



medi

Passion for detail – soft supports from medi.

Perfection you can feel.



medi. I feel better.





Perfection comes from the heart. And from medi.

Our passion for detail has enabled us to develop supports that give patients the gift of relief.

No matter which occupation, hobby or passion, the tireless application of intuition and the constant quest for finishing touches achieves perfect results.

This is the road that medi follows, without compromises. The result: continuous refinement, both in the products and the packaging.

What makes medi supports so special?

An additional pad for example, which gently massages the painful tissues. Or a clever non-slip function that keeps the support where it belongs. Sophisticated details that achieve profound effects and ensure that patients are perfectly happy to wear their prescribed supports.

medi supports enable patients to concentrate once again on the essentials: to pursue their passion – at work or in their free time.

medi offers loving attention to detail for individuals who themselves focus on the details and strive for excellence to achieve the best possible result. For all those who expect more from a medical device. Perfection made in Germany and, above all, made with passion.

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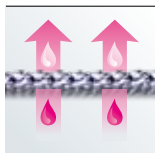
Overview soft supports



Premium is our standard

Clever basics as genuine added value.

All medi supports are equipped with these functional properties:



Clima Comfort

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.



Clima Fresh

Clima Fresh

The integrated Clima Fresh function has antibacterial actions and reliably prevents odour formation. Bacteria are kept away from the knit to maintain fibre-deep hygiene.

The result: the risk of infections (e.g. caused by micro-organisms) is reduced.



Comfort Zone

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.



Öko-Tex Standard 100

medi supports have been tested and evaluated for human ecological harmful substances.

The result: even people with sensitive skin can wear the supports without any problems.



Made in Germany

Supports from medi are developed and produced in Germany. Carefully selected materials are made into functional everyday companions with loving attention to detail.

The result: premium quality you can see and feel.



The icing on the cake for increased well-being

Always a little more – with medi.

The latest market influences, new technologies and trends all flow into our development work. These working practices culminate in premium products where quality is clearly tangible and visible.

Pressure relief you can feel

A comparative trial conducted at Erlangen University reveals that only the knee braces from medi ensure maximum relief of pressure on the patella*.

As individual as the patient

Treatment compliance can only be achieved when the product meets the different needs of patients. The Genumedi knee brace, for example, is available in an extra large size for bigger thighs.

Non-slip function

The knee braces Genumedi and Genumedi PT are equipped with a clever non-slip function. This keeps the brace in the right place at all times during movement.

Practical donning aids

In addition to the optimum fit and efficient effects, it is most important that supports are easy to put on – here, too, medi pays attention to every detail and encloses a donning aid with all ankle and wrist supports.

Heel wedges

Two wedges are always supplied with the Achimed support for additional relief of the Achilles tendon. These make the support more comfortable to wear and promote an even, harmonious gait.

Co-operation with doctors

medi works very closely with medical professionals during product development. This collaboration leads to holistic treatment concepts.

Sophisticated packaging

Thorough attention to detail at medi extends to the packaging. The products are now even easier to remove, can be repacked quickly and are very easy to hang up. The packaging also has been redesigned for easier storage.

* See pages 18 & 19 for more information on this



“The perfect photograph demands the very best I can give. Only the keen eye for detail captures the unique moments and keeps them for eternity”.

Andrea N., photographer



1. Individual pressure regulation 2. The inner workings of the support: pads with neurophysiological friction naps and a silicone ring around the open patella

Genumedi® PT

Knee brace to restore muscular balance in cases of an instability of the patella.

The Genumedi PT with its more effective trigger point stimulation ensures effective relief from pain. The support acts on the cause of the symptoms (often an imbalance between the inner and outer thigh muscles) without any side effects.

Trigger point therapy

Healthy muscles alternately contract and relax. However, failure to relax can lead to the muscle remaining permanently tense and shortened. Trigger points may develop and cause pain. Thus, knee symptoms may also be linked to the formation of a trigger point in the outer muscles over the front of the thigh.

An overview of the details

- **Stimulation of trigger point TrP₁** by the lateral pad to **reduce the muscle tone** of the outer thigh muscle (vastus lateralis)
- **Strap for individual adjustment of the pressure** exerted by the lateral pad
- **Specific activation** of the inner thigh muscle (vastus medialis) by the massage pad
- **Laterally reinforced patella** ring for reliable guidance of the patella in the femoral groove
- Considerably **less pain***
- **Holistic treatment approach** with the enclosed physiotherapy exercises that patients can comfortably do at home
- Also available in **extra wide sizes** starting in August

* See pages 18 & 19 for more information on this



*"I love devoting my heart and soul to my work,
especially when I see what results I get when
my instinct is right".*

Daniel P., Landscape gardener



1. Active breathing and skin-friendly 2. Open border of the patella silicone ring on the inside of the support
3. Non-slip system

Genumedi®

Knee brace for soft tissue compression.

The Genumedi knee brace stabilises and relieves pressure on the knee to correct minor instability, joint effusion and swelling as well as osteoarthritis, arthritis and irritative conditions.

An overview of the details

- **Non-slip system** consisting of the very latest high-frequency adhesive technique and silicone dot coating – for a wrinkle-free fit (even when the knee is frequently bent) and a firm hold
- **Only from medi:** an open border of the patella silicone ring on the inside of the knee for the elastic knit; reduces the pressure exerted on the kneecap during movement*
- **Numerous standard and made to measure models** and extra wide versions available (new: size III in extra wide is now also available)
- Every product includes a **sachet of cream** – for optimum hold and smooth skin

* See pages 18 & 19 for more information on this

*“My passion? My pride and joy!
Only loving attention to detail
breathes life into a machine”.*

Jacob N.,
passionate old-timer fan





1. Sophisticated hand loop system 2. Folding edges around the abdomen for comfortable sitting

Lumbamed[®] basic

Stabilising orthosis for the lumbar spine.

The Lumbamed basic back brace has been specially developed to treat pain in the lumbar and sacro-iliac region.

An overview of the details

- Integrated stabilising elements in the back of the support for more security and stability
- Fastener that adapts to the user's abdominal contours; edges simply fold out – **for more comfortable sitting** without pressure or chafing
- **Clever hand loops** for simpler donning of the support – particularly important with back pain
- Soft towelling material over the inner surface of the fastener make the support **comfortable to wear**



*“Dancing is my passion and my life.
I’ll give everything I’ve got until
I achieve absolute perfection and
complete harmony”.*

Anna S., dancer



1. Stabilising figure of 8 strap 2. Can also be worn without a strap due to the “2-in-1 principle”

Levamed[®] active

Ankle support with stabilising strap system.

Levamed active stabilises and relieves stress on the ankle joint in chronic ligamentous instability with recurrent supination trauma. An integrated active strap offers additional protection against twisting.

An overview of the details

- **Stabilising figure of 8 strap system** and split strap, individually adjustable and removable.

Wear with the strap system – for a firm hold during sports and on weight-bearing

Wear without the strap system – for safety in everyday living, also in slim-fitting business shoes

- **Donning aid** enclosed for simple donning, even with slightly wet feet
- Oblique border for **more stretch** of the knit – ideal if there is swelling
- **Pressure-free border** at the calf (no constriction)



“My clients expect my work to be absolutely precise. I keep my eye on every detail – right to the very end of every hair”.

Barbara A., master hairdresser



1. Comfort zone at the bend of the elbow 2. Split Velcro fastener 3. Outstanding fit

Epicomed®

Compression support for the elbow.

The Epicomed elbow support is used for golfer's or tennis elbow (humeral epicondylitis) as well as other chronic, post-operative and post-traumatic irritative conditions, swelling and joint effusion.

An overview of the details

- Optimised, comfortable fit for **better treatment compliance**
- **New: very soft and smooth strap** (due to the split Velcro area) – ideal for thin arms
- **Even softer knit** on the inside of the support makes it even more comfortable to wear
- **Optimised pads** for an even more pleasant wearing experience
- Exclusive and only with the “sand” variant: additional silicone topband for a **firm hold** (for soft connective tissue)



“The perfect tone demands plenty of patience. But it’s worth it; nothing sounds as sublime as absolute perfection.”

Oliver K., violin maker



1. Comfort Zone in the thumb region 2. Opening in the strap over the ball of the hand 3. Practical donning aid

Manumed active

Compression support for the wrist.

The Manumed active compression support possesses a palmar hand splint that moulds itself to the anatomy of the palm. It stabilises and relieves stress, e.g. in osteoarthritis and injuries of the wrist (sprains or strains).

An overview of the details

- **Individually adaptable to the size of the hand** due to an anatomically pre-formed hand splint – very good hold, even for large palms
- **Circular strap** to support the effect of the compressive knit and the palmar hand splint
- **Opening in the strap** for exact positioning of the strap relieves pressure on the lateral ball of the hand
- **Donning aid** makes it easier to put on, e.g. with moist hands or acute pain conditions
- No constriction or curling for the **best possible wearing comfort**



Scientific facts

Loving attention to detail leads to improved efficacy – and this has been proven for medi.

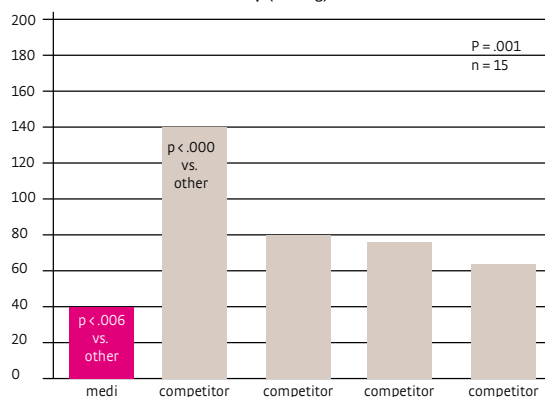
medi knee braces Genumedi and Genumedi PT

The refined details ensure soothing relief of the kneecap. Secondary retropatellar cartilage damage is already present in many indications. This is why the Genumedi braces surround the kneecap with an open patella silicone ring. The knit remains elastic in the middle and the brace offers the best possible protection while leaving plenty of room for movement.

A comparative test by The Institute for Medical Physics at Nuremberg/Erlangen University (2009) shows that the pressure exerted on the kneecap when using the Genumedi brace is less than 0.006 mmHg.

Thus Genumedi braces have considerably lower values than the comparator products tested.

Pressure exerted on the kneecap (mmHg)



Clinical trials confirm the effectiveness of Genumedi® PT

The role of quadriceps imbalance involving the vastus medialis and the vastus lateralis muscle in causing both femopatellar pain and patellar instability is medically proven*. Moreover the results of clinical trials confirm that using Genumedi PT brings genuine pain relief.

The data shows that a selective relaxation of the vastus lateralis muscle (by injecting botox for instance) can help strengthen the phasic function of the vastus medialis muscle and thus enable muscular imbalance to be corrected**.

Between December 2010 and April 2012, clinical trials into the effectiveness of the Genumedi PT knee support were conducted in cooperation with two independent testing centres in Stuttgart und Frankfurt.

Patient satisfaction exceeds 94 %

Patient surveys revealed that in 80 % of cases there was a marked reduction of pain and an attendant increase in mobility. At the end of the trial period, 94.4 % of patients found the Genumedi PT knee support to have been either helpful or extremely helpful.

Kujala and VAS scores show pronounced pain relief thanks to Genumedi PT

During treatment with the Genumedi PT knee support a significant reduction in pain was charted among the test users:

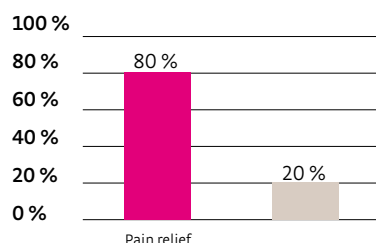
- The patients' VAS score sank by an average of 2 points.
- At the end of the test period the Kujala score was an average 92 points, which means patients were scarcely limited in their movements by pain.

* cf. Travell, J. Simons, D. Handbuch der Muskel-Triggerpunkte (The Trigger Point Manual). Munich 2000.

** cf. British Journal of Sports Medicine 2011; 45: 640-645.

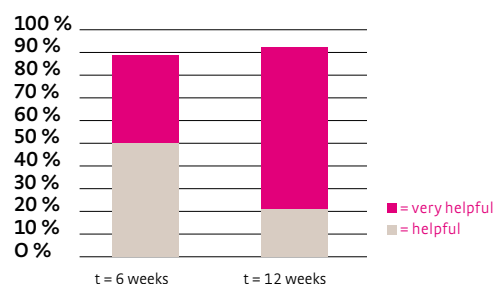
*** Herresthal, J. Gutachten Genumedi PT. Frankfurt 2012. (not published)
Wagner, D. Gutachten Genumedi PT. Stuttgart 2012. (not published).

Frequency of pain relief and increase in patient activity



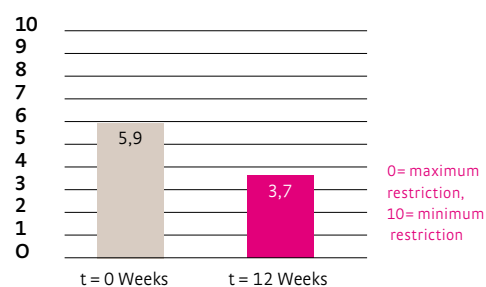
Results from 1st testing centre***

Patient satisfaction



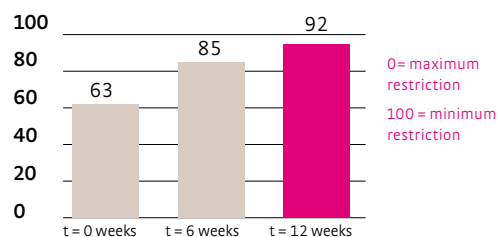
Results from 2nd testing centre***

VAS Score



Results from 1st testing centre***

Kujala Score



Results from 2nd testing centre***

Stephan Siegrist, professional Swiss alpinist: he specialises in first ascents on all seven continents as well as in "highlining" and "base jumping". Always on board: supports from medi.



Profi Alpinist
STEPHAN SIEGRIST
Stephan Siegrist

visualimpact.ch | Thomas Senf



Carlos Ruesga, member of the Spanish handball Team has won with Genumedi knee brace the 2013 World Championships.



Official supplier
of German national ski team



Official outfitter

medi is the official outfitter for the German national skiing teams. For instance, Tobias Angerer, Viktoria Rebensburg, Andrea Henkel and Fritz Dopfer are among those who wear supports from medi.

medi supports in professional sports

Tested in professional sports, proven in everyday living.



Professional athletes put their trust in medi, and the experiences of these impassioned athletes are of infinite value for us.

Whether rock climbing in summer, skiing in winter or indoor sports, medi is always part of the action and offers products that withstand any situation.


Overview of orthoses

Holistic patient care with the medi variety.


knee

	Genumedi PT	Genumedi
		
Indications	<ul style="list-style-type: none"> • Patellofemoral pain syndrome in cases of: <ul style="list-style-type: none"> - hypermobile patella - patellar lateralisation - muscular imbalance - patellar maltracking • post-operative treatment (patella stabilisation) 	<ul style="list-style-type: none"> • slight instability of the knee joint • articular effusions and swellings • chronic post-operative and post-traumatic inflammation • patella chondroplasty • osteoarthritis and arthritis • damage to the meniscus • patello femoral pain syndrome
Mode of action	<ul style="list-style-type: none"> • positive effect on the muscular structures that guide the patella to compensate for imbalance • reduces muscle tone of vastus lateralis • activates vastus medialis • laterally reinforced silicone ring gently guides the patella for reliable movement in the femoral groove • proprioceptive compression for reliable guidance and stabilisation of the joints 	<ul style="list-style-type: none"> • the massage effect achieved by the compressive fabric and silicone insert improves the blood circulation and aids absorption of haematomas and oedemas • the seamless, tailored knee support improves proprioception and improves muscular support (stabilisation of the knee)
	Now available in extra wide	Extra wide available in sizes III – VII

wrist / elbow

	Epicomed	Manumed active
		
	<ul style="list-style-type: none"> • lateral and medial epicondylitis (tennis elbow, golfer's elbow) • dislocation of the elbow • joint effusion and swelling due to arthritis and osteoarthritis • chronic post-operative and post-traumatic inflammation 	<ul style="list-style-type: none"> • wrist injuries, e.g. sprains, strains • osteoarthritis of the wrist • instability • tenosynovitis • irritative conditions (post-traumatic, post-operative and rheumatic)
	<ul style="list-style-type: none"> • the compressive knitted fabric and silicone insert exert a massage effect which promotes the healing process • specific areas of pressure to reduce pain and relieve tension at the tendon inserts 	<ul style="list-style-type: none"> • the volar splint stabilises and reduces stress on the wrist • the circular strap complements the stress relief provided by the compressive knit and the volar hand splint • pinpoint pressure relief on the ulnar styloid process enhanced by the anatomically designed strap
	Optimised fit and a new fastener on the strap	Including a strap that relieves pressure on the balls of the hand

back

	Lumbamed plus
	
	<ul style="list-style-type: none"> • lower back pain (lumbago) caused by facet joint disorders • postural muscle imbalance in the lumbar spine • ligamentous disorders • postdiscectomy syndrome • slight joint loosening in the lumbar spine, e.g. osteochondrosis and spondylosis • irritative conditions of the sacroiliac joint • symphysiolysis
	<ul style="list-style-type: none"> • slightly reduces lordosis and pelvic anterotation • the Vario-Flex pad stabilises the sacroiliac joint and relieves the lumbosacral junction • massage of the lumbar muscles to improve circulation • due to Vario-Flex pad and the compressive knit stimulation of metabolism and reduction of muscular tension and pain
	Now available with magenta Vario-Flex massage pads

ankle

Lumbamed basic	Lumbamed disc	Levamed active	Levamed	Achimed
				
<ul style="list-style-type: none"> • lower back pain (lumbago) caused by facet joint disorders • postural muscle imbalance in the lumbar spine • ligamentous disorders • postdiscectomy syndrome • slight joint loosening in the lumbar spine, e.g. osteochondrosis and spondylosis • irritative conditions of the sacroiliac joint 	<ul style="list-style-type: none"> • lumbago • degenerative changes of the facet joints • osteochondrosis • spondyloarthritis • irritative conditions of the sacroiliac joints • low back pain with sciatica (degenerative origin) • spondylosis without vertebral glide • minor spondylolysis, spondylolisthesis • intervertebral disc protrusion or disc prolapse 	<ul style="list-style-type: none"> • chronic ligamentous instability with recurrent supination traumas (twisting of the foot) • joint sprain with overstretch of the capsule • in the second phase of treatment for deltoid ligament injuries • follow-up treatment of fractures not requiring a cast • 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 	<ul style="list-style-type: none"> • slight instability of the ankle joint • football player's ankle, sprains • joint effusions and swellings due to arthritis and osteoarthritis • chronic, post-operative and post-traumatic inflammation 	<ul style="list-style-type: none"> • acute and chronic inflammation of the Achilles tendon • post-traumatic and post-operative inflammation • achillodynia • achillobursitis
<ul style="list-style-type: none"> • slightly reduces lordosis and pelvic anterotation • noticeable relief for the lumbar spine and support of the back muscles • the 4 integrated, anatomically shaped (angle of 35°) dorsal spring ribs can be adjusted manually to ensure perfect adaption to the anatomy of the lumbosacral region • the proprioceptive compression effect exerted by the support stimulates metabolism, reduces muscular tension and eases pain 	<ul style="list-style-type: none"> • relieves pressure on the affected spinal segments by reducing muscle tone • flattens the lumbar lordosis (bridging of the lumbar lordosis) • supports the abdominal area (activates the abdominal muscles) • reduces pelvic anterior rotation • due to the modular design (back pad and exchangeable stabilising rods with two different degrees of stiffness) the stability of the support can be adapted/reduced to suit the progressive course of recovery. The necessary activation of the trunk muscles prevents loss of muscle mass. 	<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • the compressive fabric and silicone inserts have a massage effect which promotes circulation and therefore assists with rapid resorption of haematomas and oedema • the support improves proprioception and aids muscular support (stabilisation of the ankle) 	<ul style="list-style-type: none"> • the compressive fabric and silicon insert exert a massage effect which promotes the healing process • soft protective padding for the Achilles tendon • the optional, insertable heel wedges reduce painful tension on the Achilles tendon
Including stabilising elements	Reducible stabilisation	With removable strap	Now available with even thinner pads	Including heel wedges

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