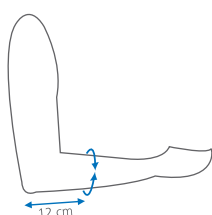
- epicondylopathies (e. g. tennis-, golfer's elbow)
- osteoarthritis/arthritis
- post-surgical and postraumatic irritation
- tendomyopathy

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory or sensory disorders of the hand
- paralysis (e.g. hemiparesis)
- remove the support during longer periods of rest (e.g. while sleeping etc.), as the therapeutic effect of the EpiMax elbow support is mostly provided during physical activity

34B1 - silver/anthracite

| Size | Forearm circumference | Colour            | Item-No. |
|------|-----------------------|-------------------|----------|
| XXS  | 17 - 19 cm            | silver/anthracite | 34B1/XXS |
| XS   | 19 - 21 cm            | silver/anthracite | 34B1/XS  |
| S    | 21 - 23 cm            | silver/anthracite | 34B1/S   |
| M    | 23 - 25 cm            | silver/anthracite | 34B1/M   |
| L    | 25 - 27 cm            | silver/anthracite | 34B1/L   |
| XL   | 27 - 29 cm            | silver/anthracite | 34B1/XL  |
| XXL  | 29 - 31 cm            | silver/anthracite | 34B1/XXL |



33B1 - peach

| Size | Forearm circumference | Colour | Item-No. |
|------|-----------------------|--------|----------|
| XXS  | 17 - 19 cm            | peach  | 33B1/XXS |
| XS   | 19 - 21 cm            | peach  | 33B1/XS  |
| S    | 21 - 23 cm            | peach  | 33B1/S   |
| M    | 23 - 25 cm            | peach  | 33B1/M   |
| L    | 25 - 27 cm            | peach  | 33B1/L   |
| XL   | 27 - 29 cm            | peach  | 33B1/XL  |
| XXL  | 29 - 31 cm            | peach  | 33B1/XXL |



The EpiMax can be worn on right or left side.



## Wrist



# Wrist

The hand is man's most complex body part and serves as working instrument as well as communication- and expression medium. The perfect interaction of skin, muscles, nerves, tendons and bones makes the hand an incomparable tool. For many years, man is trying without success, to copy it in its perfection. Infants start to learn with their hands by grasping and thus understanding things; with our hands we stay in "touch" with our surroundings: we stroke, feel, do; and with them, we literally can "lend a hand". The wrist is the connection link between forearm and hand. Anatomically, the wrist is shaped like an egg and allows the hand to bend (palmar flexion), to extend (dorsal extension) as well as spreading movements (radial- and ulnar-abduction). Only due to this combination of wrist and hand, the various, partially very complex motion patterns are possible.



"Man is the most intelligent  
of all creatures, because  
he has hands".  
Anaxagoras  
extant by Aristoteles



Similar to the foot, the hand-skeleton can be divided into three sections: the bones of the hand root (carpus), the bones of the palm (metacarpus) and the bones of the fingers (digiti). Referring to the body centre, the 14 finger bones can be further divided: The finger bones nearest to the body are called proximal phalanges, the ones in the middle are intermedial phalanges and the ones furthest away from the body are the distal phalanges.

The characterization of finger joints also functions according to this logic:

- The finger joint nearest to the body is the metacarpophalangeal joint.
- The finger joint in the middle is the proximal interphalangeal joint.
- The finger joint furthest away from the body is the distal interphalangeal joint.

The thumb has a special status: it is the only (and first) finger without intermedial bone-part. While performing a power grip, it takes an opposing position in order to tightly grasp larger subjects.



The eight bones of the wrist are arranged in two rows of four. The bones of the proximal row are: Scaphoid, Lunate, Triquetral and Pisiform. The bones of the distal row are: Trapezium, Trapezoid, Capitate and Hamate. An easy way to remember them all is with the mnemonic, "Some Lovers Try Positions That They Can't Handle." Another mnemonic that can be used is, "She Looks Too Pretty, Try To Catch Her."

# Hand and Wrist Injuries

Day in, day out, our hands are subject to remarkable stress and strains. Therefore, many activities in job or leisure time, lead to increasing repetitive discomforts or injuries such as traumata, overload symptoms and degenerative joint diseases.

Diseases of hand and wrist can have very individual characteristics and therefore require for their treatment a high degree of specialized knowledge.

Due to the plentitude of the multiplex disease patterns of hand or wrist, the carpal tunnel syndrome (CTS) as classical overload disease has been picked for particular description.

## Causes

The carpal tunnel syndrome is a painful tightness of the inner carpal tendon sheaths. Inside the carpal tunnel (canalis carpi) of the inner wrist, runs a tendon compartment for the flexing tendons; which is additionally held at the wrist by means of a large circular ligament. The tissue of this "tunnel-like tube" can swell by mechanical overload or inflammation and irritate the nerve (nervus medianus) which causes the pain.

## Symptoms

The person affected report pain or discomfort, as well as numbness of the hands, especially at night.

## Diagnosis

Next to examination by palpation (touching) and provocation by overextending the wrist, the physician will determine the nerve conduction speed. This common test informs about disturbance of the stimulation transmission, often in direct comparison to the healthy hand.

## Therapy

Lighter cases of carpal tunnel syndrome are treated by immobilising hand, wrist and forearm by wearing supports or wrist braces. Pain-relieving and anti-inflammatory medication, ointments and cooling compresses also help to relieve the symptoms.

Whereas, heavy cases of CTS are treated by surgically incising or even severing the circular ligament.





## PhalanxSupport

### Stack Finger Splint Set

#### Mode of Action

- immobilisation of the fingers and the thumb
- immobilisation and protection of the finger end joint and finger stops
- velcro fastening can be attached individually and guarantees necessary grip

#### Indication

- radiodorsal tendon rupture
- injuries of the fingertips and nail bed
- ligament sprain and lesion
- ruptures of the lateral parts of the pulley

#### Contraindication

- material interactions/allergies
- please do not wear directly on wounded, irritated or damaged skin

| Size                            | PU                                    | Item-No. |
|---------------------------------|---------------------------------------|----------|
|                                 | 66 finger splints in sizes 1-7, mixed | 5R1      |
| transparent plastic box, filled |                                       |          |

#### Spare part, Finger Splint with velcro strip

| Size | PU        | Item-No. |
|------|-----------|----------|
| 1    | 10 pieces | 5R1/1    |
| 2    | 10 pieces | 5R1/2    |
| 3    | 10 pieces | 5R1/3    |
| 4    | 10 pieces | 5R1/4    |
| 5    | 10 pieces | 5R1/5    |
| 5,5  | 10 pieces | 5R1/5,5  |
| 6    | 10 pieces | 5R1/6    |
| 7    | 10 pieces | 5R1/7    |



When judging the fit, please pay attention to not block circulation.





## ManuMax

Wrist Support with silicone pad, strap and volar reinforcement, individually adjustable



### Mode of Action

- use the ManuMax wrist support to stabilise the wrist
- the integrated pressure pad made of visco-elastic material gently compresses the wrist and massages the soft tissue during movements
- improves blood circulation, which benefits healing of haematomas and swellings
- the pre-shaped and individually adjustable palm support fixes the hand in a neutral resting position
- the extension muscle of the forearm is able to relax; the tendon base at the elbow is relieved

### Indication

- arthrosis
- wrist injuries (e.g. sprains)
- tendosynovitis
- sensation of instability
- wrist pain (e.g. rheumatic pain)

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory disorders of the skin
- lymphatic drain malfunctions
- remove the support during longer periods of rest (e.g. while sleeping etc.), as the therapeutic effect of the ManuMax wrist support is mostly provided during physical activity



### 29B1 - silver/anthracite

| Size | Wrist circumference | Side  | Colour            | Item-No.  |
|------|---------------------|-------|-------------------|-----------|
| XS   | 14 - 15 cm          | left  | silver/anthracite | 29B1/LXS  |
| S    | 15 - 16 cm          | left  | silver/anthracite | 29B1/LS   |
| M    | 16 - 17 cm          | left  | silver/anthracite | 29B1/LM   |
| L    | 17 - 18 cm          | left  | silver/anthracite | 29B1/LL   |
| XL   | 18 - 19 cm          | left  | silver/anthracite | 29B1/LXL  |
| XXL  | 19 - 20 cm          | left  | silver/anthracite | 29B1/LXXL |
| XS   | 14 - 15 cm          | right | silver/anthracite | 29B1/RXS  |
| S    | 15 - 16 cm          | right | silver/anthracite | 29B1/RS   |
| M    | 16 - 17 cm          | right | silver/anthracite | 29B1/RM   |
| L    | 17 - 18 cm          | right | silver/anthracite | 29B1/RL   |
| XL   | 18 - 19 cm          | right | silver/anthracite | 29B1/RXL  |
| XXL  | 19 - 20 cm          | right | silver/anthracite | 29B1/RXXL |

### 28B1 - peach

| Size | Wrist circumference | Side  | Colour | Item-No.  |
|------|---------------------|-------|--------|-----------|
| XS   | 14 - 15 cm          | left  | peach  | 28B1/LXS  |
| S    | 15 - 16 cm          | left  | peach  | 28B1/LS   |
| M    | 16 - 17 cm          | left  | peach  | 28B1/LM   |
| L    | 17 - 18 cm          | left  | peach  | 28B1/LL   |
| XL   | 18 - 19 cm          | left  | peach  | 28B1/LXL  |
| XXL  | 19 - 20 cm          | left  | peach  | 28B1/LXXL |
| XS   | 14 - 15 cm          | right | peach  | 28B1/RXS  |
| S    | 15 - 16 cm          | right | peach  | 28B1/RS   |
| M    | 16 - 17 cm          | right | peach  | 28B1/RM   |
| L    | 17 - 18 cm          | right | peach  | 28B1/RL   |
| XL   | 18 - 19 cm          | right | peach  | 28B1/RXL  |
| XXL  | 19 - 20 cm          | right | peach  | 28B1/RXXL |



## ManuSupport

Wrist Orthosis for immobilisation in one direction of movement



### Mode of Action

- by means of the hook and loop fastening system, consisting of three individually adjustable fasteners, the ManuSupport can be optimally adapted to the hand shape
- the mobility of the thumb maintains
- the anatomically shaped and according to indication adjustable wide palm brace secures the hand in functional position therefore the extensor muscle of the forearm can relax and the entheses at the elbow is relieved
- two spiral coils at the back of the hand increase stability
- elastic insert facilitates putting the orthosis on

### Indication

- arthrosis
- injuries of the wrist (e.g. distortion)
- tendovaginitis
- pain in the wrist (e.g. rheumatic pain)
- carpal tunnel syndrome
- ligament injuries
- post-operative after injuries, surgery, after removing plaster casts

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory or lymphatic disorders
- sensory discomfort

31B1 - silver/black - outer length of orthosis: 19 cm

| Size | Wrist circumference | Side  | Colour       | Item-No. |
|------|---------------------|-------|--------------|----------|
| XS   | 13 - 15 cm          | left  | silver/black | 31B1/LXS |
| S    | 15 - 17 cm          | left  | silver/black | 31B1/LS  |
| M    | 17 - 19 cm          | left  | silver/black | 31B1/LM  |
| L    | 19 - 21 cm          | left  | silver/black | 31B1/LL  |
| XL   | 21 - 23 cm          | left  | silver/black | 31B1/LXL |
| XS   | 13 - 15 cm          | right | silver/black | 31B1/RXS |
| S    | 15 - 17 cm          | right | silver/black | 31B1/RS  |
| M    | 17 - 19 cm          | right | silver/black | 31B1/RM  |
| L    | 19 - 21 cm          | right | silver/black | 31B1/RL  |
| XL   | 21 - 23 cm          | right | silver/black | 31B1/RXL |

30B1 - peach - outer length of orthosis: 19 cm

| Size | Wrist circumference | Side  | Colour | Item-No. |
|------|---------------------|-------|--------|----------|
| XS   | 13 - 15 cm          | left  | peach  | 30B1/LXS |
| S    | 15 - 17 cm          | left  | peach  | 30B1/LS  |
| M    | 17 - 19 cm          | left  | peach  | 30B1/LM  |
| L    | 19 - 21 cm          | left  | peach  | 30B1/LL  |
| XL   | 21 - 23 cm          | left  | peach  | 30B1/LXL |
| XS   | 13 - 15 cm          | right | peach  | 30B1/RXS |
| S    | 15 - 17 cm          | right | peach  | 30B1/RS  |
| M    | 17 - 19 cm          | right | peach  | 30B1/RM  |
| L    | 19 - 21 cm          | right | peach  | 30B1/RL  |
| XL   | 21 - 23 cm          | right | peach  | 30B1/RXL |



## ManuSupport.fix

Wrist Orthosis for immobilisation in one direction of movement



### Mode of Action

- the volar wrist orthosis ManuSupport.fix keeps fingers, wrist and forearm in a neutral resting position
- various adjustment options allow an optimal and individual adaption to the injured wrist

### Indication

- tendovaginitis
- carpal tunnel syndrome
- post-surgically resting position

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- angiopathy (oedemata)
- sensory discomfort



| Size | Wrist circumference | Side  | Colour     | Item-No. |
|------|---------------------|-------|------------|----------|
| S    | 15 - 17 cm          | left  | anthracite | 85R1/LS  |
| M    | 17 - 19 cm          | left  | anthracite | 85R1/LM  |
| L    | 19 - 21 cm          | left  | anthracite | 85R1/LL  |
| S    | 15 - 17 cm          | right | anthracite | 85R1/RS  |
| M    | 17 - 19 cm          | right | anthracite | 85R1/RM  |
| L    | 19 - 21 cm          | right | anthracite | 85R1/RL  |



## ManuSupport.r-fix

Wrist Orthosis with thumb- and finger immobilisation, individually adjustable



### Mode of Action

- the volar wrist orthosis ManuSupport.r-fix keeps fingers, thumb, wrist and forearm in a neutral resting position
- various adjustment options allow an optimal and individual adaption to the injured wrist

### Indication

- during night rest
- tendovaginitis
- carpal tunnel syndrome
- post-surgical immobilisation
- wrist distortion
- arthritis

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- angiopathy (oedemata)
- sensory discomfort



| Size | Wrist circumference | Side  | Colour     | Item-No. |
|------|---------------------|-------|------------|----------|
| S    | 15 - 17 cm          | left  | anthracite | 80R1/LS  |
| M    | 17 - 19 cm          | left  | anthracite | 80R1/LM  |
| L    | 19 - 21 cm          | left  | anthracite | 80R1/LL  |
| S    | 15 - 17 cm          | right | anthracite | 80R1/RS  |
| M    | 17 - 19 cm          | right | anthracite | 80R1/RM  |
| L    | 19 - 21 cm          | right | anthracite | 80R1/RL  |



## Wrist Brace without Thumb Loop, 60 mm width

made of vegetable-tanned pale leather

### Mode of Action

- traditional leather bandage for light support and relief of the wrist

### Indication

- chronic stress syndromes of the wrist

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

The wrist bandage can be worn on the left or right side.

| Wrist circumference | Item-No.  |
|---------------------|-----------|
| 14 cm               | 191P21/14 |
| 15 cm               | 191P21/15 |
| 16 cm               | 191P21/16 |
| 17 cm               | 191P21/17 |
| 18 cm               | 191P21/18 |
| 19 cm               | 191P21/19 |
| 20 cm               | 191P21/20 |
| 21 cm               | 191P21/21 |
| 22 cm               | 191P21/22 |



## Wrist Brace with Thumb Loop, 55/80 mm width

made of vegetable-tanned pale leather

### Mode of Action

- traditional leather bandage for medium support and relief of the wrist
- the thumb loop holds the leather bandage in position and prevents it from slipping

### Indication

- chronic stress syndromes of the wrist
- wrist arthrosis

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin



| Wrist circumference | Side  | Item-No.  |
|---------------------|-------|-----------|
| 14 cm               | left  | 191P3/14L |
| 15 cm               | left  | 191P3/15L |
| 16 cm               | left  | 191P3/16L |
| 17 cm               | left  | 191P3/17L |
| 18 cm               | left  | 191P3/18L |
| 19 cm               | left  | 191P3/19L |
| 20 cm               | left  | 191P3/20L |
| 21 cm               | left  | 191P3/21L |
| 22 cm               | left  | 191P3/22L |
| 23 cm               | left  | 191P3/23L |
| 14 cm               | right | 191P3/14R |
| 15 cm               | right | 191P3/15R |
| 16 cm               | right | 191P3/16R |
| 17 cm               | right | 191P3/17R |
| 18 cm               | right | 191P3/18R |
| 19 cm               | right | 191P3/19R |
| 20 cm               | right | 191P3/20R |
| 21 cm               | right | 191P3/21R |
| 22 cm               | right | 191P3/22R |
| 23 cm               | right | 191P3/23R |



## Wrist Brace with Thumb Loop, 80/120 mm width

made of vegetable-tanned pale leather

### Mode of Action

- traditional leather bandage for strong support and relief of the wrist
- the thumb loop holds the leather bandage in position and prevents it from slipping

### Indication

- chronic stress syndromes of the wrist
- distortions
- wrist arthrosis

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin

| Wrist circumference | Side  | Item-No.   |
|---------------------|-------|------------|
| 14 cm               | left  | 191P18/14L |
| 15 cm               | left  | 191P18/15L |
| 16 cm               | left  | 191P18/16L |
| 17 cm               | left  | 191P18/17L |
| 18 cm               | left  | 191P18/18L |
| 19 cm               | left  | 191P18/19L |
| 20 cm               | left  | 191P18/20L |
| 21 cm               | left  | 191P18/21L |
| 22 cm               | left  | 191P18/22L |
| 23 cm               | left  | 191P18/23L |
| 14 cm               | right | 191P18/14R |
| 15 cm               | right | 191P18/15R |
| 16 cm               | right | 191P18/16R |
| 17 cm               | right | 191P18/17R |
| 18 cm               | right | 191P18/18R |
| 19 cm               | right | 191P18/19R |
| 20 cm               | right | 191P18/20R |
| 21 cm               | right | 191P18/21R |
| 22 cm               | right | 191P18/22R |
| 23 cm               | right | 191P18/23R |





## RhizoSupport.light

Thumb Splint for immobilisation of saddle and basic joint of the thumb



### Mode of Action

- stabilises the saddle joint of the thumb / metacarpophalangeal joint I by means of the built-in aluminium frame
- customisation of the thumb splint to the individual thumb and wrist joint anatomy is achieved by simply bending and shaping the aluminium frame
- by cutting along the pre-defined lines (embossing lines), the height of the thumb splint may be adjusted, depending on therapy goal, cutting along the embossing lines provides exposure and mobilisation of the thumb end joint

### Indication

- irritation of the thumb joints / metacarpophalangeal joint I
- rhizarthrosis of the saddle joint of the thumb / Trapeziometacarpal arthritis (TMC)
- ulnar collateral ligament lesion (skier's thumb)
- distortion / severe sprain of the thumb

### Contraindication

- do not wear directly on injured, irritated or damaged skin
- angiopathy (lymphedema)
- material interactions / allergies



| Size | Wrist circumference | Item-No. |
|------|---------------------|----------|
| S    | 14 - 16 cm          | 87R1/S   |
| M    | 16 - 18 cm          | 87R1/M   |
| L    | 18 - 22 cm          | 87R1/L   |



The RhizoSupport.light can be worn on left or right side by simply turning the hand loop.



## Functional Thumb Splint with fabric lining

Thumb Support for the immobilisation of the saddle and base joint made of soft polyethylene



136T1



136T2



### Mode of Action

- the functional thumb splint puts the thumb saddle as well as thumb and the basic wrist joint into resting position without considerably limiting the grip function
- the thermoplastic material can be individually adapted to fit the patients' needs
- the elastic hook- and loop fastener allows individual adjustment of the orthosis
- due to its functional concept with dirt-repellent and waterproof materials, the functional thumb splint can be worn at work and at home

### Indication

- degenerative conditions of the thumb joint
- partial mobilisation of the wrist
- rhiz-arthritis
- ski-thumb
- lateral ligament lesions MP 1

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- swelling
- lymphedema
- circulatory disorders or lymphatic drain malfunctions of lower extremities

#### 136T1 - white

| Size | Wrist circumference | Colour | Side  | Item-No. |
|------|---------------------|--------|-------|----------|
| S    | 14 - 16 cm          | white  | left  | 136T1/LK |
| M    | 16 - 18 cm          | white  | left  | 136T1/LM |
| L    | 18 - 22 cm          | white  | left  | 136T1/LG |
| S    | 14 - 16 cm          | white  | right | 136T1/RK |
| M    | 16 - 18 cm          | white  | right | 136T1/RM |
| L    | 18 - 22 cm          | white  | right | 136T1/RG |

#### 136T2 - peach

| Size | Wrist circumference | Colour | Side  | Item-No. |
|------|---------------------|--------|-------|----------|
| S    | 14 - 16 cm          | peach  | left  | 136T2/LK |
| M    | 16 - 18 cm          | peach  | left  | 136T2/LM |
| L    | 18 - 22 cm          | peach  | left  | 136T2/LG |
| S    | 14 - 16 cm          | peach  | right | 136T2/RK |
| M    | 16 - 18 cm          | peach  | right | 136T2/RM |
| L    | 18 - 22 cm          | peach  | right | 136T2/RG |



The thermoplastic material can be individually adapted to the patient's needs.



Fabric Lining for Funtional Thumb Split

- fabric lining for additional cushioning and hygiene of Funtional Thumb Split, 136T1 and 136T2
- Material: 96 % cotton and 4 % elastane

white for 136T1

| Size  | Wrist circumference | Colour | Side         | Item-No. |
|-------|---------------------|--------|--------------|----------|
| S - M | 14 - 18 cm          | white  | left / right | 136T14   |
| L     | 18 - 22 cm          | white  | left / right | 136T15   |

beige for 136T2

| Size  | Wrist circumference | Colour | Side         | Item-No. |
|-------|---------------------|--------|--------------|----------|
| S - M | 14 - 18 cm          | beige  | left / right | 136T16   |
| L     | 18 - 22 cm          | beige  | left / right | 136T17   |



136T14 / 136T15



136T16 / 136T17





## Forearm Splint with Plastazote-lining

made of Streifylen, 2 mm, including 3 self-adhesive velcro-straps and rivets



### Mode of Action

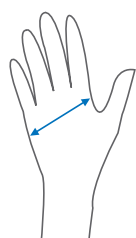
- optimal immobilisation of the wrist as well as finger- and thumb joints
- due to entire immobilisation, this orthosis can be used as night splint

### Indication

- carpal tunnel syndrome
- wrist arthrosis
- rhiz-arthrosis
- wrist tendovaginitis
- chronic polyarthritis (CP)
- CP with rheumatoid wrist
- spastic contractures of the wrist

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory disorders, venous or lymphatic return disorders, lymph oedema
- sensory disorders
- instable fractures of the wrist or forearm



| Size | Palm width | Colour | Side  | Item-No. |
|------|------------|--------|-------|----------|
| S    | 8 cm       | white  | left  | 193P3/L1 |
| M    | 9 cm       | white  | left  | 193P3/L2 |
| L    | 9,5 cm     | white  | left  | 193P3/L3 |
| S    | 8 cm       | white  | right | 193P3/R1 |
| M    | 9 cm       | white  | right | 193P3/R2 |
| L    | 9,5 cm     | white  | right | 193P3/R3 |

## Hook- and Loop Fastener System

for forearm positioning splints



- the hook- and loop fastener system includes three self-adhesive velcro straps with three corresponding tubular rivets for attaching to forearm positioning splints

| Size | Colour | Item-No. |
|------|--------|----------|
| S    | white  | 60T50/1  |
| M    | white  | 60T50/2  |
| L    | white  | 60T50/3  |
| S    | peach  | 60T51/1  |
| M    | peach  | 60T51/2  |
| L    | peach  | 60T51/3  |



## Forearm-Hand Splint

made of Streifylen (PE), 4 mm



### Mode of Action

- optimal immobilisation of the wrist as well as finger- and thumb joints
- due to entire immobilisation, this orthosis can be used as night splint

### Indication

- carpal tunnel syndrome
- wrist arthrosis
- rhiz-arthrosis
- wrist tendovaginitis
- chronic polyarthritis (CP)
- CP with rheumatoid wrist
- spastic contractures of the wrist

### Contraindication

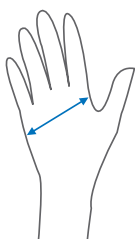
- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory disorders, venous or lymphatic return disorders, lymph oedema
- sensory disorders
- instable fractures of the wrist or forearm

193P1 - white

| Size | Palm width | Colour | Side  | Item-No. |
|------|------------|--------|-------|----------|
| S    | 8 cm       | white  | left  | 193P1/L1 |
| M    | 9 cm       | white  | left  | 193P1/L2 |
| L    | 9,5 cm     | white  | left  | 193P1/L3 |
| S    | 8 cm       | white  | right | 193P1/R1 |
| M    | 9 cm       | white  | right | 193P1/R2 |
| L    | 9,5 cm     | white  | right | 193P1/R3 |

193P2 - peach

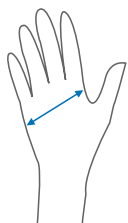
| Size   | Palm width | Colour | Side  | Item-No. |
|--------|------------|--------|-------|----------|
| small  | 8 cm       | peach  | left  | 193P2/L1 |
| medium | 9 cm       | peach  | left  | 193P2/L2 |
| large  | 9,5 cm     | peach  | left  | 193P2/L3 |
| small  | 8 cm       | peach  | right | 193P2/R1 |
| medium | 9 cm       | peach  | right | 193P2/R2 |
| large  | 9,5 cm     | peach  | right | 193P2/R3 |





## Forearm Embedding Orthosis

made of 4 mm Streifylast (LDPE-Polyethylene, soft) same as item 193P1, but softer version



193P5 - white

| Size | Hand width | Colour | Side  | Item-No. |
|------|------------|--------|-------|----------|
| S    | 8 cm       | white  | left  | 193P5/L1 |
| M    | 9 cm       | white  | left  | 193P5/L2 |
| L    | 9,5 cm     | white  | left  | 193P5/L3 |
| S    | 8 cm       | white  | right | 193P5/R1 |
| M    | 9 cm       | white  | right | 193P5/R2 |
| L    | 9,5 cm     | white  | right | 193P5/R3 |

193P4 - peach

| Size | Hand width | Colour | Side  | Item-No. |
|------|------------|--------|-------|----------|
| S    | 8 cm       | peach  | left  | 193P4/L1 |
| M    | 9 cm       | peach  | left  | 193P4/L2 |
| L    | 9,5 cm     | peach  | left  | 193P4/L3 |
| S    | 8 cm       | peach  | right | 193P4/R1 |
| M    | 9 cm       | peach  | right | 193P4/R2 |
| L    | 9,5 cm     | peach  | right | 193P4/R3 |



## Thumb-, Hand- and Forearm Orthosis

Wrist Support welded construction with thumb immobilisation made of soft polyethylene



### Mode of Action

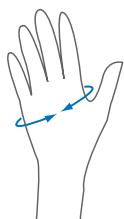
- the thumb-, hand- and forearm orthosis enables the support and immobilisation of the thumb joint and wrist with full mobility of the fingers
- the thermoplastic material and the locking system enable an individual fit of the orthosis
- the orthosis is used at work or at home because of its functional structure and the dirt-resistant and water-resistant material
- equipment like fabric lining separately available

### Indication

- strains and distortions of wrist and thumb joints (193P6/193P7)
- wrist strains and distortions
- post-surgical immobilisation after fracture care
- functional support for radial nerve palsy
- rheumatoid arthritis
- immobilisation

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory disorders, venous or lymphatic return disorders, lymph oedema
- sensory disorders
- instable fractures of the wrist or forearm



#### 193P6 - white

| Size | Hand circumference | Colour | Side  | Item-No. |
|------|--------------------|--------|-------|----------|
| S    | 20 cm              | white  | left  | 193P6/L1 |
| M    | 21,5 cm            | white  | left  | 193P6/L2 |
| L    | 23 cm              | white  | left  | 193P6/L3 |
| S    | 20 cm              | white  | right | 193P6/R1 |
| M    | 21,5 cm            | white  | right | 193P6/R2 |
| L    | 23 cm              | white  | right | 193P6/R3 |

#### 193P7 - peach

| Size | Hand circumference | Colour | Side  | Item-No. |
|------|--------------------|--------|-------|----------|
| S    | 20 cm              | peach  | left  | 193P7/L1 |
| M    | 21,5 cm            | peach  | left  | 193P7/L2 |
| L    | 23 cm              | peach  | left  | 193P7/L3 |
| S    | 20 cm              | peach  | right | 193P7/R1 |
| M    | 21,5 cm            | peach  | right | 193P7/R2 |
| L    | 23 cm              | peach  | right | 193P7/R3 |





## Hand- and Forearm Orthosis

Wrist Support welded construction without thumb immobilisation made of polyethylene



### Mode of Action

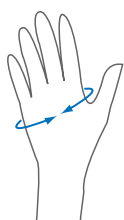
- the hand- and forearm orthosis immobilises and supports the wrist and the metacarpus in functional position without considerably limiting the ability to grasp
- the thermoplastic material as well as the attached hook- and loop fasteners allow individual customisation of the orthosis
- due to the functional construction of dirt-repellent and waterproof material, the orthosis can be worn at work and at home
- equipment like fabric lining separately available

### Indication

- wrist strains and distortions
- post-surgical immobilisation after fracture care
- functional support for radial nerve palsy
- rheumatoid arthritis
- immobilisation

### Contraindication

- material interactions/allergies
- do not wear directly on injured, irritated or damaged skin
- circulatory disorders, venous or lymphatic return disorders, lymph oedema
- sensory disorders
- instable fractures of the wrist or forearm



| Size | Hand circumference | Colour | Side  | Item-No. |
|------|--------------------|--------|-------|----------|
| S    | 20 cm              | white  | left  | 193P8/L1 |
| M    | 21,5 cm            | white  | left  | 193P8/L2 |
| L    | 23 cm              | white  | left  | 193P8/L3 |
| S    | 20 cm              | white  | right | 193P8/R1 |
| M    | 21,5 cm            | white  | right | 193P8/R2 |
| L    | 23 cm              | white  | right | 193P8/R3 |



## Fabric Lining for Hand Orthoses

Fabric lining for additional cushioning and hygiene

- for items 193P6, 193P7, 193P8 und 193P9
- Material: 96% cotton and 4 % elastane



| Size | Colour | Item-No. |
|------|--------|----------|
| S    | white  | 193P0/1W |
| M    | white  | 193P0/2W |
| L    | white  | 193P0/3W |
| S    | peach  | 193P0/1H |
| M    | peach  | 193P0/2H |
| L    | peach  | 193P0/3H |

## Accessories







## Hook and Loop Fasteners with deflection-loop and flap



### Material

- 100 % polyamide
- woven
- buckle made of white unbreakable plastic material

PU = 10 pcs/colour

60T70 - coloured

| Size W x L | Colour | Item-No.  |
|------------|--------|-----------|
| 25x350 mm  | blue   | 60T70/25B |
| 25x350 mm  | yellow | 60T70/25G |
| 25x350 mm  | red    | 60T70/25R |
| 25x350 mm  | black  | 60T70/25S |
| 25x350 mm  | white  | 60T70/25W |
| 30x350 mm  | blue   | 60T70/30B |
| 30x350 mm  | yellow | 60T70/30G |
| 30x350 mm  | red    | 60T70/30R |
| 30x350 mm  | black  | 60T70/30S |
| 30x350 mm  | white  | 60T70/30W |
| 38x350 mm  | blue   | 60T70/38B |
| 38x350 mm  | yellow | 60T70/38G |
| 38x350 mm  | red    | 60T70/38R |
| 38x350 mm  | black  | 60T70/38S |
| 38x350 mm  | white  | 60T70/38W |
| 50x350 mm  | blue   | 60T70/50B |
| 50x350 mm  | yellow | 60T70/50G |
| 50x350 mm  | red    | 60T70/50R |
| 50x350 mm  | black  | 60T70/50S |
| 50x350 mm  | white  | 60T70/50W |

60T60 - peach

| Size W x L | Colour | Item-No.  |
|------------|--------|-----------|
| 25x420 mm  | peach  | 60T60/25H |
| 30x420 mm  | peach  | 60T60/30H |
| 38x420 mm  | peach  | 60T60/38H |
| 50x420 mm  | peach  | 60T60/50H |

# Little ABC's of Orthopaedics

- A** **Abdomen** - area of the body between chest and pelvis  
**Abdominal** - relating to the abdomen  
**Abduction** - movement of a body part away from the midline of the body  
**Acetabulum** - concave pelvic component of the hip joint receiving the femoral head  
**Adduction** - movement of a body part towards the midline of the body  
**Alternating** - exchanging, altering  
**Amelia** - complete absence of one or several extremities  
**Anatomy** - science of structure of organisms  
**Anesthesia** - loss of feeling or sensation/narcosis  
**Anterior** - front  
**Anteversion** - forward tilt of a body part  
**Antivarus** - against varus malalignment  
**Aponeurosis** - a fibrous sheet of tissue by which certain muscles are attached to bones  
**Articulation, articulating** - a joint, concerning a joint  
**Atrophy, to atrophy** - shrinkage, wastage of biological tissue (e. g. muscle atrophy)  
**Axilla, axillary** - the armpit, relating to the armpit
- B** **Bandage, to bandage** - wrapping, dressing; sense of: elastic support, applying bandages, taping  
**Biceps** - two headed (e. g. biceps muscle)  
**Bow-leg** - varus malalignment of the longitudinal axis of the leg
- C** **Calcaneus** - heel bone  
**Capsular** - retaining to an articular capsule  
**Catalyser** - chemical agent causing a chemical reaction (e. g. hardening powder, -paste)  
**Caudal** - towards the tail, below, backside  
**Cerebrum, cerebral** - the major part of the brain, occupying the upper part of the cranium, pertaining to the cerebrum  
**Cervical (cervical-region)** - pertaining to the neck area  
**Chronic** - long term (disease; opposite of acute)  
**Condyle, condylar** - joint head, pertaining to the joint head  
**Congruence, congruent** - match, matching, identical  
**Concave** - hollow, curved inwards  
**Conservative** - conciliatory, maintaining, in the sense of non-surgical  
**Constitution** - physical shape  
**Contraction, to contract** - tightening, shortening of soft tissue with joint malposition  
**Contralateral** - reciprocal, located on the other side of the body  
**Contusion** - bruise  
**Convex** - curved to the front or outside

# Little ABC's of Orthopaedics

**Claw foot** - flexion contraction of the toes

**Cranial** - head, above

**Cyst** - abnormal, closed sac-like structure within a tissue that contains a liquid, gaseous, or semisolid substance (e. g. Baker's-cyst in the back of the knee)

## D

**Decubitus, decubital** - pressure damage, pressure sore

**Derotation** - correctional rotation

**Detorsion** - back rotation, correctional rotation (e. g. detorsion insole)

**Dexter** - right

**Diagnosis, to diagnose** - searching and finding a cause and details of disease

**Digital** - pertaining to finger or toe

**Digitus** - finger or toe

**Dislocation, dislocate** - shift, to shift

**Distal** - away, away from body

**Distorsion** - sprained, twisted (e. g. joints)

**Dorsal** - back side

**Duroplast** - synthetic material, which is, once it has hardened, not mouldable anymore by heat

## E

**Endogenous** - caused by inner reasons

**Et** - and

**Exogenous** - caused by outer reasons

**Extension** - stretching, extension of a body part

**Extra** - beyond

**Extremities** - limbs

## F

**Fascia** - covering around muscles and tendons

**Femur** - bone that extends from the pelvis to the knee

**Fixation, fixed** - position that cannot be altered passively

**Flexion** - bending a joint (opposite of extension)

**Fracture** - break in a bone

**Frontal** - to the front (front surface)

## G

**Gibbus** - curve in the spine causing a bump or hump on the back, strong kyphotic spine deformation

**Gluteus, gluteal** - buttocks muscle, pertaining to buttocks

**Gocht manoeuvre** - special technique to mold the plaster-cast for the ischium bar

**Gonarthrosis, gonitis** - inflammation of the knee joint

# Little ABC's of Orthopaedics

**H** **Haematoma** - bruise  
**Hallux** - big toe  
**Hammer toe** - flexed contraction position of a toe in the middle or end joint during dorsal tilting of the metacarpophalangeal joint  
**Heidelberg angle** - AFO (ankle foot orthosis to lift the forefoot)  
**Hemi** - half  
**Heterogenous** - mixed combination, disparate  
**Hinge joint (Articulatio ginglymus)** - single-axle joint (e. g. finger joint)  
**Hyper lordosis** - lumbar lordosis, hollow back  
**Homogenous** - uniform, congeneric  
**Hyper** - prefix: more than the norm  
**Hypo** - prefix: less than the norm

**I** **Idiopathic** - spontaneous, independent, starting without known reason (e. g. idiopathic scoliosis)  
**Immobilization, to immobilize** - to prevent motion of a joint or segment  
**Incongruity, incongruent** - mismatch, mismatched  
**Incontinence** - inability to control urination or defecation  
**Indication, to indicate** - advice, necessity, to advise, make something necessary  
**Infra** - under or below  
**Initial** - beginning  
**Insert** - orthopaedic foot support, foot cushion for customized shoes  
**Instability, instable** - missing stability, loose  
**Insufficiency, insufficient** - functional weakness, inadequate  
**Interim treatment** - temporary, tentative treatment before the final treatment  
**Irreversible** - final, permanently  
**Ischium, ischial** - seat bone, pertaining to the seat bone  
**Ischium bar** - support point of the seat bone in prostheses or orthoses

**K** **KBM (abbreviation)** - Kondylen Bettung Münster  
**Knee cap** - molded knee brace made of textile rubberlike fabric  
**Kyphosis** - rather flat backward bent scoliosis

**L** **Lesion** - injury  
**Level Pelvis** - aligned pelvis  
**Lateral** - away from the center  
**Ligament, ligamentary** - band of fibrous tissue connecting bones, concerning the ligaments  
**Longuette** - oblong reinforcing material, usually several layers (e. g. plaster bandage)  
**Luxation, to luxate** - sprain, to sprain



# Little ABC's of Orthopaedics

- M** **Medial** - inside, center, toward the mid-line  
**Metatarsal** - long bones between the tarsal bones and the toes  
**Modular system** - orthopaedic aid or prosthesis construction with various finished components  
(modular concept)  
**Morbus** - disease, ailment
- N** **Naviculare** - short term for os naviculare = navicular bone of foot (or hand – scaphoid bone)  
**Necrosis - necrotic** - dead tissue, mortified  
**Neuropathy, neuropathic** - nervous disorder, nervous affection
- O** **Oedema, oedematic** - swelling, swollen  
**Orthosis** - splint, brace device, corset, support  
**Orthopaedics** - science of recognition and treatment of inherent or acquired defects of the musculoskeletal system (orthos = straight, right and paedia = childhood)  
**Orthoprosthesis** - construction of a proximal orthotic element and a distal prosthetic element  
**Ossification, osseous** - bone formation, bony  
**Osteomyelitis** - infection of bone and bone marrow  
**Osteosynthesis** - connection of two or more bones by means of metal plates, screws, nails or wires
- P** **Pad** - upholstering device in an orthosis or shoe  
**Palma, palmar** - inner hand surface, pertaining to the inner hand surface  
**Palpation, to palpate** - examination by touching with the hand  
**Paralysis, paralytic** - loss of motor function, lame (only in the sense of limpness)  
**Paresis, paretic** - loss of motor function (limp or spastic)  
**Patella** - kneecap  
**Pathological** - unnatural, abnormal, morbid  
**Pelvic obliquity** - misaligned pelvis, asymmetrical pelvis height (e. g. caused by unequal leg length)  
**Periphery, peripheral** - outer region, outside (e. g. peripheral arterial disease = PAD)  
**Peroneus, peroneal** - retaining to the calf-bone (e. g. nervus peroneus communis)  
**Peroneus-spring** - ankle-foot orthosis to lift and guide the foot in case of limpness/loss of control  
**Pes** - foot  
**Pes adductus** - forefoot inverted, adducted, medially misaligned forefoot-position  
**Pes calcaneus** - walking on the heel (steep slope position of the forefoot)  
**Pes cavus** - contracted foot (excessive longitudinal arch of the foot)  
**Pes equinus** - pointed foot (excessive plantar flexion of the whole foot)  
**Pes equinus varus adductus** - club foot (combined malposition of the foot)  
**Pes planus** - flat foot (collapsed medial arch)  
**Pes planus valgus** - knock-flat foot (collapsed medial arch with kinked lower ankle joint)

# Little ABC's of Orthopaedics

- P** **Plantar** - pertaining to the foot sole  
**Poliomyelitis** - paralysis caused by the polio virus infecting the anterior horn cells of the spinal cord  
**Pollex** - thumb  
**Poly** - prefix: multi, several  
**Post** - prefix: after, behind  
**Posterior** - behind, toward the back of...  
**Postoperative post op** - after surgery  
**Pre** - prefix: before, prior to  
**Pressure lesion** - surface damage of skin and tissue due to extensive pressure exposure  
**Prevention** - precaution  
**Prognosis, prognostic** - preview, expected  
**Progredience, progredient** - progression (of disease), advancing  
**progressive** - advancing  
**Prominence, prominent** - protrusion, protruding  
**Pronation** - rotation of hand or foot in long axis facing outwards or dorsally  
**Prophylaxis, prophylactic** - prevention, preventive  
**Prosthesis** - externally applied device used to replace wholly, or in part, an absent or deficient limb segment  
**Proximal** - nearest to the trunk; towards the trunk  
**Pseudo arthrosis** - non-union of a fractured bone  
**PTB - (abbreviation)** - patella tendon bearing = patella tendon - load principle  
**PTS - (abbreviation)** - PTB-supracondylar prosthesis = lower leg prosthesis, reaching over femurcondyles

- Q** **Quadriceps** - short for Musculus quadriceps = four headed muscle in the anterior thigh  
**Quengel Hinged Brace** - joint bending or stretching brace with hinges

- R** **Radius** - spoke bone, one of the forearm bones  
**Recidivism, recidiving** - relapse, recurrence (of a disease), relapsing  
**Reclination, to reclinate** - backward tilt, to tilt backwards  
**Redression, to redress** - to force or bend back  
**Rehabilitation, to rehabilitate** - enabling persons with disabilities to reach and maintain their optimal sensory, intellectual, psychiatric and/or social functional levels  
**Retroversion** - backward turn  
**Reversible** - convertible  
**Rotation, to rotate** - turn, turning

# Little ABC's of Orthopaedics

- S** **Sagittal** - following the arrow, straight direction  
**Saddle joint (articulatio sellaris)** - double-axis joint (e. g. thumb saddle joint Carpometacarpal-I-joint)  
**Shore-hardness** - measuring unit for the degree of hardness of elastic materials  
**Sinister** - left  
**Scoliosis, scoliotic** - lateral deviation of the spine and rotation of the vertebrae around the long axis of the spine  
**Spasticity, spastic** - cramping, cramped  
**Spina, spinal** - referring to the spine (vertebral column)  
**Spondyle** - retaining to the spine (e. g. spondyle arthrosis = arthrosis of the vertebral joints)  
**Subductus** - laying underneath (e. g. digitus subductus = toe, laying crossed underneath)  
**Subluxation** - partial dislocation of a joint  
**Superductus** - laying over (e. g. digitus sperductus = toe, laying over dorsally)  
**Supination** - rotation of hand or foot around long axis with palm forward or foot inward  
**Supination wedge** - medial or inner elevation of an orthopaedic insole  
**Supra** - prefix: upper, above  
**Swiss cam lock / Swiss lock system** - detention of a splint joint (e. g. of an orthotic brace)  
**Symphysis** - pubic symphysis, midline cartilaginous pubic bone connection (synchondrosis)  
Symptom, symptomatic - sign, Indication of a disease, indicating a disease  
**Syndesmosis** - slightly movable articulation where the contiguous bony surfaces are united by an interosseous ligament  
**Syndrome** - disease pattern  
**Synostosis** - bony fusion between two bones

- T** **Talus** - bone that articulates with the tibia and fibula to form the ankle joint  
**Tarsus, tarsal** - heel part of the foot, pertaining to the heel part of the foot  
**Thermoplast** - plastic material re-shapeable under heat application  
**Three-point-correction principle** - correctional therapy by leverage effect with surface pressure-application at three contact points  
**Thomas splint** - a long leg relief splint that extends from a ring at the hip to beyond the foot, e. g. for aseptic hip joint necrosis  
**Tonus** - tension condition of muscles  
**Torsion** - twisting  
**Trochanter** - muscle insertion point, bony protrusion lateral-proximally at the femur  
**Tuber** - hunch, knob (e. g. tuber ischiadicum)  
**Tuberosity** - bony protrusion, muscle insertion/fixation point

- U** **Ulna** - inner and longer of the two bones of the forearm

# Little ABC's of Orthopaedics

- V** **Valgus** - X-shaped joint alignment
- Varicosis** - disease of the veins, varication
- Varices** - distended veins
- Varus** - O-shaped joint alignment
- Ventral** - relating to or situated on or close to the abdomen; abdominal, front
- Vertex** - centre of a curve, maximum of a curve
- Volar** - relating to the palm of the hand
- V2A-steel** - stainless steel

- W** **Walking** - milling, softening, staking e. g. orthopaedic leather

Source: "Children's orthopaedic techniques by R. Bernbeck, J. Pramschiefer, H. D. Stolle", published by Thieme, Stuttgart



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