medi foot and ankle joint products

Safe and comfortable therapy for many indications
Dear Reader,

Foot and ankle products from medi offer more to your patients: They support the healing process in many indications. They are distinguished by their high quality and clever details and enable your patients to handle them easily. This gives patients confidence in the treatment and contributes significantly to compliance with therapy. The following pages will give you an overview of the medi aids for stabilisation, immobilisation, or for functional therapy.

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Levamed stabili-tri

Triple action modular orthosis for the functional care of ankle injuries

Indications
• ankle sprains (grades II to III)
• chronic instability of the talocrural and subtalar joints
• post-operative care after surgery on the ligamentous apparatus of the ankle joint

Mode of action
• modular design supports functional treatment
• adaptable to the three healing phases – for safe and reliable treatment and mobilisation of the patient
• talus lock tongue reduces anterior talar shift
• medial stabilising element gives support and relieves stresses on the lateral side of the foot
• stabilising strap guides the foot in gentle pronation and supports the healing process
• compressive knit improves proprioception and promotes more rapid absorption of haematomas and oedema

Why Levamed stabili-tri?
Ankle joint orthosis for mobilisation in a defined position; with medial stabilisation to relieve the lateral structures.

Supplementary digital therapy support
Access patient information using the QR code or short URL medi.biz/stabilitri
Stabilisation and mobilisation
An overview of the special details

Compressive knit
- for better proprioception and faster absorption of haematomas and oedema
- active breathing and transports moisture
- moulds itself closely to the contours of the foot

Stabilising element
- medial course protects the injured lateral side and ensures high comfort in wear
- pliable thermoplastic
- fastened with hook and loop fastener

Especially wide opening
- for comfortable donning and doffing with minimum pain

Talus lock tongue with cross-lacing
- provides for flexible pressure customisation
- lends stability and reduces anterior talar shift
- simple handling with click-in buckles – shoe laces ‘click’ quickly and reliably into the buckles

Stabilising strap system
- tried and tested figure of 8 lacing for safe handling
- can be adapted using Y-shaped hook and loop fastener strips
- inelastic for optimum tension
1. Acute phase

**Relieve stress with very high stability**

**Reliable immobilisation**
Use of the orthosis with all accessories including stabilising element and strap.

**Properties**
- Very high stability during the acute and inflammation phase
- Helps reduce swelling and relieves pain
- Talus lock tongue reduces anterior talar shift

**How mobile is the patient?**
- No sports
- Can possibly walk with crutches

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2. Proliferation phase

**Freedom to move the foot with firm support**

**First mobilisation**
The stabilising element is removed and the patient wears the orthosis with the strap only.

**Properties**
- Gives the joint freedom to perform controlled movements again for the first time
- Knit with talus lock tongue and strap ensure continuing stability (stabilising element should be inserted again at night)

**How mobile is the patient?**
- Gentle sports (e.g. moderate cycling)
- Physiotherapy (phase-adapted exercises improve muscular stabilisation and promote reduction of swelling)

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**Stabilise**

The orthosis with all its accessories immobilises and protects the foot.

The stabilising element overlying the medial surface of the ankle surrounds the whole heel, provides stability, and is comfortable to wear.

The stabilising element is removed giving the foot the freedom to move a little.

The strap stays on the orthosis. Together with the talus lock tongue and the compressive knit, this ensures continuing stability.
3. Rehabilitation phase

Further mobilisation with gentle stability

Back to activity
The strap is now removed and only the knit with the talus lock tongue remains on the foot.

Properties
• freedom of movement after removing the strap
• knit with talus lock tongue still supports the joint

How mobile is the patient?
• incremental increase in sporting activities, e. g. cycling, jogging
• physiotherapy (further phase-adapted exercises improve stability, coordination, strength and mobility)

3x safe ankle therapy

While feet used to be immobilised for long periods of time, modern sports medicine has broken the mould. Experts prefer functional (phase-adapted) care. This means medical devices must adapt flexibly to the many different forms of stress on the joint. Initially they must stabilise and then – step by step – permit sufficient freedom of movement to restore mobility. This form of treatment promises excellent prospects to accelerate the healing process.

Patients are mobilised step by step and can return to their sports earlier.

The Levamed stabili-tri orthosis meets this demand. It immobilises the joint during the acute phase, stabilises it during early mobilisation and supports it as patients regain fitness towards the end of their treatment.

Levamed stabili-tri: modern and safe ankle therapy in three phases.
Achimed

Achilles tendon support with integrated anatomically formed silicone pad

Indications
- acute and chronic inflammation of the Achilles tendon
- post-traumatic and post-operative inflammation
- achillobursitis
- achillodynia

Mode of action
- massage effect due to integrated silicone pads
  → reduction of swellings (oedema, haematomas)
- proprioceptive compression
  → guidance and stabilisation of the joints
- the optional, insertable heel wedges reduce painful tension on the Achilles tendon

Why Achimed?
Provide additional relief of the Achilles tendon in the acute inflammation phase through enclosed heel wedges and tightening aid for easier mounting.

Product benefits
- Innovative comfort knit with anatomically tailored support, soft instep and supple edging.
- Integrated silicone pad with a 3D profile for a gentle massage effect.

Accessories
- With separate heel wedges to reduce tension on the Achilles tendon (wear in both shoes at the same time to equalise leg length).
- A donning aid / slip-in sock is supplied with each product.

Supplementary digital therapy support
Access patient information using the QR code or short URL
medi.biz/achimed
Indications
- slight instability of the ankle joint
- sprains and distortions
- joint effusions and swellings due to arthritis and osteoarthritis
- chronic, post-operative and post-traumatic inflammation

Mode of action
- massage effect due to integrated silicone pads
  → reduction of swellings (oedema, haematomas)
- proprioceptive compression
  → guidance and stabilisation of the joints

Why Levamed?
Massage effect thanks to integrated silicone pads to reduce swelling and dressing aid for easier mounting.

Product benefits
- Innovative comfort knit with anatomically tailored support, soft instep and supple edging.
- Integrated silicone pad with a 3D profile for a gentle massage effect and to reduce swelling.
- Also available as Levamed E’motion.

Accessories
- A donning aid / slip-in sock is supplied with each product.

medi Kidz – in sizes I + II also for children suitable.
Indications
- joint sprain with overstretch of the capsule
- chronic ligamentous instability with recurrent supination traumas (twisting of the foot)
- in the second phase of treatment for deltoid ligament injuries
- acute or chronic post-traumatic or post-operative irritation of the talocrural and subtalar joints
- conservative treatment of injuries of the syndesmosis not requiring surgery
- follow-up treatment of fractures not requiring a cast

Mode of action
- individually adjustable and removable strap system with elastic and inelastic sections → additional hold and stabilisation, „protection“ against twisting (supination)
- massage effect by the integrated silicone pads → reduction of swelling (oedema, haematomas)
- proprioceptive compression → guidance and stabilisation of the joints

Why Levamed active?
Adjustable degree of stabilisation through individually adjustable and removable strap.

Product benefits
- Clever belt design and intuitive belt guidance for easier donning.
- Individually adjustable and removable belt system with elastic and non-elastic areas.
- Easier donning and doffing thanks to the V-stretching zone at the upper cuff.

Accessories
- Easy donning with the enclosed balloon silk donning aid.
Indications
- chronic ligament instability in the upper and lower ankle
- after sprains (e.g. supination injuries)
- as a preventative measure after supination injuries, particularly for sports
- inflammation of the ankle joint (acute or chronic, post-traumatic or post-operative)
- mild injury to the syndesmotic ligaments

Mode of action
- modular design and lacing enables individual adjustment of the brace
- the rigid base material, the two side elements and a strap system stabilise the ankle
- flat design for comfort in the shoe

Why medi Ankle sport brace?
Modular, flat designed, lacing orthosis for optimal stabilisation and comfort in the shoe.
M.step®

Functional ankle brace with foam gel padding

**Product benefits**
- Only two straps allow a quick and secure fastening; straps can be taken off the shells and individually fixed.
- Three length versions available: standard (long version), athletic (short version), kidz (childrens version).
- Very light foam gel padding with soft, skin friendly surface.

**Indications**
- Conservative and post-operative care of fibular ligament ankle injuries (grades II to III)
- Chronic instabilities of the ankle
- After distortions

**Mode of action**
- Rigid shells provide very good stabilisation in pronation and supination movements
- The foam gel of the padding adapts perfectly to the varying anatomic conditions and provides a uniform compression

**Why M.step?**
Auto adaptive padding and integrated foam inserts.

**black**

medi Kidz – also available as Kidz-Version.
protect.CAT Walker / short

Comfortable walker for ankle and foot injuries – in a lightweight shell construction

Indications
post-operative:
• achilles tendon rupture, post-ligament reconstruction, treatment of soft tissue injuries and tendon injuries

conservative:
• achilles tendon injuries (2nd and 3rd grade), ligament lesions, tenosynovitis
• stable foot and joint fractures: metatarsal fracture, talus fracture, malleolar fracture
• after ligament repair

Mode of action
• safe and effective immobilisation
• triple four strap system
• ensures high stability and reduces anterior talar shift

Why protect.CAT Walker (short)?
Secure immobilisation and reduction of the talus shift using a four- or triple-strap system.
Product benefits

- **Air pump**: Air pump and ventilation valve for easy handling.

- **Sole**: Flat and rounded sole for natural, stable gait.

- **Air system**: with medial and lateral air passage around the ankle and up to the forefoot.

- **Talus belt**: The special talus belt reliably limits the talus shift.

- **Toe protector**: Easy adjustment and removal of the toe protector.
Indications
- post-operative (achilles tendon rupture, ligament, soft tissue and tendon injury, fibula fracture)
- conservative (fore- / middle and tarsal bones, achilles tendon rupture, fibula fracture)
- after ligament refixation and peroneal tendon dislocation

Mode of action
- optional fixed joint angle or partial excursion; this permits early functional mobilisation
- plantarflexion: 0°, 10°, 20°, 30°, 40°
- dorsiflexion: 20°, 10°, 0°
- immobilisation at each 10° angle setting
- physiological gait due to special sole design
- controlled compression by anterior and posterior shell as well as circular hook and loop fastener straps

Why medi ROM Walker?
Early functional mobilisation with an adjustable QuickSet ROM joint in 10° increments.

Product benefits
Patented “QuickSet” hinge.
M.step® Kidz

Ankle orthosis for stabilisation

Indications
- conservative and post-operative care of ligamentous injuries of the ankle joint (grades II and III)
- after sprains
- for chronic instability of the ankle joint

Mode of action
- rigid half shells stabilise pronation and supination movements
- autoadaptive cushion with integrated foam inlays for pressure relief

Why M.step Kidz?
The foam-gel of the padding adapts to the anatomic conditions and provides a uniform compression.

medi Walker boot Kidz

Fixed walker boot

Indications
- post-operative treatment (rupture of the Achilles tendon, injuries of ligaments, soft-tissues and tendons, fracture of the fibula)
- conservative treatment (fore- and middle foot and tarsus, Achilles tendon, fracture of the fibula)

Mode of action
- fixes the ankle at 90°
- rocker sole promotes the natural gait
- simple wound inspection and hygiene

Why medi Walker boot Kidz?
Secure immobilisation and special rocker sole design for a natural gait.
Trust the facts

Supports and braces help your patients.

There are many myths. For example, that soft supports and braces lead to muscle atrophy. Or that nobody actually wears medical devices, but they land in the cupboard instead. Many studies and the results of representative patient surveys have proved the opposite.

On the next page you can read how orthopaedic medical devices can accelerate the healing process and ease pain.
Patients say...

One of the most persistent myths is: supports and braces often just lie around in the cupboard, because patients hardly ever wear them.

Surveys show: the opposite is true! The Institute for Demoscopy in Allensbach, Germany investigated how intensively soft supports and braces are actually used. Furthermore, 435 wearers of soft supports and braces were asked whether the medical device had changed their sensitivity to pain.¹

The result:
- Patients wear their soft supports and braces regularly
- The medical device had helped their treatment considerably
- Soft supports and braces have reduced or stopped the consumption of painkillers

Note
¹ Institute for Demoscopy in Allensbach commissioned by eurocom e. V. (March 2014). Elastic soft supports and braces; quality of care and product satisfaction – results of a representative patient survey.

<table>
<thead>
<tr>
<th>Description</th>
<th>Percentage</th>
</tr>
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<tbody>
<tr>
<td>Almost daily for pain reduction and on certain occasions</td>
<td>58%</td>
</tr>
<tr>
<td>On certain occasions for pain reduction</td>
<td>18%</td>
</tr>
<tr>
<td>For pain reduction</td>
<td>15%</td>
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<table>
<thead>
<tr>
<th>Description</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>A lot</td>
<td>56%</td>
</tr>
<tr>
<td>A great deal</td>
<td>31%</td>
</tr>
<tr>
<td>Not so much</td>
<td>11%</td>
</tr>
<tr>
<td>Not at all</td>
<td>1%</td>
</tr>
<tr>
<td>Undecided</td>
<td>1%</td>
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<table>
<thead>
<tr>
<th>Description</th>
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<tbody>
<tr>
<td>Fewer painkillers taken</td>
<td>48%</td>
</tr>
<tr>
<td>Could dispense with painkillers altogether</td>
<td>18%</td>
</tr>
<tr>
<td>Still taking exactly the same number of painkillers as before</td>
<td>27%</td>
</tr>
<tr>
<td>Undecided, no response</td>
<td>7%</td>
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</table>

Six out of 10 patients wear their soft support or brace almost every day.

87% of the patients reported the support or brace had been helpful or very helpful for their treatment.

66% of patients with pain reported needing fewer or no painkillers when using the soft support or brace.
The exclusive advantages of the medi products

**medi Clima Comfort**
The elaborately worked knit ensures a balanced microclimate of the skin. Moisture is transported reliably and quickly from the inner surface to evaporate from the outer surface. At the same time, the material’s active breathing structure guarantees the necessary oxygen supply.

> The result: patients don’t work up a sweat with their support and find it comfortable – even in summer.

**medi Clima Fresh**
Clima Fresh has antibacterial properties built into the knit of the fabric. This prevents bacteria and micro-organism from colonising in the fabric or replicating, thus preventing unpleasant odours.

**medi Comfort Zone**
Soft zones in the sensitive flexor areas ensure that the support does not press on or cut into the skin, even when worn all day long.

> The result: soothing pain relief that simply feels good.

**Airtex Material**
An innovative, breathable, light and compressive material for comfortable activation of proprioception. It optimises moisture transport and ensures the highest comfort, even in hot climates.

**medi Airtex+**
The elastic spacer fabric is the combination of medical compression and the textile effects SMART TEMP and FRESH TECH.

**SMART TEMP**
The adaptive thermo regulation is based on an innovative polymere that changes its properties in response to temperature. At low temperature the polymere binds moisture in its structure keeping the body drier. At high temperature it releases the stored moisture and cools the textile and skin.

**FRESH TECH**
The antibacterial effect of FRESH TECH guarantees deep optimal hygienic conditions – even after long term use.

> The combination of medical compression and functional textile effects guarantees improved wearing comfort.
medi foot and ankle joint range

A suitable product for every indication

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<th>M.step®</th>
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<th>protect. CAT Walker</th>
<th>protect.CAT Walker short</th>
<th>medi ROM Walker</th>
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<td>Stabilise</td>
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<table>
<thead>
<tr>
<th>Indication</th>
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<td>Acute and chronic inflammation of the Achilles tendon</td>
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<tr>
<td>Post-traumatic and post-operative inflammation</td>
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<tr>
<td>Swelling and joint effusions (arthrosis/arthritis)</td>
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<tr>
<td>Slight instability</td>
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<tr>
<td>Ankle distortion (grade II - III)</td>
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<tr>
<td>Chronic ligament instabilities</td>
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<td>Post-operative care after an operation on the ligamentous apparatus of the ankle joint</td>
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<td>Early functional therapy after ankle sprains</td>
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<tr>
<td>(post-operative/conservative):</td>
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<tr>
<td>• Achilles tendon rupture</td>
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<tr>
<td>• After ligament reconstruction and refixation</td>
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<td>• Support for soft tissue damage and tendon injuries</td>
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<tr>
<td>Stable foot and joint fractures:</td>
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<tr>
<td>• Metatarsal fracture</td>
</tr>
<tr>
<td>• Talus fracture</td>
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<tr>
<td>• Malleolar fracture</td>
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<tr>
<td>Mild injury to the syndesmotic ligaments</td>
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![Image of products]