



**PES ANSERINUS
SYNDROME**



**KNEE
INSTABILITIES**



**PATELLAR
TENDINITIS**



**PATELLO-
FEMORAL
PAIN
SYNDROME**

EVERYTHING THE KNEE DESIRES!

Supports from medi

Every knee pain is personal.

Rely on four supports that have been developed for specific knee pain.



Everything the knee desires.

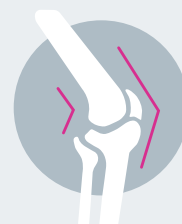
Supports from medi

The medi supports portfolio provides you and your patients with four products for specific knee pain. Each support has been specially developed for an indication and precisely tailored to the requirements of the clinical picture. This is because each pain is different. Each indication has different pain points.

Indication



Pes anserinus syndrome



Knee instability

With all supports for specific knee pain, **the VAS pain score decreases**. More information available on the respective product pages.



Genumedi® PA



medi.biz/pa-br



Genumedi® pro



medi.biz/pro-br



Free in every package:

Information for appropriate exercises



Patellar tendinitis



Genumedi® PSS



medi.biz/pss-br



Patellofemoral
pain syndrome



Genumedi® PT

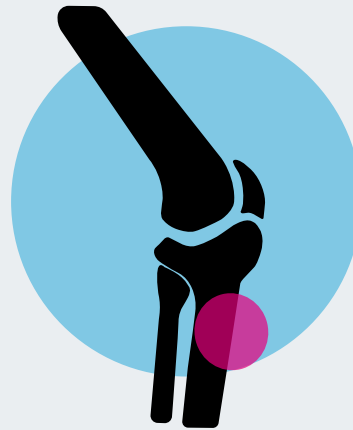


medi.biz/pt-br

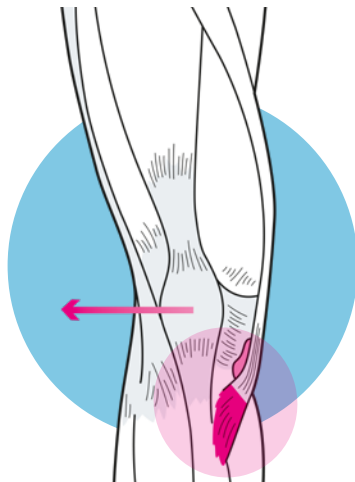


Genumedi® PA

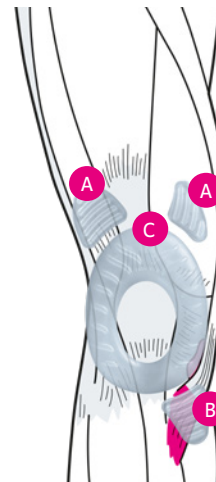
For pes anserinus syndrome



Indication



Effective support



Functional malalignment: Genu valgum (knock knee)

Overextension of the PA group of tendons
(M. sartorius, M. semitendinosus, M. gracilis)

Increased pathomechanic stress
on the tendon insertion and bursa

Increased tension / pressure, overburdening /
irritation and patellar lateralisation

Pes anserinus syndrome

A Restoration of muscle balance

- Elimination of tension in M. vastus lateralis by addressing trigger point Trp1
- Activation of M. vastus medialis

B Stimulation of the pes anserinus

C Safe patellar guidance

Relief of stress on tendon insertion
pes anserinus + less pain ^{1,2}



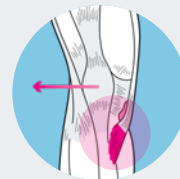
Strap system:

Individual pressure adjustment
on tendon insertion.
No cutting into the skin thanks to
offset strap system.

3D pad system:

A 3D pads:
restoration of muscular
balance in the long-term

B 3D tendon pad:
for the stimulation of the
pes anserinus and for pain
relief



C 3D patellar pad:
laterally reinforced for a secure
patellar guidance

Free in every pack:

Information
for appropriate
exercises

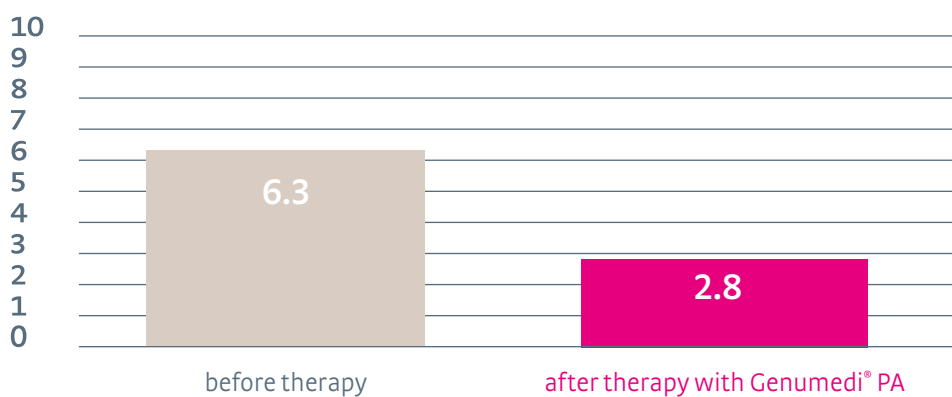


medi.biz/pa-br



Effective pain alleviation with Genumedi® PA

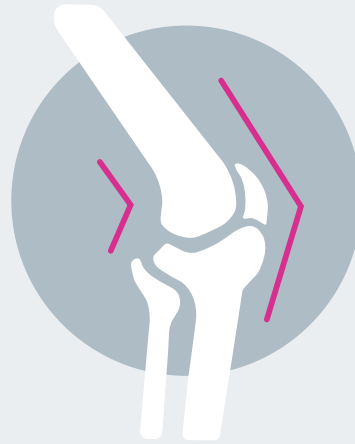
Average decrease in VAS pain scores of 3.5 points²



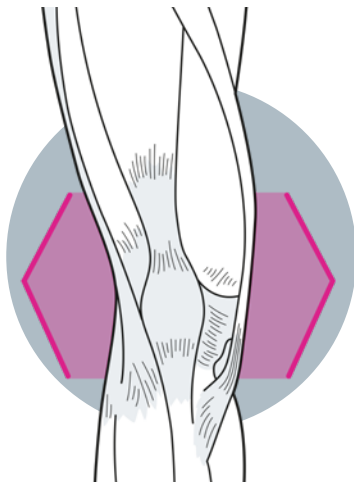
0 = no pain;
10 = maximum
unbearable pain

Genumedi[®] pro

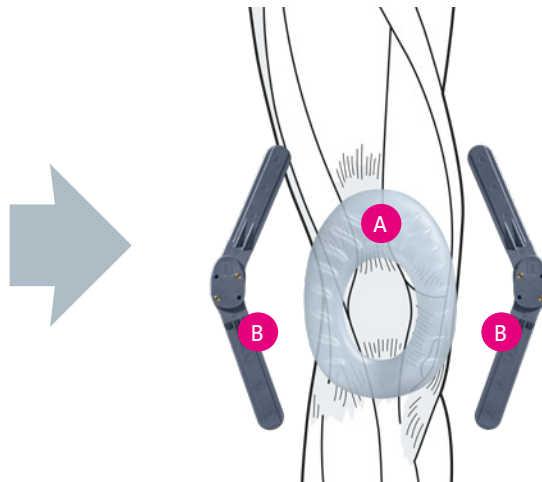
For knee instability



Indication



Effective support



Past injuries
(e.g. ligament rupture) and degenerative
changes in the knee (gonarthrosis)



Ligamentous laxity

Knee instability

A Safe patellar guidance

B Relief of the knee joint

Support for the physiological
roll and glide motion
+ external stabilisation
+ less pain³



Wrap-around straps:

on upper and lower leg
for additional hold

A 3D patella pad:
Safe patellar guidance

B Easyglide hinges:
for relief of the knee joint
and support of the
physiological roll/glide
movement

Free in every pack:

Information for
appropriate exercises



medi.biz/pro-br

Effective pain alleviation with Genumedi® pro

Average decrease in VAS pain scores of 2 points³

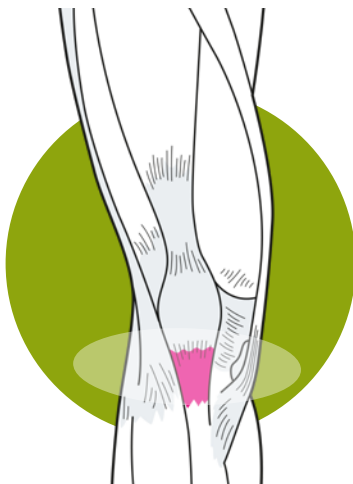


Genumedi® PSS

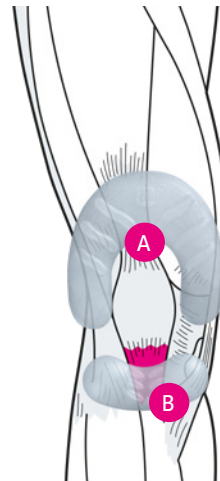
For patellar tendinitis



Indication



Effective support



Stress on patellar tendon insertion

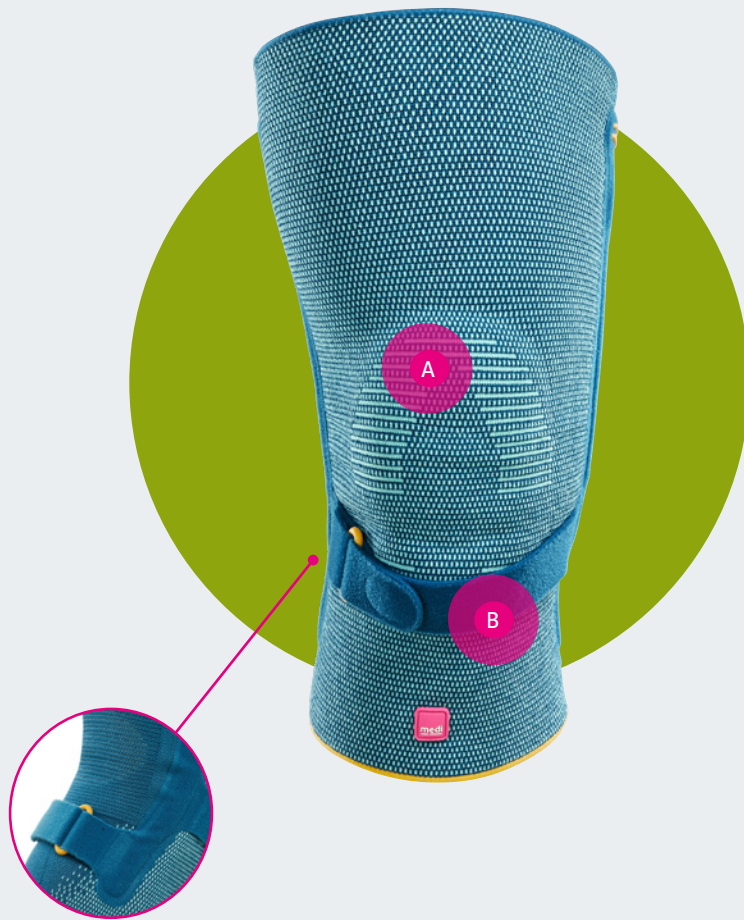
Irritation

Patellar tendinitis syndrome /
jumper's knee / runner's knee

A Safe patellar guidance

B Stimulation of the patellar tendon

Relief for the patellar tendon insertion
+ less pain⁴⁻⁹



Strap system:

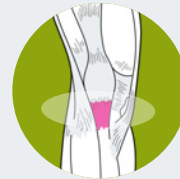
Individual pressure adjustment on the patellar tendon.

No cutting into the skin thanks to offset strap system.

3D pad system:

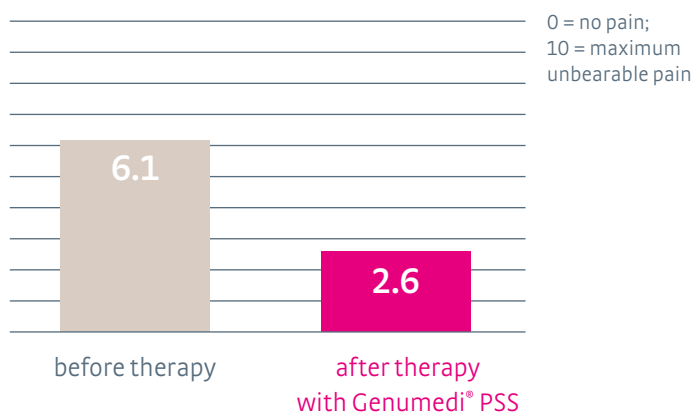
A 3D patellar pad:
secure patellar guidance

B 3D tendon pad:
for the stimulation of the
patellar tendon and for pain
relief



Effective pain alleviation with Genumedi® PSS

Average decrease in VAS pain scores of 3,5 points⁸



Free in every pack:

Information for
appropriate exercises!



medi.biz/pss-br

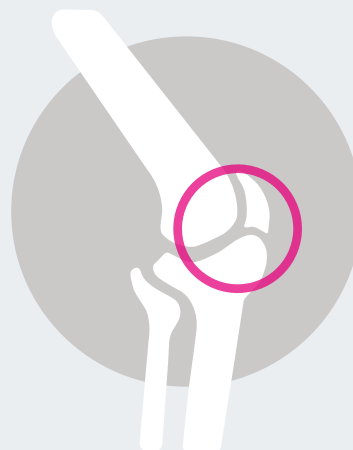


The positive effects of
eccentric training for the
patellar tendon have
been documented.

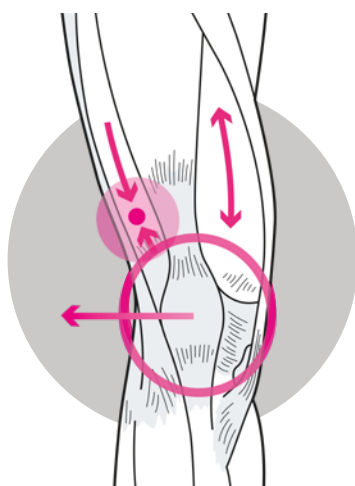
Studies have shown that regularly performing eccentric knee bends on a 25°-slanting board can generate positive effects in conservative treatment of patellar tendinitis syndrome.⁴⁻⁷

Genumedi® PT

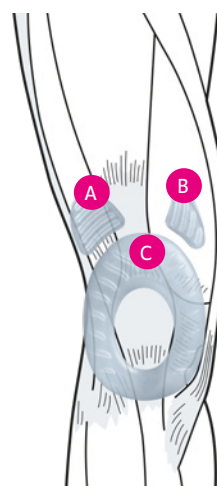
For patellofemoral pain syndrome



Indication



Effective support



Muscular imbalance¹⁰
between M. vastus lateralis (hypertonic) and
M. vastus medialis (atrophic)
➔ Therapy training of the trigger point TrP₁

Patellar lateralisation

Patellofemoral pain syndrome

Muscle balance restoration^{11, 12}

- A** Elimination of tension in M. vastus lateralis
by addressing trigger point TrP₁
- B** Activation of M. vastus medialis

C Safe patellar guidance

Treatment of causes + less pain¹³



Strap:

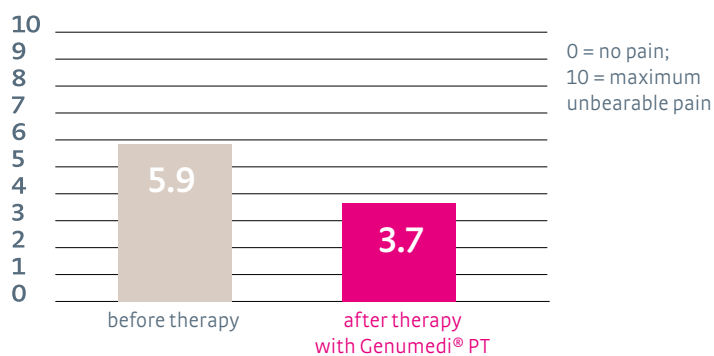
Pressure regulation
on the trigger point

3D pad system:

- A** 3D-muscle-relaxing pad:
addressing trigger point to
relax M. vastus lateralis
- B** 3D-activation pad:
activation of M. vastus
medialis
- C** 3D patellar pad:
lateral reinforcement
for safe guidance

Effective pain alleviation with Genumedi® PT

Average decrease in VAS pain scores of 2 points¹³



Free in every pack:

Information for appropriate exercises



Clinical studies on patellofemoral pain syndrome

Knee supports have a direct effect on the pain symptoms, neuromuscular activity as well as the kinematics of the knee in the case of patellofemoral pain syndrome.¹⁴

The following endpoints:
(**WITH and WITHOUT Genumedi® PT**, each intra individually) were studied:

- Stair climbing
- Jumping
- Standing up and sitting down (chair)
- Walking (treadmill)



WITH Genumedi® PT it has been shown that ...



... for all exercises there is a **significant reduction in pain** by 33 – 56%;



... for the subgroup of patients with **delayed activation of the M. vastus medialis**, there is a **significantly faster response** of this muscle by 56 milliseconds;



... or two of the exercises (stair climbing, getting up from a chair) **there is a significant increase in the knee angle** in the sagittal plane.

Product overview

of Genumedi® – Knee supports

Genumedi® PA

Knee brace for relieving pain at the pes anserinus tendon insertion



Standard:

Left: K.172.20*
Right: K.173.20*

Extra wide with grip top:

Left: K.172.27*
Right: K.173.27*

* = Size, colour =  silver

Why Genumedi® PA?

Individual and precise relief of the tendon attachment pes anserinus.

Intended purpose:

Genumedi® PA is a brace which guides patella tracking.

All indications in which an effect on the guidance of the patella, as well as an effect on neighbouring anatomical structures (e.g. Pes anserine) is necessary, such as:

- Pes anserine syndrome
- Pes anserine bursitis
- Pes anserine tendinopathy/tendinitis
- Postoperative pain conditions at the area of Pes anserine tendon insertion
- Patellofemoral pain syndrome
- Osteoarthritis of the knee

Genumedi® pro

Knee brace for physiological guidance of the knee joint



Standard:

K.121.21*

Extra wide with grip top:

K.121.28*

* = Size, colour =  silver

Why Genumedi® pro?

Secure positioning on the leg thanks to Easyglide joint and anatomically pre-shaped straps.

Intended purpose:

Genumedi® pro is a knee support brace without limitation of extension / flexion.

All indications in which support of the physiological guidance of the knee joint is necessary, such as:

- Mild to moderate instability of the knee joint
- Osteoarthritis of the knee
- Mild collateral ligament instabilities

Genumedi® PT



Knee brace promoting muscular balance in cases of patellar lateralisation



Standard:

Left: K.142.24*
Right: K.143.24*

Extra wide with grip top:

Left: K.142.28*
Right: K.143.28*

* = Size, colour = ● silver

Why Genumedi® PT?

Restoration of muscular balance by detonation of the vastus lateralis muscle via TrP₁.
Minimization of retropatellar pressure by open enclosure of the patella silicone ring.

All indications in which a positive effect on the guidance of the patella is necessary, such as:

- Patellofemoral pain syndrome
- Patellar maltracking
- Patellar lateralisation
- Hypermobility patella
- Malalignment
- Patellar subluxation

Intended purpose:

Genumedi® PT is a brace which guides patella tracking.

Genumedi® PSS



Knee brace for relieving pain at the patellar tendon insertion



Standard:

K.150.30*

Extra wide with grip top:

K.150.37*

* = Size
colour = ● Lyons blue

Why Genumedi® PSS?

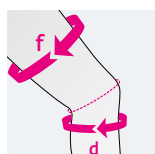
Combination of compressive knit, silicone pads and patellar tendon strap with individual pressure adjustment via offset strap system.

Intended purpose:

Genumedi® PSS is a brace for influencing the patella glide path.

All indications in which a positive effect on the guidance of the patella is necessary, such as:

- Patellar tendinitis (Jumper's Knee)
- Osgood-Schlatter disease
- Patellofemoral pain syndrome



Measurement of upper leg circumference (f) 15 cm above the centre of the knee, medial (on the inside). Lower leg circumference (d) 15 cm above the centre of the knee, medial (on the inside).

Genumedi® – Knee supports

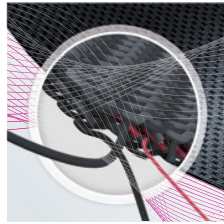
(f) cm	(d) cm	Size
34 – 37	22 – 25	*0 ¹
37 – 40	25 – 28	*1
40 – 43	28 – 31	*2
43 – 46	31 – 34	*3
46 – 49	34 – 37	*4
49 – 52	37 – 40	*5
52 – 55	40 – 43	*6
55 – 58	43 – 46	*7

Genumedi® – Extra wide knee supports

(f) cm	(d) cm	Size
46 – 49	31 – 34	*3
49 – 52	34 – 37	*4
52 – 55	37 – 40	*5
55 – 58	40 – 43	*6
58 – 61	43 – 46	*7

¹ Size *0 only available for Genumedi® PSS.

Features of all the supports for specific knee pain



LATEST KNITTING TECHNOLOGY

easy to pull on, comfortable fit,
proven stability



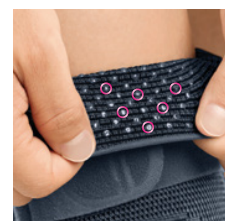
OPEN PATELLA

perceptibly decreases pressure on the
kneecap due to the open enclosure of the
patellar silicone ring



COMFORT ZONE WITH RIPLE STRUCTURE

enhanced wearing comfort in the
sensitive hollow of the knee



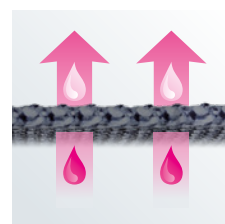
NON-SLIP

secure hold due to integrated
silicone dot coating



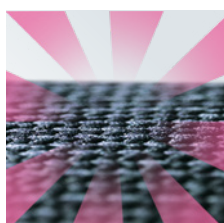
GRIP-ONS

silicone dots on the side for gripping
make it easier to pull on the support



CLIMA COMFORT

optimum conditions for the skin
through effective moisture management



CLIMA FRESH

integrated Clima Fresh function
• Odour-inhibiting effect

References

- ¹ Krüger R., Naila, report Genumedi PA, 2020 (not published): Results after completion of treatment:
 - Improvement in the pain scale area by an average of 3.5 points across all patients
 - Very high patient satisfaction with regard to wearing comfort and handling
- ² Pfalzer S., Ulm, report Genumedi PA, 2020 (not published): Results after a treatment period of 6 weeks on average (n=14):
 - Improvement in the pain scale from an average of 6.3 to 2.8 points
 - valuation of wearing comfort, handling, Feeling of stability with very good to good
- ³ Nürnberger. J, Burghausen, report Genumedi pro, 2014 (not published): Results after a treatment period of 8 weeks on average (n=30):
 - Improvement in VAS pain score by an average of 2 points in 85% of patients
 - Increase in patient activity
 - Very positive assessment of the patients regarding dressing- and undressing, slipping and fit
- ⁴ Purdam CR et al. Br J Sports Med 2004;38(4):395–397.
- ⁵ Jonsson P, Alfredson H. Br J Sports Med 2005;39(11):847–850.
- ⁶ Visnes H, Bahr R. Br J Sports Med 2007;41(4):217–223.
- ⁷ Zwerver J et al. Br J Sports Med 2007;41(4):264–268.
- ⁸ Ogon, P., Freiburg, report Genumedi PSS, 2015 (not published): Results after a wearing time of average of 17.1 days and a daily wearing time of 7.2 hours on average (n=13):
 - Improvement in VAS pain score by 3.5 on average
 - All patients achieved a significant pain reduction up to freedom from pain at the end of therapy
 - Positive assessment with regard to fit, length of the support, ease of application, comprehensibility of the handling
- ⁹ Berg R., Berlin, report Genumedi PSS, 2015 (not published): Results after a treatment period of 6 weeks:
 - In 80 % complete freedom from pain, with 20 % significant pain reduction
 - Very good acceptance in terms of handling and wearing comfort
- ¹⁰ Travell JG, Simons DG. (2000). Quadriceps-femoris-Gruppe. In: Travell JG, Simons DG (Hsg.), Handbuch der Muskel-Triggerpunkte. Untere Extremität und Becken. S. 268–311. München: Urban & Fischer.
- ¹¹ Singer BJ et al. Br J Sports Med 2011;45(8):640–645.
- ¹² Kompendium Orthopädie / Unfallchirurgie 2011, 8. Jahrgang, Nr. 1.
- ¹³ Wagner D., Stuttgart, report Genumedi PT, 2012 (not published); Herresthal J., Frankfurt, Gutachten Genumedi PT, 2012 (not published): Results after a treatment period of 12 weeks with (very) frequent wear, (n>20):
 - Pain relief and increased activity in 80% of patients.
 - Reduction of VAS pain score from an average of 5.9 to 3.7 points (1 = no pain, 10 = unbearable pain)
 - Increase in Kujala score (Anterior Knee Pain Scale) from an average of 63 to 92 points (100 = pain free, highest activity level)
 - Patientenzufriedenheit bei 94,4 % der Patienten
- ¹⁴ Kölle et al. Immediate effects of an elastic patellar brace on pain, neuromuscular activity and knee kinematics in subjects with patellofemoral pain. Arch Orthop Trauma Surg 2020;140(7):905–912.

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