



New:  
medi® Ankle RTS®

# medi foot and ankle joint products

Safe and comfortable therapy for many indications



medi. I feel better.



Dear Reader,

Foot and ankle products from medi offer more to your patients: They support the healing process in many indications. They are distinguished by their high quality and clever details and enable your patients to handle them easily. This gives patients confidence in the treatment and contributes significantly to compliance with therapy. The following pages will give you an overview of the medi aids for stabilisation, immobilisation, or for functional therapy.

Do you pay particular attention to the “Why”?



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# medi Rehab<sup>®</sup> one

Round-knit medical compression stocking



## Indications

Oedema

- posttraumatic oedema
- postoperative oedema

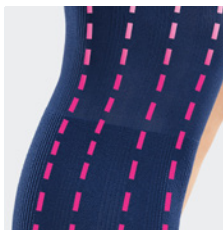
## Mode of action

- round-knitted medical compression stocking used for compression of the lower extremities, mainly for prevention and treatment of general swelling
- pre-existing oedemas can be reduced and oedema formation can be prevented via exerting compressive pressure (compression class I) on the tissue from the exterior
- for effective oedema therapy following orthopaedic interventions and injuries to the musculoskeletal system (to the lower extremities)

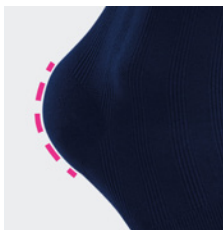
## Why medi Rehab one?

Merino plush for easy donning.

## Product benefits



3D lengthwise ribbing facilitates correct placement and provides secure handling.



Pre-formed heel for easy positioning and improved fit.



Broad knee stocking band for additional hold (AD).



Intended purpose: 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<sup>®</sup> elastic ankle support

Two-way stretch ankle support in a medium compression with fitted heel



## Indications

All indications in which soft tissue compression at the ankle joint is necessary, such as:

- slight instability of the ankle joint
- sprains and distorsions
- joint effusions and swellings due to arthritis and osteoarthritis

## Mode of action

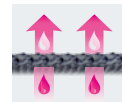
- the compressive knitted fabric can improve proprioception: the improvement in proprioception supports the body's own guidance and stabilises the joint

## Product benefits

Seamless knit fabric that moulds to the anatomy.



caramel



Clima Comfort



Clima Fresh

# Achimed®

Comfort support for soft tissue  
compression of the achilles  
tendon with 3D silicone pad



## Indications

All indications in which soft tissue compression with local pressure pad(s) on the Achilles tendon is necessary, such as:

- acute and chronic inflammation of the Achilles tendon
- achillodynia
- achillobursitis

## Mode of action

- relieves pain and dissipates swelling (oedema, haematoma) via integrated 3D silicon pads (massage effect)
- stabilisation and relief on the joint elicited via compressive knitted fabric (CCL II)
- the compressive knitted fabric can improve proprioception. The improvement in proprioception supports the body's own guidance and stabilises the joint

## Why Achimed?

Donning aid for easier getting on.

## Supplementary digital therapy support



Access physio exercises  
using the QR code or  
short URL  
**medi.biz/Achimed**

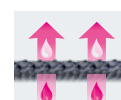
## Product benefits



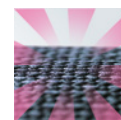
Comfort knit with stretch zone for easier donning.  
Extended relief zone in the instep area.



Two-part 3D silicone pad for gentle massage without pressure on the Achilles tendon.



Clima Comfort

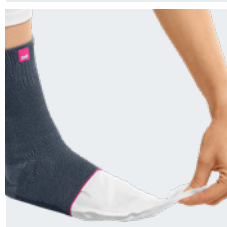


Clima Fresh

## Accessories



Separate heel wedges for tendon relief.



Easy to put on using included donning aid.

Intended purpose: Bandage for compression of the achilles tendon

# Levamed®

Comfort ankle support for soft tissue compression with 3D silicone pads



## Indications

All indications in which soft tissue compression with local additional pad(s) at the ankle joint is necessary, such as:

- slight instability of the ankle joint
- sprains and distorsions
- joint effusions and swellings due to arthritis and osteoarthritis

## Mode of action

- dissipates swelling (oedema, haematoma) via integrated 3D-silicone pad
- the compressive knitted fabric can improve proprioception. The improvement in proprioception supports the body's own guidance and stabilises the joint

## Why Levamed?

Donning aid for easier getting on.

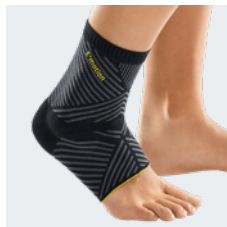
## Product benefits



Comfort knit with stretch zone for easier donning. Extended relief zone in the instep area.



3D silicone pad for massage and swelling reduction.



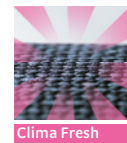
Also available as Levamed® E+motion®. More information on [medi.biz/emotion](http://medi.biz/emotion)



silver



Clima Comfort



Clima Fresh

## Accessories



Easy to put on using included donning aid.

# Levamed® active

Comfort ankle support for soft tissue  
compression with elastic strap



## Indications

All indications in which soft tissue compression with local additional pad(s) at the ankle joint is necessary and at least one direction of movement is restricted by additional functional elements, such as:

- joint sprain with overstretch of the capsule
- chronic ligamentous instability with recurrent supination traumas (twisting of the foot)
- in the second phase of treatment for lateral ligament injuries
- nonsurgical treatment of injuries of the syndesmosis not requiring surgery

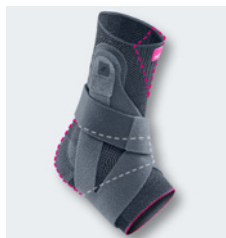
## Mode of action

- relieves pain and dissipates swelling (oedema, haematoma) via integrated 3D silicone pads (massage effect) and compressive knit fabric
- stabilisation of joint via the interplay of the compressive knitted fabric (CCL II), 3D silicone pads and supplementary strap system
- positive influence on coordination and proprioception is elicited by the compressive knitted fabric (CCL II) and 3D silicone pads
- limitation of supination movements via a strap system which can be set to suit the individual

## Why Levamed active?

Adjustable degree of stabilisation through individually adjustable and removable strap.

## Product benefits



Comfort knit with stretch zone for easier donning. Extended relief zone in the instep area.



Proven stabilisation strap: Can be shortened and removed.



3D silicone pad for massage and swelling reduction.

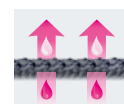
## Accessories



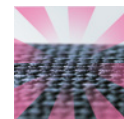
Easy to put on using included donning aid.



silver



Clima Comfort



Clima Fresh

Intended purpose: Support for compression of the soft tissue in the ankle joint with additional functional elements

# medi® Ankle RTS®

NEW

Adjustable ankle brace for  
stabilisation in one plane

medi Rehab® one for  
effective oedema  
therapy (p. 4)



## Indications

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
- as a preventative measure after supination injuries, particularly for sports
- mild injury to the syndesmotic ligaments

## Mode of action

- stabilisation of the ankle joint
- individually adjustable stabilisation and freedom of movement
- the brace can prevent spraining of the ankle
- prevention of damaging joint movements (supination / pronation)
- effective relief and protection of capsule / ligament structures

## Why medi Ankle RTS?

Two-strap system with individually adjustable stabilisation by lifting the outer edge of the foot.

## Product benefits



**POWER-LIFT-FUNCTION:**  
Effective protection of the ligamentous apparatus via tension along the outer edge of the foot.



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



**COMFORTABLE ENTRY AND OPTIMUM COMFORT:**  
Within the shoe thanks to the slim design and light weight.

black

## Supplementary digital therapy support



Access exercises using the  
QR code or short URL  
[medi.biz/ankle](https://medi.biz/ankle)

Intended purpose: Adjustable ankle brace for stabilisation in one plane

# medi<sup>®</sup> Ankle sport brace

Adjustable ankle brace for stabilisation in one plane



medi Rehab<sup>®</sup> one for effective oedema therapy (p. 4)

## Indications

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

- chronic ligament instability in the upper and lower ankle
- following distortions (e.g. supination injuries)
- as a preventative measure after supination injuries, particularly for sports
- mild injury to the syndesmotic ligaments

## Mode of action

- individually adjustable stabilisation and freedom of movement
- the brace can prevent spraining of the ankle
- stabilisation of the ankle joint

## Why medi Ankle sport brace?

Modular, flat designed, lacing orthosis for a optimal stabilisation and comfort in the shoe.

## Product benefits




Lateral stabilising shells that are easy to adjust or remove.



Figure-of-eight strap can be removed or adjusted quickly and easily.



Flat eyelets for a high level of comfort inside the shoe.

 black

## Supplementary digital therapy support



Access physio exercises using the QR code or short URL  
[medi.biz/ankle](https://medi.biz/ankle)

Intended purpose: Adjustable ankle brace for stabilisation in one plane

# M.step®

Functional ankle brace with  
foam gel padding



medi Rehab® one for  
effective oedema  
therapy (p. 4)

## Indications

All indications in which a stabilisation of the ankle joint with limitation of pro- and supination movement is necessary, such as:

- following ligament injuries to the upper ankle joint (grade 2 to 3) (posttraumatic / postoperative)
- following sprains
- for chronic instabilities of the ankle

## Mode of action

- stabilisation of the ankle joint
- protection from unhealthy pronation and supination movements and the ankle
- integrated separator pad provides good pressure distribution for additional protection of the ankle

## Why M.step?

Auto adaptive padding and integrated foam inserts.

## Product benefits



Light foam gel pads adapt to anatomical structures to provide that pressure distribution is as homogeneous as possible.



Optimal patient care thanks to three different versions (standard, athletic, Kidz).



Can be individually and easily adapted to the swellings of the ankle.

Can be worn inside the shoe.

Displaceable and individually adjustable straps for a high level of comfort.

black



medi Kidz –  
also available  
as Kidz-Version.

# Levamed® stabili-tri

3-fold modular orthosis for functional treatment of ankle joint injuries

medi Rehab® one for effective oedema therapy (p. 4)



## Indications

All indications in which stabilisation or movement restriction of the ankle joint with subsequent functional mobilisation of the injured or damaged structures is necessary, such as:

- ankle sprains (grades 2 to 3)
- chronic instability of the talocrural and subtalar joints
- postoperative care after surgery on the ligamentous apparatus of the ankle joint

## Mode of action

- modular design supports functional treatment
- adaptable to the patient's various healing phases (stage-adapted) for safe therapy and mobilisation of the patient
- stabilisation and relief on the joint elicited via the combination of compressive knitted fabric, non-elastic stabilisation element and supplementary strap system
- pain relief and dissipation of swelling (oedema, haematoma) via anatomically shaped compressive knitted fabric
- proprioception is improved via compressive knitted fabric
- limitation of pronation and supination movement is elicited via the combination of the strap and non-elastic medial stabilisation element
- stabilisation strap guides the foot into slight pronation and supports the healing process

## Why Levamed® stabili-tri?

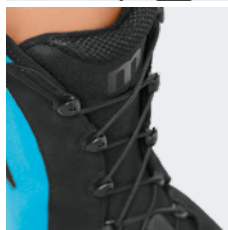
Ankle joint orthosis for mobilisation in a defined position; with medial stabilisation to relieve the lateral structures.

Intended purpose: Ankle brace for mobilisation in a defined position, parts can be removed.

## Product benefits



Wide opening of the tongue to ensure that putting the device on and taking it off is as comfortable as possible.



Talus lock tongue with crossover lacing for flexible adjustment of pressure and easy handling thanks to click eyelets.



Internal stabilisation element can be moulded thermoplastically.

blue / azure



Clima Comfort



Clima Fresh

## Supplementary digital therapy support



Access physio exercises using the QR code or short URL  
[medi.biz/stabilitri](https://medi.biz/stabilitri)

# protect. CAT Walker / short

Lower-leg foot brace for immobilisation  
in a specified position



medi Rehab® one for  
effective oedema  
therapy (p. 4)

## Indications

All indications requiring an immobilisation in a pre-set position of the lower leg-foot-area, such as:

- following injuries of the achilles tendon (postoperative / nonsurgical)
- for stable foot and joint fractures, fracture postoperative care (nonsurgical)
- following luxation of the upper ankle joint
- following ligament soft tissue or tendon injuries (postoperative / nonsurgical)

## Mode of action

- lower-leg foot orthoses for immobilisation in a specified position
- four straps for a high level of stability
- talus strap: Strap over the talus can limit anterior displacement

## Why protect.CAT Walker (short)?

Secure immobilisation and reduction of the talus shift using a four- or triple-strap system.

## Product benefits



Single-chamber air system passes the ankle medially and laterally, extending to the forefoot.



Integrated air pump and air release valve to regulate the pressure.



Toe protector can be adjusted and removed easily.



Flat, rounded, slip resistant sole can support a normal gait.

grey



protect.CAT  
Walker short

## Accessories



### Hygiene cover

Available for all protect. walker products (article number G.E19.009).

Intended purpose: Lower-leg foot brace for immobilisation in a specified position

# medi<sup>®</sup> ROM Walker

Walker with range of motion control



medi Rehab<sup>®</sup> one for effective oedema therapy (p. 4)

## Indications

All indications requiring an early functional mobilisation with ROM limitation in joints of the lower leg-foot-area, such as:

- following fractures of the fibula (postoperative and nonsurgical treatment)
- following dislocated fractures of the talocrural joint
- following injuries of the fore foot, middle foot or tarsus (nonsurgical treatment)
- following an operation for injuries to ligaments, soft tissues and tendons
- follow-up treatment of fractures of the talus, calcaneus and medial malleolus
- for early functional therapy after rupture of the Achilles tendon (nonsurgical / postoperative)

## Mode of action

- lower leg foot orthosis for mobilisation in an adjustable range of motion
- five straps for a high level of stability
- adjustable fixation of the hindfoot by additional heel strap
- extension and flexion limitation can protect the joint from unhealthful movements and can relieve injured structures and support treatment
- plastic tibia and calf shell for stabilisation of the lower leg
- limitations:
  - plantarflexion: 0°, 10°, 20°, 30°, 40°
  - dorsiflexion: 0°, 10°, 20°
  - immobilisation at each 10° angle setting

## Product benefits



Easy-to-set articulations which can be set to achieve plantar flexion / dorsiflexion and immobilisation by medi quick-set hinge.

Flat, rounded, slip resistant sole can support a normal gait.

Mouldable lateral articulated hinge bars to improve fit.

Padding can be cut for individual fitting.

Inner material is skin friendly and comfortable to wear.

dark blue

Intended purpose: Lower-leg foot brace for mobilisation with an adjustable range of motion

# M.step<sup>®</sup> Kidz

## Ankle orthosis for stabilisation

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### Indications

All indications in which a stabilisation of the ankle joint with limitation of pro- and supination movement is necessary, such as:

- following ligament injuries to the upper ankle joint (grade 2 to 3) (posttraumatic / postoperative)
  - following sprains
  - for chronic instabilities of the ankle
- 

### Mode of action

- stabilisation of the ankle joint
  - protection from unhealthfull pronation and supination movements and the ankle
- 

### Why M.step Kidz?

Auto adaptive padding and integrated foam inserts.

Intended purpose: Ankle brace for stabilisation in one plane



# medi<sup>®</sup> Walker boot Kidz

## Lower-leg foot orthosis for immobilisation in a specified position

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### Indications

All indications requiring an immobilisation in a pre-set position of the lower leg-foot-area, such as:

- following ligament-, soft tissue-, or tendon injuries (postoperative / nonsurgical)
  - for stable foot and joint fractures, fracture postoperative care (nonsurgical)
  - following midfoot and forefoot surgery
  - following serious distorsion
- 

### Mode of action

- lower-leg foot orthoses for immobilisation in a specified position
  - four straps for a high level of stability
- 

### Why medi Walker boot Kidz?

Secure immobilisation and special rocker sole can support a normal gait.

Intended purpose: Lower-leg foot orthosis for immobilisation in a specified position





## Trust the facts

### Supports and braces help your patients.

There are many myths. For example, that soft supports and braces lead to muscle atrophy. Or that nobody actually wears medical devices, but they land in the cupboard instead.

Many studies and the results of representative patient surveys have proved the opposite.

On the next page you can read how orthopaedic medical devices can accelerate the healing process and ease pain.

# Patients say ...

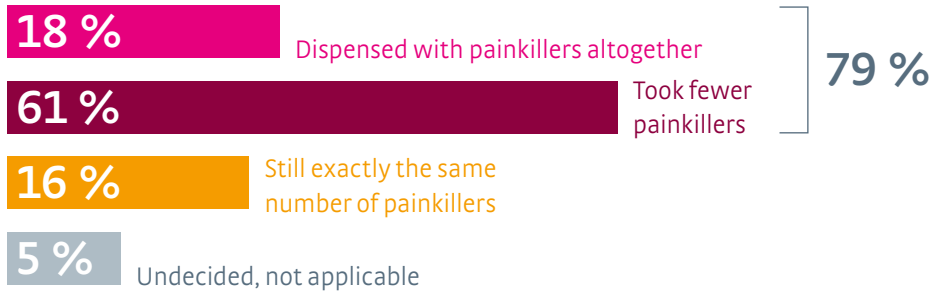
One of the most persistent myths is: soft supports and braces often only lie around in the cupboard, because patients hardly ever wear them.

Surveys show: the opposite is true! The Institute for Demoscopy in Allensbach, Germany investigated how intensively soft supports and braces are actually used. Furthermore, 424 wearers of soft supports and braces were asked whether the medical device had changed their sensitivity to pain.<sup>3</sup>

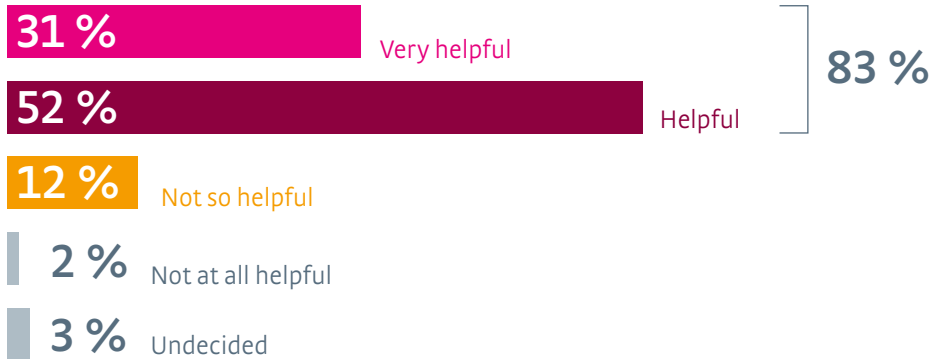
The result:

- Soft supports and braces had reduced or stopped the consumption of painkillers.
- The medical device had helped their treatment considerably.
- Soft supports and braces have positive effects on the patients allday life.

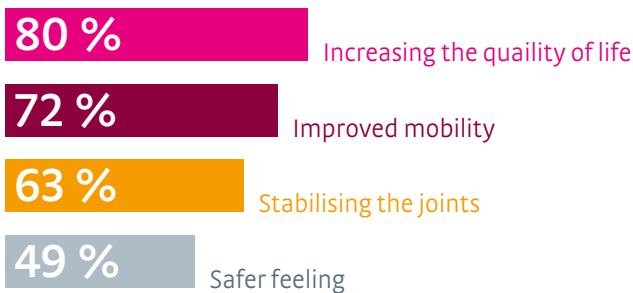
79% of patients in pain reported needing fewer or no painkillers thanks to the soft support or brace.



83% of the patients reported the soft support or brace had been helpful or very helpful for their treatment.

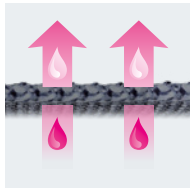


Positive effects when wearing soft support or brace.



<sup>3</sup> eurocom e.V. Medizinische Hilfsmittel - Wirkungsvolle und etablierte Therapie für mehr Lebensqualität im Alltag, Repräsentative Umfrage des Instituts für Demoskopie Allensbach im Auftrag von eurocom e.V. Umfrageergebnisse 2023. Online available at [https://www.eurocom-info.de/wp-content/uploads/2023/08/Allensbach-Patientenumfrage-2023\\_web.pdf](https://www.eurocom-info.de/wp-content/uploads/2023/08/Allensbach-Patientenumfrage-2023_web.pdf) (Last access 04.03.2024)

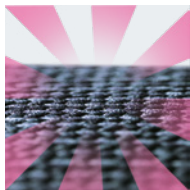
# The exclusive advantages of the medi products



Clima Comfort

## medi Clima Comfort

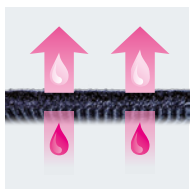
- Wicks moisture away from the skin's surface quickly
- Guarantees a high level of breathability



Clima Fresh

## medi Clima Fresh

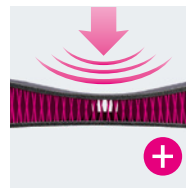
- Integrated Clima Fresh function
- odour-inhibiting effect



medi Airtex

## Airtex Material

An innovative, breathable, light and compressive material for comfortable activation of proprioception. It optimises moisture transport and ensures the highest comfort, even in hot climates.



medi Airtex+

## medi Airtex+

The elastic spacer fabric is the combination of medical compression and the textile effects SMART TEMP and FRESH TECH.

### SMART TEMP

The adaptive thermo regulation is based on an innovative polymere that changes its properties in response to temperature. At low temperature the polymere binds moisture in its structure keeping the body drier. At high temperature it releases the stored moisture and cools the textile and skin.

### FRESH TECH

The antibacterial effect of FRESH TECH guarantees deep optimal hygienic conditions – even after long term use.

> The combination of medical compression and functional textile effects guarantees improved wearing comfort.



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