



medi

Guide

Knee instabilities

Information brochure with
exercises to complement therapy



medi. I feel better.



Knee instabilities – the facts

The knee joint is always in motion: Both in everyday life and during sports, it is subjected to various loads and strains. This means that the knee joint can become overloaded. Minor and more severe injuries may impair the function of the joints and wear and tear may occur (osteoarthritis). If the knee joint is no longer as stable as it should be, this is deemed to be knee instability.

Instability in the knee joint can be caused by damage to the ligaments, the knee joint cap or the menisci, for example. Knee instability can also be caused by leg axis misalignment, such as knock knees or bandy legs, which often cause wear and tear of the joint.

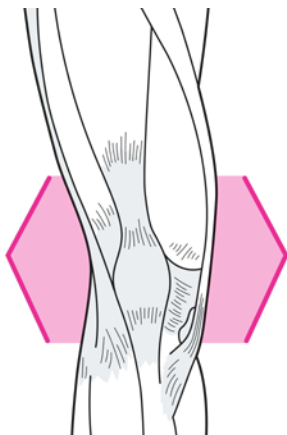
This chiefly affects these patients

Knee instabilities more commonly occur among men over the age of 40, however, women can also be affected. The cause is often an earlier knee injury (due to sports, for example). The ligaments are no longer able to stabilise the joint as normal, and the result is instability and pain in the knee.

Symptoms and causes how knee instability occurs

The knee instability may be associated with recurrent, strain-dependent and ongoing pain. The patient is generally able to observe a feeling of instability in the knee.

This instability is often felt as a sensation of the knee twisting side-to-side or giving way.



History of injuries
(e.g. torn ligaments) and degenerative,
i.e. caused by wear and tear,
changes in the knee (osteoarthritis)



slackening of the ligamentous apparatus

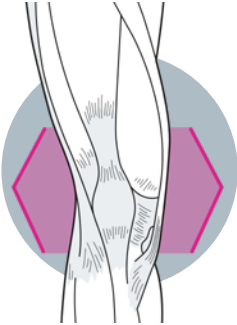
Knee instability

Treatment – effective support

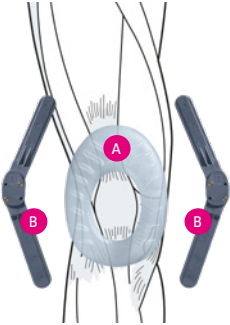
Treatment of knee instabilities primarily entails conservative approaches, i.e. non-surgical methods.

Orthoses have proven to be an effective solution, such as the Genumedi pro. It is able to stabilise and relieve the knee joint and easy-glide hinges support the physiological roll-glide movement.

Starting point



Effective support



A Secure guidance of the kneecap

B Stabilisation of and relieving the knee joint

Supporting the physiological roll and glide motion
+ external stabilisation
+ reducing pain

Product features

Grip-Ons:
additionally facilitate donning



Non-slip:
Secure hold due to integrated silicone dot coating



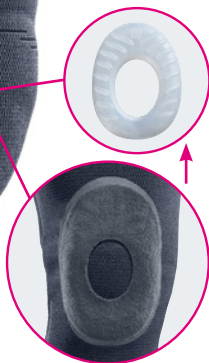
Easy-glide hinges:
for relief on the knee joint and support of the physiological roll/glide movement



medi Comfort Zone:
with rippled structure for a higher level of comfort in the hollow of the knee



Integrated silicone patella pad with 3D profile:
for a gentle massaging effect and guidance of the patella. Open enclosure of the patellar ring for perceptible pressure relief on the kneecap



Individually adjustable straps:
Wrap-around straps on upper and lower leg for additional hold

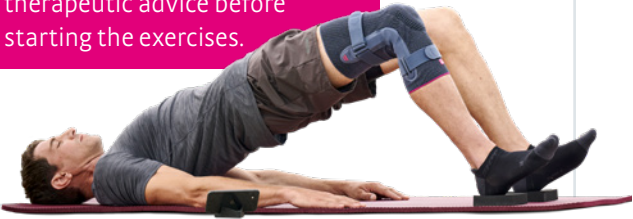
Exercises to stabilise the knee

If the knee lacks the necessary support, exercises can help to stabilize the joint. Special training will strengthen your muscles and help you feel more secure when walking.

Discover our exercises that you can do in the comfort of your own home.



Please seek medical or therapeutic advice before starting the exercises.



Scan the QR code or use the URL for further information on how to use the product: medi.biz/gen-pro-handling



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