PRODUCT INFORMATION

RETURN TO SPORT

medi® Ankle RTS®

medi. I feel better.

Features

POWER-LIFT-FUNCTION:
The traction on the outer edge of the foot and the anatomical pre-shaping and enclosing stabilisation element effectively protects the ligaments.

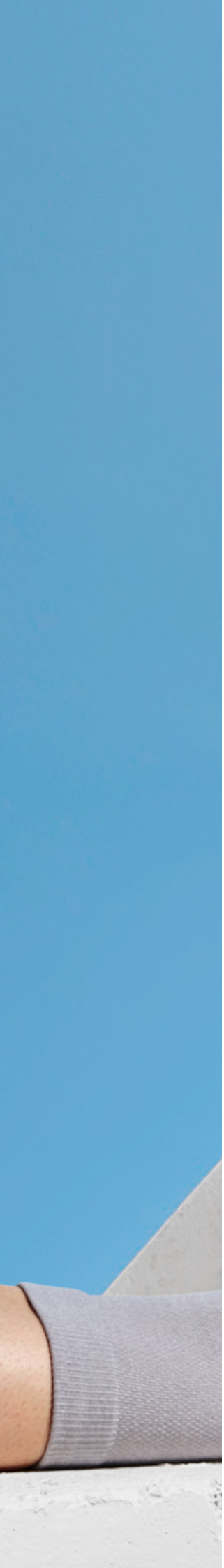
EASY-2-STRAP-SYSTEM:
Easy handling and adjustment thanks to intuitive strap guidance

SEAMLESS CUT:
Ensures an ideal fit and can prevent window edema

ENCLOSING STABILIZATION ELEMENT AND ANATOMICAL PRE-SHAPING:
Supports the foot and provides reliable stability

COMFORTABLE ENTRY AND OPTIMAL WEARING COMFORT:
Due to the slim design and light weight

You can find the **donning instructions** as a video directly via this QR code:



medi®
Ankle RTS®

Effectively back to movement – with stability and comfort

The medi Ankle RTS is the everyday companion for effective stabilization of the upper or lower ankle joint: Wearing the orthosis provides security, can counteract ankle twisting, and protects the ligament apparatus. Its slim design makes it comfortable to wear in a variety of footwear. The integrated stabilization element and the individually adjustable Easy-2-Strap system offer optimal support after ankle injuries.

Areas of application
All indications in which a stabilisation of the upper and lower ankle joint in one plane is necessary, such as:

- Following distorsions (e.g. supination injuries)
- Chronic ligament instability in the upper and lower ankle joint
- As a preventative measure after supination injuries, particularly for sports
- Mild injury to the syndesmotic ligaments

Therapy-accompanying exercises

Additional exercises are available for users of the medi Ankle RTS. After consulting with a physician, the exercises are digitally accessible and can be performed at home. The exercise program can assist the mobilization after an ankle injury.

You can access the exercises for the ankle joint via this QR code:

circumferences in cm	shoe size (EU)	size	Art.-No. left	Art.-No. right
18 – 21	35 – 38	S	G096022	G096032
22 – 25	39 – 42	M	G096023	G096033
26 – 30	43 – 47	L	G096024	G096034

1 Primary measurement, 2 Secondary measurement

colour
black

Unisex version
left, right

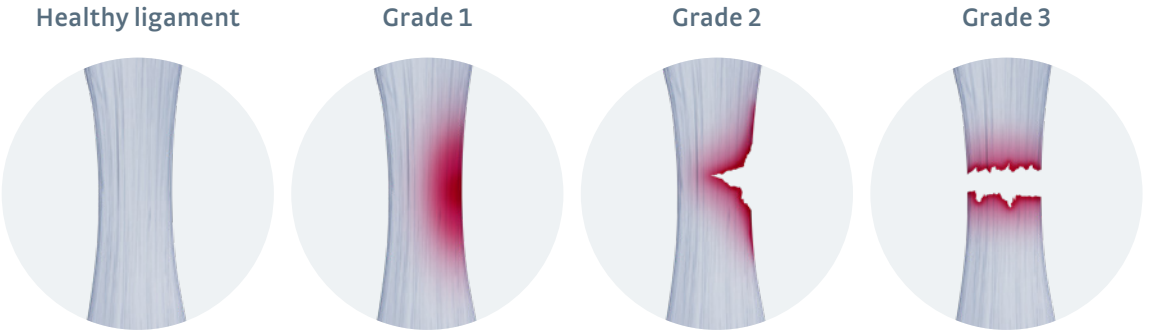
Material composition
Polyamide, Polyurethane, EVA-foam, Polyester

Anatomy

The ankle is composed of two sub-joints: the upper ankle joint (articulatio talocruralis) and the lower ankle joint (articulatio talotarsalis). The upper ankle joint is formed by the tibia (shinbone), fibula (calf bone), and talus (ankle bone), while the lower ankle joint consists of the talus, calcaneus (heel bone), and os naviculare (navicular bone).

A twisting or spraining of the upper ankle joint is among the most common injuries of the musculoskeletal system and is considered the most frequent sports injury, accounting for approximately 40 percent of all cases.[1]
If a sprain occurs due to the foot rolling outward, it is referred to as a supination trauma. About 85 percent of all ankle sprains are supination injuries.[1]

Grades of ankle sprains



Proven benefit of ankle braces[2]:

Primary prevention:
Ankle braces reduce the risk of having an ankle injury by about **47 percent** (compared with athletes wearing no ankle braces)[2]

Secondary prevention:
Ankle braces reduce the risk of recurrent acute ankle injuries by about **63 percent** (athletes with a history of an acute ankle injury compared with athletes wearing no ankle braces)[2]

[1] Lichte et al. Aktuelle Diagnostik und Behandlung der Sprunggelenks-Distorsion in Deutschland. Unfallchirurgie 2024;127:449–456.
[2] Barelds I et al. Ankle Bracing is Effective for Primary and Secondary Prevention of Acute Ankle Injuries in Athletes: A Systematic Review and Meta-Analyses. Sports Medicine (Auckland, N.Z.). 2018 Dec;48(12):2775-2784.

You can find more information about the **medi Rehab one** via this QR code:

medi Rehab® one calf sock (AD)

Ideal Therapy Supplement:

The first medical compression stocking from medi, specifically developed for effective edema therapy after orthopaedic procedures and injuries to the ankle joint. For ankle indications, the medi Rehab one AD sock allows particularly easy and painless donning and doffing – ideal for patients with high pain sensitivity and pronounced edema formation. The calf sock supports indication-appropriate treatment, for example, in cases of ankle sprains, ankle fractures, and Achilles tendon ruptures.

Intended purpose: medi Rehab® one is a round-knit medical compression stocking for compressive care of the lower limbs, mainly for prevention and treatment of postoperative and post-traumatic oedema and general swelling. **medi® Ankle RTS®** is an adjustable ankle brace for stabilisation in one plane.

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