medi shoulder and elbow range

medi. I feel better.
Dear reader,

With the range of high-quality shoulder and elbow supports and orthoses from medi we are delighted to be able to offer you a broad spectrum of medical devices for treating your patients.

medi’s assortment covers a wide range of treatment options. On the following pages you will find an overview of medi’s shoulder and elbow programme. Your patients’ compliance is always a top priority in all medi’s medical devices.
## Shoulder

**abduction support**

<table>
<thead>
<tr>
<th>No.</th>
<th>Product Name</th>
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<tbody>
<tr>
<td>4</td>
<td>medi SAS® 15</td>
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<tr>
<td>5</td>
<td>medi SAS® comfort</td>
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<tr>
<td>6</td>
<td>medi SAS® multi</td>
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<td>7</td>
<td>medi SAS® 45</td>
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**internal rotation support**

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<tr>
<td>9</td>
<td>medi Easy sling</td>
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<tr>
<td>10</td>
<td>medi Shoulder fix</td>
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<tr>
<td>11</td>
<td>medi Armschlinge</td>
</tr>
<tr>
<td>12</td>
<td>medi Humeral fracture brace</td>
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## Elbow

**elbow orthoses and supports**

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<td>medi Epico active</td>
</tr>
<tr>
<td>21</td>
<td>medi Epico ROMs</td>
</tr>
</tbody>
</table>
Indications
• reconstruction after rotator cuff ruptures
• impingement syndrome
• after removal of calcium deposit
• conservative or post-operative treatment after subacromial bursitis
• conservative immobilisation of shoulder luxations / dislocations
• shoulder prosthesis insertion

Mode of action
• lateral positioning with anatomically-shaped cushion to relieve the ventral limbus and the capsule
• 15° abduction position to avoid adhesions to axillary recess (frozen shoulder)
• immediate post-operative, active and passive mobilisation of hand, wrist and elbow joint by opening of forearm sling without taking off the whole support
• early functional follow-up treatment; easier post-operative physiotherapy

Why medi SAS 15?
• simple opening of the forearm pouch favours early functional aftercare (e.g. physiotherapy)
• handrest (with integrated exercise ball) enables patients to exercise the forearm and wrist
  - improved blood flow
  - prevents stiffening of the wrist

Product benefits
Breathable lower arm bag for improved comfort in wearing.
Safe and comfortable positioning by anatomically preformed pillow.
Hand rest supports the hand and allows light forearm exercises to be carried out.

medi SAS® 15
Shoulder abduction splint – 15° abduction

medi shoulder / elbow range
Indications

- post-operative immobilisation after:
  - rotator cuff repair
  - fractures of the humeral head
  - shoulder prosthesis
  - AC joint luxation

Mode of action

- lateral positioning in 15° abduction with
  - anatomically shaped cushion to avoid
  - relieves pressure on the subacromial space
  - supports ventrallimbus and capsule areas

Why medi SAS comfort?

- comfortable positioning of the arm on an
  - ergonomically shaped cushion
- simple opening of the forearm pouch
  - promotes early functional aftercare
    (e.g. physiotherapy)

Product benefits

- Anatomically shaped cushion guarantees comfortable arm support.
- Handrest (with integrated exercise ball) enables patients to exercise the forearm and wrist
  - improved circulation
  - prevents stiffening of the wrist.
- The special ring-strap-solution transmit tension forces take away from the healthy shoulder / neck region.
medi SAS® multi

15° abduction support

Indications
- post-operative immobilisation following:
  - rotator cuff ruptures
  - humeral head fractures
  - prosthetic shoulder implants
  - immobilisation following posterior shoulder dislocation

Mode of action
- lateral positioning with anatomically shaped cushion to avoid
- relieves pressure on the subacromial space
- supports ventral limbus and capsule areas

Why medi SAS multi?
- proven high feeling of security for the patients.

Product benefits
- Cushioned waist strap secure support even when lying down; no posterior slippage.
- Wearing comfort belt relieves traction in shoulder and neck area.
- Adjustable external rotation separate wedge enables individual positioning of the arm in a secure external rotation.

medi patient survey of wearing comfort and feeling of security, medi SAS multi 2009 (not published)
Indications

- reconstruction after rotator cuff ruptures
- after open and arthroscopic shoulder stabilisation
- immobilisation after shoulder prosthesis implantation
- after acromioplasty
- conservative or post-operative treatment after subacromial bursitis

Mode of action

- lateral positioning with anatomically shaped cushion to relieve the ventral limbus and the capsule
- relieves pressure on the subacromial space
- 30° or 45° abduction position to avoid adhesions to the axillary recess (frozen shoulder)

Why medi SAS 45?

- handrest (with integrated exercise ball) enables patients to exercise the forearm and wrist
  - improved blood flow
  - prevents stiffening of the wrist
- simple opening of the forearm and upper arm straps favours early functional aftercare (e.g. physiotherapy)
medi SAK

Variable (10° to 60°) abduction support

**Indications**
- reconstruction after rotator cuff ruptures
- impingement syndrome
- shoulder prosthesis implantation

**Mode of action**
- temporary pressure relief on the subacromial space
- mobilisation to prevent adhesions in the subacromial, subcoracoid and subdeltoid spaces
- immobilisation of shoulder joint at 10° to 60° degrees abduction

**Why medi SAK?**
- handrest (with integrated exercise ball) enables patients to exercise the forearm and wrist
  - improved blood flow
  - prevents stiffening of the wrist
- simple opening of the forearm and upper-arm straps favours early functional aftercare (e.g. physiotherapy)

**Product benefits**
- Wearing comfort belt relieves traction in shoulder and neck area.
- Hand rest supports the hand and allows light forearm exercises to be carried out.
- Upper arm wedge guaranteed secure upper arm support in an abducted position.
Indications
• immobilisation after
  - dislocation of the shoulder
  - fracture of the humerus head
  - clavicular fracture
  - acromioclavicular divulsion
  - contusion of the shoulder
• Postoperatively after
  - rotator cuff repair
  - osteosynthesis
  - stabilisation of the shoulder
  - subacromial decompression
  - partial resection of the AC joint
  - stabilisation of the AC joint

Mode of action
• immobilises the shoulder joint with highly variable degrees of immobilisation
  - during the day: controlled mobility
  - at night: strict fixation

Why medi Easy sling?
• modular design for simple, comfortable handling.

Product benefits
• Variant to relieve strain on the neck
• Strict fixation with the additional abdominal strap at night
Indications

- conservative treatment after anterior shoulder luxation and/or chronic subluxation
- conservative and post-operative treatment of:
  - proximal fractures of the humerus head
  - scapula fractures
  - AC joint luxation
- conservative treatment for painful osteoarthritis

Mode of action

- almost complete immobilisation of the shoulder and elbow joints
- correction of malpositions with centring of the humeral head in the shoulder joint socket
- pain relief both in conservative therapy as well as after surgical procedures

Why medi Shoulder fix?

- simple opening of the upper and forearm pouch promotes early functional movements (e.g. pendulum movements).

Product benefits

- Lower arm sleeve easy to open lower arm sleeve for passive and pendulum exercises.

- Simple opening of the upper and forearm pouch promotes early functional movements (e.g. pendulum movements).

- Upper arm loop preformed upper arm loop for ease of grip when fastening.

medi Kidz – also available as Kidz-Version.

grey
medi Armschlinge
Internal rotation support

Indications
• post-operative immobilisation
• shoulder dislocation

Mode of action
• relief of shoulder joint, humerus and elbow
• fixes the arm close to the body and therefore immobilises the shoulder

Why medi Armschlinge?
• simple opening of the forearm pouch encourages early functional aftercare (e.g. physiotherapy)

Product benefits
One size fits all. The sleeve can be adapted to fit all sizes – simply fold up and secure with Velcro tabs.

medi Kidz – also available as Kidz-Version.
Indications

- postoperative care of subcapital or shaft fractures to the humerus
- conservative care of humeral fractures

Mode of action

- immobilisation of the humerus

Why medi Humeral fracture brace?

- option to reposition or remove upper arm belt for flexible range of application and compression
- easy to open: patients are able to do passive exercises.

Product benefits

- Rigid bars removable for custom fit and x-ray.
- Fully adjustable upper arm belt option to reposition or remove upper arm belts for flexible range of application and compression.
Indications
- shoulder contusions and sprains
- shoulder dislocations
- lesions of the rotator cuff
- stable subcapital fractures of the humerus
- scapular fractures

Mode of action
- stable fixation of the shoulder and upper arm
- additional stabilisation by the chest strap

Why medi Shoulder sling?
- due to the easy removal patients are able to do limited exercises in the later treatment stages
Indications

- Conservative / post-operative after proximal humeral head, scapula or glenoid fractures and AC joint dislocations
- Conservative with anterior shoulder luxation and chronic anterior subluxation as well as painful omarthrosis
- Post-operative after shoulder stabilisations, rotator interval reconstruction, refixation of the biceps tendon anchor

Mode of action

- Limitation and prevention of injurious movements thanks to the adjustable limitation of external rotation, abduction and anteflexion of the shoulder joint
- The elastic knit exerts gentle local compression on the superficial soft-tissues to limit and counteract swelling and reduce muscular tension
- Corrects postural deficits in the shoulder with accurate centring of the head of the humerus in the glenoid cavity and easing of shoulder pain

Why Omomed?

- Special medi compression knit for high wearing comfort.

Product benefits

Flexible strap system permits individual adjustment and variable limitation of movement at the shoulder joint.

Intelligent strap positioning ensures comfortable wearing and unrestricted function, even in everyday clothing.
Indications

• shoulder instability
• acute shoulder dislocation after reduction
• stabilisation of the shoulder in arthroscopic or open technique
• AC joint injury – operative/conservative
• fracture and osteosynthesis of the shoulder girdle
• implantation of a shoulder prosthesis
• humeral head fracture
• reconstruction after rotator cuff defect

Mode of action

• secure holding in 15° abduction and neutral position
• postoperative healing of the rotator cuff and avoidance of contractions
• holding position supports the installation of the ventral labrum and the relief of the rear capsule parts
• avoidance of frozen shoulder and adhesions/shoulder pain

Why medi SAS light?

• secure holding of the arm in neutral position. Early functional aftercare (e.g. pendulum exercises) by simply opening the forearm rest.

Product benefits

Open construction allows easy care and follow-up treatment (e.g. lymphatic drainage or wound care).

Ergonomically shaped forearm rest ensures secure holding and high wearing comfort.

Easy opening of the forearm rest enables early functional pendulum exercise.

Additional strap prevents unwanted posterior movement and can be attached as required.

Hand rest enables early functional forearm training.
Indications
- post-operative immobilisation after posterior shoulder stabilisation or multidirectional instability
- immobilisation after Latissimus dorsi transfer
- conservative use following traumatic posterior shoulder dislocation with reversed Bankart lesion
- immobilisation in two-directional anterior and posterior shoulder instability or following anterior capsule release
- conservative after tuberculum majus fractures

Mode of action
- allows positioning of the shoulder at 90° to the frontal plane releasing the posterior capsule to optimum position

Why medi SLK 90?
- simple opening of the forearm pouch favours early functional aftercare (e.g. physiotherapy)
- handrest (with integrated exercise ball) enables patients to exercise the forearm and wrist
  - improved blood flow
  - prevents stiffening of the wrist
medi elbow range
Epicomed

Elbow soft support with silicone support pads and tension strap

Indications
- lateral and medial epicondylitis (tennis or golfer’s elbow)
- joint effusion and swelling due to arthritis and osteoarthritis
- chronic post-operative and post-traumatic inflammation

Mode of action
- the compressive knitted fabric and silicone pad insert exert a massage effect which promotes the healing process
- specific areas of pressure to reduce pain and relieve tension at the tendon inserts

Why Epicomed?
- additional strap for individual pressure regulation

Product benefits
- The innovative knitted weave on the upper edge ensures a pressure-free, soft edge that fits perfectly to the contours of the patient’s arm.
- Removable strap for individual pressure adjustment.
- The compressive knitted fabric and silicone insert exert a massage effect which promotes the healing process.
- Also available as Epicomed E’motion

Available with new medi comfort knit in Q3 / 2018

Clima Comfort
Clima Fresh
Comfort Zone
medi Kidz – in sizes I + II also for children suitable
Indications
• epicondylitis (e.g. tennis or golfer’s elbow)

Mode of action
• reduction of stress to the affected muscle and tendon attachments in the elbow due to pressure pad

Why medi Epibrace?
• easy to apply with one hand

Product benefits
Flexible pad: can be used anywhere, on the left and right, as well as for golfer’s and tennis elbow.

New wave structure and pad with 3D profile improve the removal of lymph fluid.

Soft edge: gentle on the skin, does not dig in.

Precise pressure adjustment thanks to the numbering scale on the strap.

Even easier to put on thanks to the support strap.
Indications
• early functional treatment during conservative therapy following purely ligamental dislocation of the elbow with medial and / or lateral instability
• conservative way to prevent recurring dislocation of the elbow
• post-operative use for osteochondritis dissecans
• post-operative use following cartilage surgery
• post-operative use following ligament suturing or surgery

Mode of action
• polycentric splints safely guide and stabilise the elbow joint
• protects against damaging varus and valgus stress
• joint blocks can be used to limit flexion and extension
• reliable support when returning to sports

Why medi Epico active?
• supporting the course of therapy by securing the physiological guidance and the prevention of hyperextension
Indications

- treatment of elbow luxations (conservative / post-operative)
- orthotic care for medial or lateral epicondyle fractures
- treatment of fractures of the radial head (conservative / post-operative)
- treatment of distal humeral fractures (conservative / post-operative)
- post-operative care after prosthesis implantation

Mode of action

- immobilisation of the elbow joint by fixation of the upper and lower arm
- joint movement is limited to 0°-120° to guarantee ROM appropriate to the stage of rehabilitation
- prevention of movements that can cause luxation or subluxation
- prevention of pronation and supination movement due to hand rest

Why medi Epico ROMs?

- extremely comfortable to wear and simple handling thanks to the Quick-Set hinge
- low overall weight (100 % aluminium) makes it pleasant to use

Product benefits

- Limitation 0° - 120° serves to immobilise the elbow joint by fixation of areas of the upper and lower arm.
- Flat Quick Set hinge pleasant to wear, even under clothing. The hinge can be simply adjusted by pressing a button.
- Aluminium construction can be precisely shaped and adapted to the shape of any arm.
- Padding made of innovative foam and fits tightly and reliably – the fluted surface slightly compresses the muscle receptors, stimulating metabolism and preventing muscle tension.

medi Kidz – also available as Kidz-Version.
### Overview of measurements and sizes

<table>
<thead>
<tr>
<th>Product</th>
<th>Size</th>
<th>Length / Circumference cm</th>
<th>Art. No.</th>
<th>Measurement</th>
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<tbody>
<tr>
<td>Omomed</td>
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<td>up to 26</td>
<td>left: K.302.200 right: K.303.200</td>
<td>circumference upper arm</td>
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<td>I</td>
<td>26 – 29</td>
<td>left: K.302.201 right: K.303.201</td>
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<td>IV</td>
<td>36 – 39</td>
<td>left: K.302.204 right: K.303.204</td>
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<td>left: R.133.203 right: R.133.303</td>
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