



medi

medi shoulder
and elbow range

medi. I feel better.

Shoulder range





Abduction support

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NOTE:

All medi supports and orthoses in small sizes are also suitable for children. Please note the corresponding measurements.

medi® SAS® comfort

Shoulder abduction support;
15° abduction



Indication

All indications requiring immobilisation of the shoulder joint in abduction, such as:

- after rotator cuff repair
- humeral head fractures (nonsurgical, postoperative)
- after insertion of shoulder prosthesis
- after stabilisation of acromioclavicular joint dislocations
- after biceps tenodesis
- impingement syndrome (nonsurgical, postoperative)

Mode of action

- for load relief on the shoulder in a 15° abduction position
- ergonomic design of hand rest
- movement-related pain can be prevented by immobilisation
- pressure relief on the subacromial space via abduction
- anatomical shaped cushion to relief pressure on ulnar nerve
- early functional secondary treatment via easy-to-open lower arm pocket

Why medi SAS comfort?

- comfortable positioning of the arm thanks to an anatomical shaped cushion
- early functional secondary treatment via easy-to-open lower arm pocket

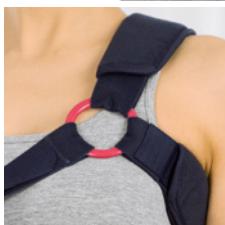
Product benefits



Improved anatomical opening for the upper arm: Even more intensive, ergonomically shaped upper arm opening for load relief on the ulnar nerve and comfortable positioning of the arm.



Active, breathable material on the exterior keeps the arm cool even when the weather is hot. Extra soft inner material wraps the arm gently.



Reduction of tension in the shoulder-neck area by the option of adding a second shoulder belt.



Can be put on and taken off without help.

medi® SAS® 15

**Shoulder abduction support;
15° abduction**

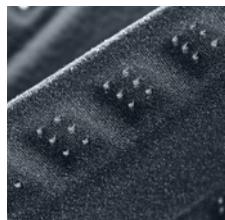


Indication

All indications requiring immobilisation of the shoulder joint in abduction, such as:

- after rotator cuff repair
- humeral head fractures (nonsurgical, postoperative)
- after insertion of shoulder prosthesis
- after stabilisation of acromioclavicular joint dislocations
- after biceps tenodesis
- impingement syndrome (nonsurgical, postoperative)

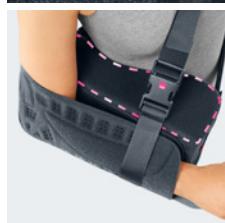
Product benefits



Active, breathable lower arm pocket for improved comfort.



grey



Secure and comfortable positioning thanks to a cushion that is pre-moulded to fit your anatomy.

Mode of action

- for load relief of the shoulder in a 15° abduction position
- ergonomic design of handrest
- for postoperative healing of the injured structures
- early functional secondary treatment via easy-to-open lower arm pocket

Can be put on and taken off without help.

High quality fastening mechanisms and padding material.

Why medi SAS 15?

- relieves the shoulder and neck region using rigging
- early functional secondary treatment via easy-to-open lower arm pocket

medi® SAS® multi

Shoulder abduction support; 15° abduction and optional external rotation



Indication

All indications requiring immobilisation of the shoulder joint in abduction and optional in external rotation, such as:

- after rotator cuff repair
- after shoulder stabilisation
- after anterior shoulder dislocation (nonsurgical)
- humeral head fractures (nonsurgical, postoperative)
- after insertion of shoulder prosthesis
- after stabilisation of acromioclavicular joint dislocations
- after biceps tenodesis
- impingement syndrome (nonsurgical, postoperative)

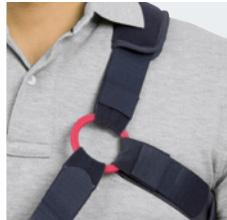
Mode of action

- for load relief on the shoulder in 15° abduction
- waist-level cushion for stable positioning, even when patient is lying on back
- safe immobilisation of the shoulder, even at night
- optional positioning of the shoulder in slight external rotation using a separate wedge
- stable pressure relief on the subacromial space
- early functional secondary treatment via easy-to-open lower arm pocket
- ergonomic design of handrest

Why medi SAS multi?

- the cushion enclosing the waist ensures secure holding (without posterior movement), even when lying down
- relieves the shoulder and neck region using rigging

Product benefits



Reduction of tension in the shoulder-neck area by the option of adding a second shoulder belt.



Separate wedges for personalised setting of external rotation.



grey

High quality fastening mechanisms and padding material.

Intended purpose: medi SAS® multi is a shoulder joint support for immobilisation and stress relief.

medi® SAS® 45

**Shoulder abduction support;
45° or 30° abduction**



Indication

All indications requiring immobilisation of the shoulder joint in abduction, such as:

- after rotator cuff repair
- humeral head fractures (nonsurgical, postoperative)
- after insertion of shoulder prosthesis
- after stabilisation of acromioclavicular joint dislocations
- after biceps tenodesis
- impingement syndrome (nonsurgical, postoperative)

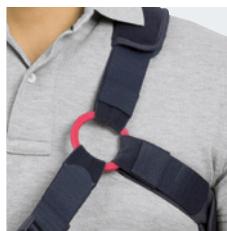
Mode of action

- for load relief on the shoulder in a 45° or 30° abduction position
- pressure relief on the subacromial space
- movement-related pain can be prevented by immobilisation
- early functional secondary treatment via easy-to-open lower and upper arm belts
- cushion moulded to anatomy for stable positioning without backwards movement
- ergonomic design of handrest

Why medi SAS 45?

- for load relief on the shoulder in a 45° or 30° abduction position because of Cushion moulded to anatomy
- early functional secondary treatment via easy-to-open lower arm pocket

Product benefits



Reduction of tension in the shoulder-neck area by the waist belt.



Cushion moulded to anatomy.



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Can be put on and taken off without help.

High quality fastening mechanisms and padding material.

medi® SAK®

**Shoulder abduction support;
variable 10° to 60° abduction**



Indication

All indications requiring immobilisation of the shoulder joint in abduction, such as:

- after rotator cuff repair
- humeral head fractures (nonsurgical, postoperative)
- after insertion of shoulder prosthesis
- after stabilisation of acromioclavicular joint dislocations
- after biceps tenodesis
- impingement syndrome (nonsurgical, postoperative)

Product benefits



grey

Reduction of tension in the shoulder-neck area by the waist belt.

Can be put on and taken off without help.

High quality fastening mechanisms and padding material.

Mode of action

- secure immobilisation in a defined abduction position (from 10° to 60°) and load relief on the shoulder
- temporary load relief on the subacromial space
- support of the therapeutic process via adjustable abduction, which can be set in stages
- passive mobilisation of the arm on the cushion is optional
- secure positioning of the upper arm in an abduction position using the upper arm wedge
- ergonomic design of handrest

Why medi SAK?

- support of the therapeutic process via adjustable abduction, which can be set in stages
- early functional secondary treatment via easy-to-open upper- and lower arm pocket

Intended purpose: medi SAK® is a shoulder joint support for immobilisation and stress relief.

medi® Armschlinge

**Internal rotation support;
0° abduction**



Indication

All indications requiring immobilisation of the shoulder joint in internal rotation, such as:

- nonsurgical treatment after anterior shoulder dislocation and /or chronic subluxation
- after rotator cuff repair
- acromioclavicular joint dislocation (nonsurgical, postoperative)
- scapula fractures (nonsurgical, postoperative)
- fractures of the humerus head (nonsurgical, postoperative)

Mode of action

- secure positioning of the shoulder and elbow in internal rotation
- limitation of shoulder motion in all planes
- early functional secondary treatment (e.g. physiotherapy) via easy-to-open lower arm pocket
- the healing process is supported by secure positioning
- option to securely immobilise the shoulder

Product benefits



Can be individually adjusted to all sizes by folding over the pocket and fixing it using the hook-and-loop fastening points.



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medi Kidz –
also available
as Kidz-Version.

Can be put on and taken off without any additional help.

Material is gentle on the skin.

High quality padding material.

Kidz-Version: medi® Armschlinge Kidz



Why medi Armschlinge?

- early functional secondary treatment (e.g. physiotherapy) via easy-to-open lower arm pocket

Intended purpose: medi Armschlinge is a shoulder joint support for immobilising the shoulder in a defined position. medi Armschlinge Kidz is a shoulder joint brace for immobilisation in a defined position.

medi® Arm fix

Internal rotation support; 0° abduction



Indication

All indications requiring immobilisation of the shoulder joint in internal rotation, such as:

- nonsurgical treatment after anterior shoulder dislocation and /or chronic subluxation
- after rotator cuff repair
- acromioclavicular joint dislocation (nonsurgical, postoperative)
- scapula fractures (nonsurgical, postoperative)
- fractures of the humerus head (nonsurgical, postoperative)

Mode of action

- reliable limitation of movements that would disrupt the healing process
- limitation of shoulder movement on all planes
- protection from detrimental joint movements in the shoulder and elbow joints
- the upper and lower arm pockets are easy to open, thus facilitating early functional movement
- movement-related pain can be prevented by immobilisation

Why medi Arm fix?

- the upper and lower arm pockets are easy to open, thus facilitating early functional movement

Product benefits



Can be taken off and put on independently.



Design facilitates early functional movement.



Pre-shaped upper arm loop enables the wearer to put it on one-handed.



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medi Kidz –
also available
as Kidz-Version.

Note

The medi Arm fix Kidz can be prescribed for children with a waist circumference of up to 70 cm.

High quality fastening mechanisms.

High quality padding material.

Intended purpose: medi Arm fix is a shoulder joint support for immobilising the shoulder in a defined position.

medi® Humeral fracture brace

Brace for immobilising the upper arm with optional internal rotation



Indication

All indications requiring immobilisation of the shoulder joint in a defined position, such as:

- treatment of proximal humeral fractures (conservative, postoperative)

Mode of action

- prevention of unwanted movement of the humerus
- brace for immobilising the humerus
- stabilisation of the humerus

Why medi Humeral fracture brace?

- the stable aluminium splints can be removed to adapt them to the individual or removed to take an x-ray

Product benefits



The stable aluminium splints can be removed to adapt them to the individual or removed to take an x-ray.



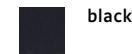
Individual setting of the straps: Adjusted to accommodate swelling. Individual straps can also be removed.



Removable lower arm sling.



An extension strap for those with larger upper arm circumferences is available separately.



medi® Shoulder sling

Internal rotation support; 0° abduction



Indication

All indications requiring immobilisation of the shoulder joint in internal rotation, such as:

- nonsurgical treatment after anterior shoulder dislocation and / or chronic subluxation
- after rotator cuff repair
- acromioclavicular joint dislocation (nonsurgical, postoperative)
- scapula fractures (nonsurgical, postoperative)
- fractures of the humerus head (nonsurgical, postoperative)

Product benefits

Easy access for wound inspection.



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Simple adjustment.

Mode of action

- stable fixation of the shoulder and upper arm
- immobilises the shoulder joint
- additional stabilisation due to additional chest strap

Why medi Shoulder sling?

- due to the easy removal patients are able to do limited exercises in the later treatment stages

Intended purpose: medi Shoulder sling is a shoulder joint support for immobilising the shoulder in a defined position.

medi® Shoulder action

Shoulder support with movement-limiting function



Indication

All indications which require reinforcement and stabilisation of physiological shoulder joint movement, such as:

- mild to middling instability of the shoulder joint
- conservative treatment following acute and habitual dislocated shoulder or subluxation
- second rehabilitation phase following operative therapy for shoulder Instability

Mode of action

- individual adjustability of the belt system prevents shoulder from reaching vulnerable abducted, externally rotated position.
- efficacy of glenohumeral-joint stability bracing is attributed to range-of-motion protection, allowing the dynamic-restraint system to react to sudden, forceful abduction and external forces before the shoulder reaches a vulnerable position of 90° of abduction.

Why medi Shoulder action?

- individual adjustability of the belt system prevents shoulder from reaching vulnerable abducted, externally rotated position
- avoidance of joint-damaging movements

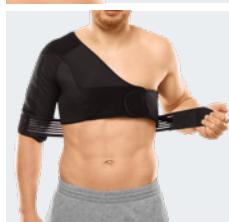
Product benefits



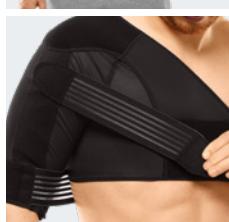
Thin and breathable material for good wearing comfort even during high sportive activity



Simple application without additional help



Easy adjustment of the orthosis



Strap system allows basic mobility within allowed range of motion and prevents vulnerable movements.



medi® SLK 90

**Shoulder abduction support;
5° abduction; neutral rotation**



Indication

All indications requiring immobilisation of the shoulder joint in abduction and optional in external rotation, such as:

- after rotator cuff repair
- after shoulder stabilisation
- after anterior shoulder dislocation (nonsurgical)
- humeral head fractures (nonsurgical, postoperative)
- after insertion of shoulder prosthesis
- after stabilisation of acromioclavicular joint dislocations
- after biceps tenodesis
- impingement syndrome (nonsurgical, postoperative)

Product benefits



Reduction of tension in the shoulder-neck area by the option of adding a second shoulder belt.



Comfortable and secure positioning thanks to anatomically moulded cushion.



High quality fastening mechanisms and padding material.

Mode of action

- for load relief of the shoulder at 5° abduction and 90° to the frontal plane via an anatomically shaped cushion
- load relief of rear shoulder structures via secure positioning of the shoulder at 90° to the frontal plane
- early functional secondary treatment via easy-to-open lower arm pocket
- movement-related pain can be prevented by immobilisation
- stable positioning thanks to anatomically shaped cushion
- ergonomic design of handrest

Why medi SLK 90?

- relieves the shoulder and neck region using rigging
- early functional aftercare (e.g. physiotherapy) by simply opening the underarm bag

Intended purpose: medi SLK 90 is a shoulder joint support for immobilisation and stress relief.



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Epicomed®

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medi® Epibrace

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medi® Epico active

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medi® Epico ROM®s

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medi® Epico ROM®s
PRU



NOTE:

All medi supports and orthoses in small sizes are also suitable for children. Please note the corresponding measurements.

Epicomed®

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



Indication

All indications in which soft tissue compression with profile pads at the elbow is necessary, such as:

- epicondylitis (e.g. tennis or golfer's elbow)
- osteoarthritis and arthritis

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 and supplementary strap
- the compressive knitted fabric can improve proprioception. The improvement in proprioception supports the body's own guidance and stabilizes the joint.

Why Epicomed?

- individual pressure regulation with additional strap

Supplementary digital therapy support

YourPhysioTraining



medi.biz/epi

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

Product benefits



Broad, flexible border for a secure and pleasant fit. Extra length in the upper arm to cover soft connective tissue.



Removable strap for individual pressure regulation



3D silicone pad.



Innovative comfort knit fabric with a fit that moulds to the body and supple borders.



Also available as Epicomed E+motion.



Intended purpose: Epicomed® / Epicomed® E+motion® is an elbow compression bandage with pads.

medi® Epibrace

Epicondylitis strap



Indication

All indications where it is necessary to relieve muscle origins at the ulnar and / or radial epicondyle, such as:

- epicondylopathia humeri radialis or ulnaris

Mode of action

- elbow brace for load relief on the muscle origins at the medial and/or lateral epicondylus
- targeted pressure can be exerted on the muscle belly and tendon insertion sites in the proximal region of the lower arm via the pads
- the pressure can be applied in the desired pattern using the fastening
- movement-related pain can be reduced via load relief on the muscle origins

Why medi Epibrace?

- individually adjustable pressure due to insertable pad

Product benefits



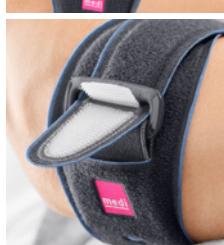
Flexible pad: can be used anywhere, on the left and right, as well as for golfer's and tennis elbow.



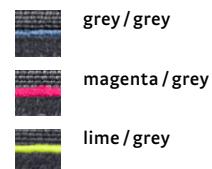
Soft edge: gentle on the skin, does not dig in.



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



Even easier to put on thanks to the support strap.



Supplementary digital therapy support

YourPhysioTraining



medi.biz/epi

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

Intended purpose: medi Epibrace is an epicondylitis brace for stress relief of the muscle origins.

medi® Epico active

Elbow brace with extension and / or flexion restriction



Indication

All indications in which a physiological guidance of the elbow joint and / or relief of the joint is necessary, such as:

- nonsurgical treatment following simple elbow dislocation
- treatment of medial or lateral elbow instability
- postoperative treatment of osteochondrosis dissecans
- postoperative treatment of cartilage replacement therapy
- postoperative treatment following collateral ligament reconstruction

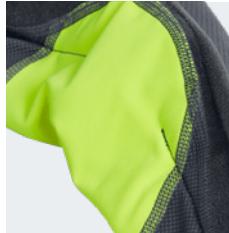
Mode of action

- elbow brace for reinforcement and stabilisation
- supports therapy via secure physiological reinforcement of the elbow joint
- support upon return to the activity
- protection from detrimental varus and valgus forces
- stabilisation of the elbow joint supports the reduction of movement-related pain
- limitation of extension and flexion enable personalised mobilisation in line with therapy that supports the healing process

Why medi Epico active?

- supports therapy via secure physiological reinforcement and offers protection against hyperextension

Product benefits



Soft, active, breathable material in the sensitive elbow bending area for more comfort.



Indicator line in the bending of the elbow for correct positioning.



Removable wedge set for individual limitation of the flexion (45° – 90°) and extension (0° – 45°) (range of motion).

grey / lime

Supplementary digital therapy support

YourPhysioTraining



medi.biz/epi

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

Intended purpose: medi Epico active is an elbow brace for guidance with extension- and/or flexion regulation.

medi® Epico ROM®s

Elbow brace for mobilisation with immobilisation of the PRU joint



Indication

All indications in which an early functional mobilisation with movement limitation of the elbow joint and immobilisation of the proximal radius-ulnar joint is required, such as:

- the surgical fixation of the medial and / or lateral collateral ligaments
- the conservative treatment of elbow dislocations
- the surgical treatment of elbow fractures
- reconstruction of the ulnar or radial collateral ligaments
- the surgical treatment of biceps or triceps ruptures
- treatment of radial head fracture (nonsurgical, postoperative)
- treatment following insertion of a prothesis
- distal humeral fractures (nonsurgical, postoperative)

Product benefits



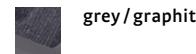
Adjustable limitation of flexion and extension (in 10 stages) of 0 – 120°.



Extended hand support with excellent material to provide more comfort – even if the hand is very swollen.



Non-slip upper arm padding that adapts to the upper arm flexibly and supports a secure hold. The pads can easily be shortened to adapt them to the individual.



grey/graphit



medi Kidz –
also available
as Kidz-Version.

Mode of action

- prevention of pronation or supination of the lower arm via immobilising hand support
- definable limitation of range of movement (0° – 120°) ensures therapy-appropriate mobilisation and thus promotes the healing process
- due to the guidance and defined limitation of the range of motion, movement-related pain can be prevented

Why medi Epico ROMs?

- optimal course of therapy thanks to gradual adjustment of mobility with the Quick Set joint
- pleasant level of user comfort due its light total weight

Intended purpose: medi Epico ROM®s is an elbow brace for mobilisation with immobilisation of the proximal radioulnar articulation.

medi® Epico ROM®'s PRU

Elbow brace for mobilisation with adjustable immobilisation of the PRU joint



Indications

All indications in which an early functional mobilisation with movement limitation of the elbow joint and adjustable immobilisation of the proximal radius-ulnar joint is required, such as:

- surgical fixation of the medial and / or lateral collateral ligaments
- conservative treatment of elbow dislocations
- surgical treatment of biceps or triceps ruptures
- surgical treatment of elbow fractures
- reconstruction of the ulnar or radial collateral ligaments
- treatment of radial head fracture (nonsurgical, postoperative)
- treatment following insertion of a prosthesis
- distal humeral fractures (nonsurgical, postoperative)

Mode of action

- pronation and supination of the lower arm are adjustable
- limitation of range of movement (-10° – 120°) ensures therapy-appropriate mobilisation and thus promotes the healing process
- lock mechanism enables immobilisation
- due to the guidance and defined limitation of the range of motion, movement-related pain can be prevented

Product benefits



Adjustable handrest for pronation and supination in 25° steps in a range from 0° to 75° . The movement of the PRU joint within this range is possible.



Quick-lock mechanism enables easy immobilisation.



Adjustable limitation of flexion (0° – 120°) and extension (-10° – 0°) in 10° stages.



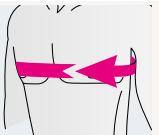
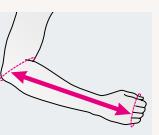
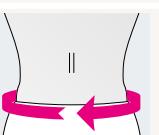
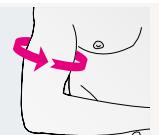
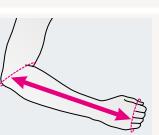
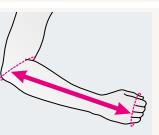
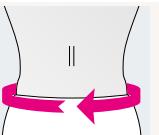
Extended hand support with excellent material to provide more comfort – even if the hand is very swollen.

grey / graphit

Intended purpose: Elbow brace for mobilisation with adjustable immobilisation of the proximal radioulnar articulation.

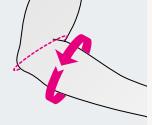
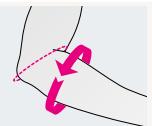
Overview of measurements and sizes

Shoulder

product	size	length / circumference cm	art. no.	measurement		
medi Shoulder action	small medium large x-large	75–85 86–96 97–107 108–120	left R.042.002 R.042.003 R.042.004 R.042.005	right R.043.002 R.043.003 R.043.004 R.043.005	Chest circumference is measured	
medi SLK 90	small medium large	up to 34 35–39 over 39	left R.133.202 R.133.203 R.133.204	right R.133.302 R.133.303 R.133.304	length from elbow to the knuckles	
medi Armschlinge	universal		R.040.G09			
medi Arm fix	mini normal maxi	up to 85 5–125 125–140	width 12cm* R.050.619 R.050.719 R.050.519	width 16cm* R.050.419	circumference of waist	
medi Humeral fracture brace	small medium large	21–28 26–34 31–40	left R.091.212 R.091.213 R.091.214	right R.091.312 R.091.313 R.091.314	circumference upper arm	
medi Shoulder sling	universal		R.030.G19			
medi SAS comfort	small medium large	up to 34 34–39 over 39	left R.013.212 R.013.213 R.013.214	right R.013.312 R.013.313 R.013.314	length from elbow to the knuckles	
medi SAS 15	small medium large	up to 34 35–39 over 39	R.011.012 R.011.013 R.011.014		length from elbow to the knuckles	
medi SAS 45	mini small large	up to 80 81–104 over 105	R.021.009 R.021.002 R.021.004		circumference of abdomen	
medi SAS multi	small large	up to 34 over 35	left R.022.209 R.023.209	right R.022.309 R.023.309	length from elbow to the knuckles	
medi SAK	universal		5.830.401			

*width of abdominal strap (cm)

Elbow

product	size	length / circumference cm	art. no.	measurement	
Epicomed	I	17 – 20	K.400.211	measured 5cm below the elbow joint	
	II	20 – 23	K.400.212		
	III	23 – 26	K.400.213		
	IV	26 – 29	K.400.214		
	V	29 – 32	K.400.215		
	VI	32 – 35	K.400.216		
medi Epibrace	universal		grey / grey R.011.010	magenta / grey R.011.011	lime / grey R.011.012
Epicomed E'motion	II	20 – 23	K.400.602	measured 5cm below the elbow joint	
	III	23 – 26	K.400.603		
	IV	26 – 29	K.400.604		
	V	29 – 32	K.400.605		
	VI	32 – 35	K.400.606		
medi Epico active	x-small small medium large x - large	lower arm 19 – 23 23 – 26 26 – 29 29 – 32 over 32	upper arm 21 – 24 24 – 28 28 – 32 32 – 37 over 37	R.033.001 R.033.002 R.033.003 R.033.004 R.033.005	measured 5cm below the elbow joint; measured 15cm above the elbow joint
medi Epico ROMs	small large	up to 29 29 - 42	left R.033.202 R.033.204	right R.033.302 R.033.304	length from elbow to the knuckles
medi Epico ROMs PRU	small large	up to 29 29 - 42	left R.034.202 R.034.204	right R.034.302 R.034.304	length from elbow to the knuckles

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