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medi

medi Ankle sport brace

Functional stabilisation and easy fit in
every shoe

medi. I feel better.

Interview with Andreas Seiferth

Andreas Seiferth is a professional German basketball player for medi Bayreuth of the Basketball Bundesliga (BBL) and member of the German national basketball team



When did you start using the medi Ankle sport brace?

I have been using it since spring 2017.

What were your main reasons for using it?

When I was a teenager I often sprained a ligament in my ankle during sports. Since then I have been wearing stabilising products to relieve the ankle and ligaments. This has now become a habit for me. It is also recommended to use such products as a professional athlete, from an insurance perspective. It was the head of medi's orthopaedic product management, Dirk Vogel, who introduced me to the medi Ankle sport brace.

What are the most important elements for you in an ankle brace?

The most important thing is a slim design so that you feel the brace as little as possible in your shoe and your movements are not hindered in any way. As a basketball player one constantly makes quick, sudden movements. So it's very important that the foot sits well in the shoe, even with a brace on. Ideally, it should be like a well-fitting inner shoe. As well as the good fit, protection against any twists is also crucial. The ankle and ligaments should be as secure and protected as possible. As an athlete, I want to be able to concentrate completely on training or the game, and not worry about my ligaments. The medi Ankle sport brace is the perfect product for this.

What features of the medi Ankle sport brace do you appreciate in particular?

The slim design, its adjustability and the secure feel. These are all essential qualities.

When do you use the brace? When training? In your spare time? At competitions?

All of the above. I mostly wear it when training with the team or as part of the individual preparation for the next game. But I also use it in competitions.

Do you wear it with all the accessories?

I wear it with all accessories when there is excessive strain or when I am injured. But that's rare. I usually wear the medi Ankle sport brace without the stabilising elements. The basic frame with lacing and taping is usually enough and gives me excellent stability and the necessary mobility.

Is there anything you'd like to improve?

I am very happy with the medi Ankle sport brace. I would like to emphasise the composition of materials. The brace is very lightweight and you don't sweat when wearing it.

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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



circumference of instep and heel (cm)	25 – 28	28 – 30	30 – 33	33 – 35	35 – 37
shoe size EU	34 - 36	36 - 40	40 - 43	43 - 46	46 - 48
size	XS	S	M	L	XL
article number	G.095.001	G.095.002	G.095.003	G.095.004	G.095.005