

medi



Patient specific osteoarthritis therapy

medi OA range

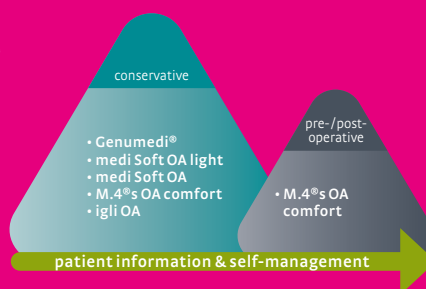
medi. I feel better.

Dear Reader,

Globally, osteoarthritis is the most common joint disease among adults¹ and the number of people concerned is forecast to rise.

Osteoarthritis is usually accompanied by pain, movement restrictions and a feeling of stiffness. This can lead to a "downward spiral", because pain in the affected joint limits patient's mobility. Therefore, patients will need significant pain relief and more mobility in everyday life. Accordingly, movement plays a central role in the treatment of osteoarthritis.

OA braces are an effective alternative to knee joint replacement and pain relievers. In order to actively support patients in their everyday life, medical aids have to relieve pain effectively, be easy to use and offer a high wearing comfort. These requirements have been incorporated in the development of the new medi OA therapy concept in order to individually support your patients.



¹ Woolf AD, Pfleger B. Burden of major musculoskeletal conditions. Bull World Health Organ 2003;81(9):646-656.





Effective relief - less pain - more mobility

Offloading braces verifiably increase mobility and reduce pain

The Osteoarthritis Research Society International (OARSI) recommends use of knee braces in their guidelines for the non-surgical management of knee osteoarthritis.

Reviews show that knee braces are effective in decreasing pain, joint stiffness, and drug dosage and also improve physical function.¹

Osteoarthritis is often caused by a leg deformity and the corresponding mechanical loading.

A study by Ralf Müller-Rath has proved the practical application of the M.4s OA knee off-loading brace for osteoarthritis of the knee¹. The orthosis, worn for 16 weeks, demonstrably relieved pain and improved the patient's mobility and gait. The "downward spiral" was halted and patients benefitted from a better quality of life.

The study shows the positive effect of M.4s OA after 16 weeks:¹



Wearing the M.4s OA leads to significant pain reduction. The visual analogue scale (VAS) score improved significantly from 4.5 to 2.5 during the treatment period.

4.5

Sensitivity to pain before wearing the brace

2.5

Sensitivity to pain after wearing the brace



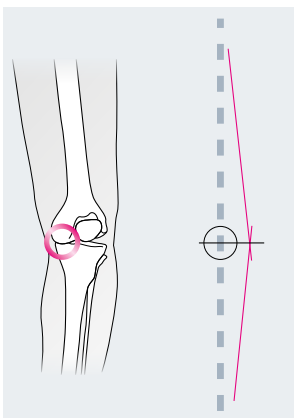
Wearing the M.4s OA leads to a statistically significant improvement in symptoms, joint function and degree of activity in 4 out of 5 subjective and objective scores.

Tegner activity index ($p = 0.0180$)

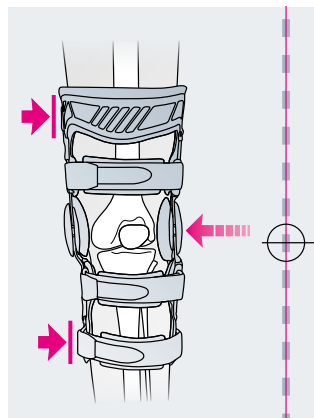
Insall score ($p = 0.0402$)

Lequesne score ($p = 0.0052$)

WOMAC score ($p = 0.0254$)



Strain without brace



Strain with brace:
3 point principle for guaranteed relief

Brace Test prior to HTO

High tibial valgus osteotomy (HTO) is an established treatment option for varus gonarthrosis. A valgus knee brace results in a reduction of medial compartment loads and has an effect comparable to HTO. The study by Minzlaff using the M.4s OA knee brace showed that the Brace Test seems to be well suited to predicting post-operative pain reduction in patients with borderline indication for valgus HTO. The brace treatment resulted in a significant pain reduction in the medial compartment. Some patients continued the brace treatment after finishing the test.²

¹ Müller-Rath, R. et al, Clinical and gait analysis tests on a knee off-loading valgus brace for treatment of osteoarthritis of the knee: Zeitschrift für Orthopädie und Unfallchirurgie, 2011 (149), pp.160 – 165.

² Minzlaff P. et al, Valgus bracing in symptomatic varus malalignment for testing the predicted "unloading effect" following valgus high tibial osteotomy. Knee Surg Sports Traumatol Arthrosc 2015 (23):1964-1970

Patients say ...

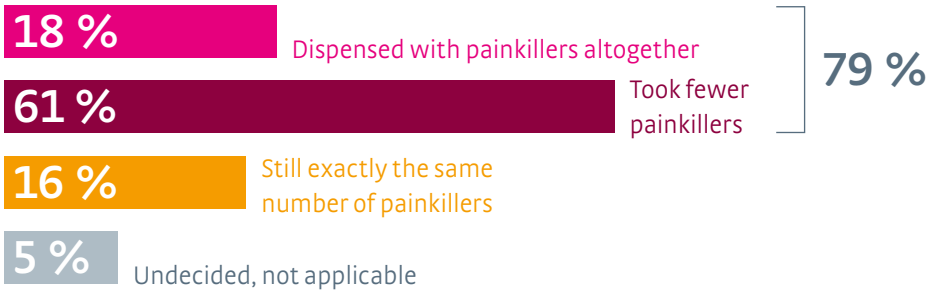
One of the most persistent myths is: soft supports and braces often only lie around in the cupboard, because patients hardly ever wear them.

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.³

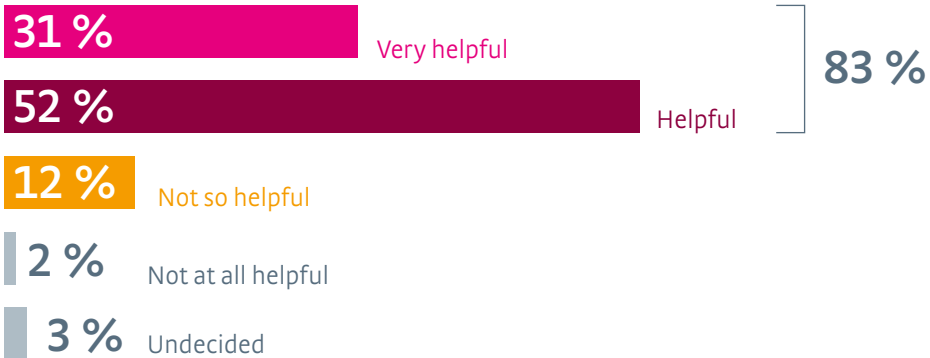
The result:

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

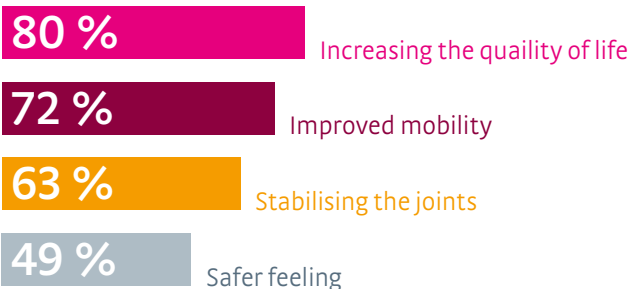
79% of patients in pain reported needing fewer or no painkillers thanks to the soft support or brace.



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.



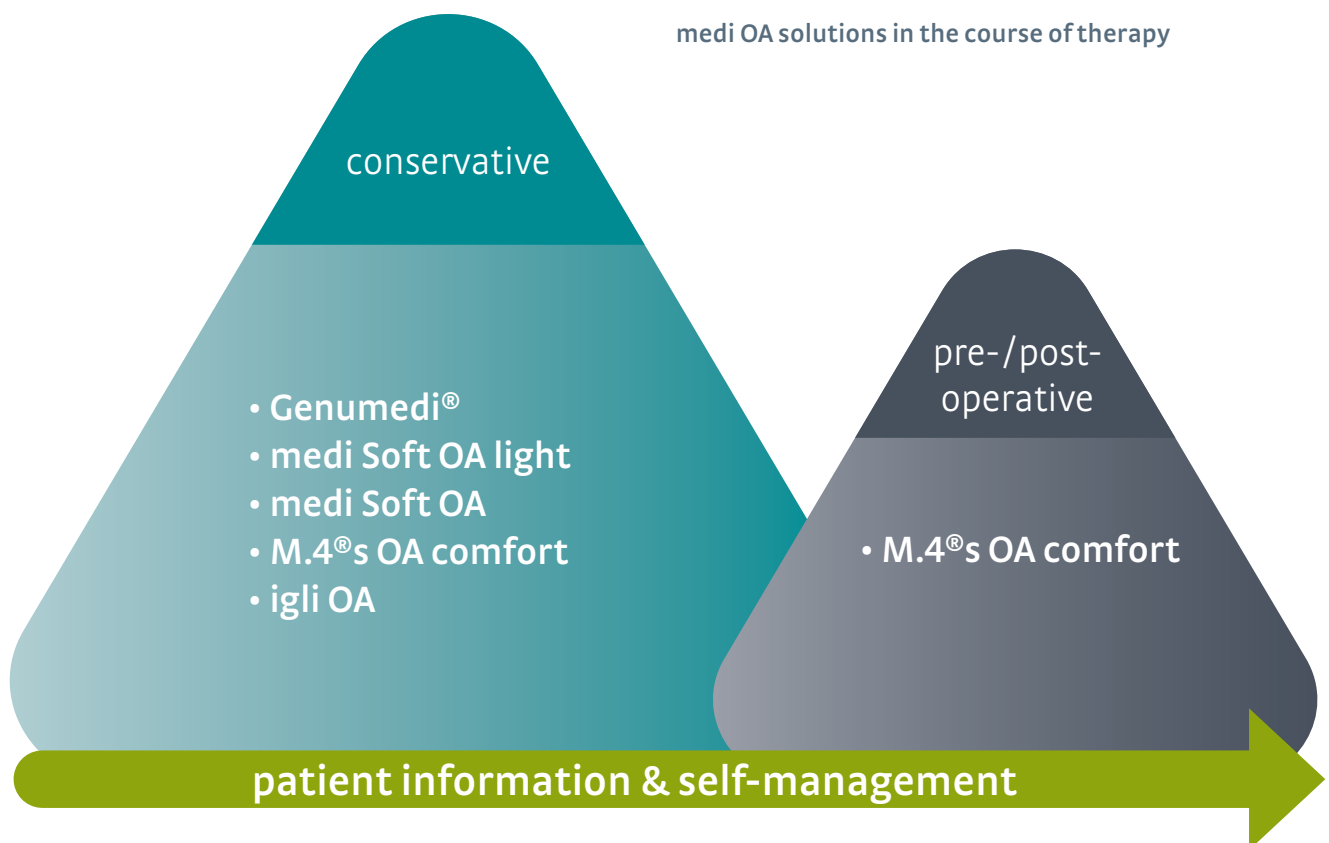
³ eurocom e.V. Medizinische Hilfsmittel - Wirkungsvolle und etablierte Therapie für mehr Lebensqualität im Alltag, Repräsentative Umfrage des Instituts für Demoskopie Allensbach im Auftrag von eurocom e.V. Umfrageergebnisse 2023. Online veröffentlicht unter https://www.eurocom-info.de/wp-content/uploads/2023/08/Allensbach-Patientenumfrage-2023_web.pdf (Letzter Zugriff am 04.03.2024)

The comprehensive medi OA therapy concept

medi is planning for the future with holistic patient management concepts. This enables the therapy of a wide range of clinical pictures to be supported with medical devices and the suitable service offers from medi – at almost every stage and for virtually every indication.

Thus medi offers valuable support in everyday patient care from the very first diagnosis to long-term therapy and promotes patient self-management. The new therapy concept combines highly effective products and measures that promote patient compliance – for significant relief and more quality of life.

medi OA solutions in the course of therapy



conservative treatment

A major focus in the conservative treatment of osteoarthritis is the relief and stabilisation of the knee joint. By the use of offloading braces a stabilisation and a correction of a varus deformity (bowed leg) or valgus deformity (knock-kneed) of the leg can be achieved. The stress on the affected region of the knee can thereby be reduced, resulting in a reduction of pain and improvement of joint function for the patient.

Products:

- Genumedi
- medi Soft OA light
- medi Soft OA
- M.4s OA comfort
- igli OA

pre- / post-operative treatment

Dependent on the stage of the disease and patient specific factors, an operation should only be considered in cases where conservative treatment cannot restore analgesia and mobility sufficiently.¹ The high tibial osteotomy (HTO) is an adequate surgical option in the treatment of osteoarthritis. The temporary use of an unloading valgus force producing knee brace may well demonstrate the future outcome of HTO surgery as a prediction of expected post-operative pain relief.² medi offloading braces can also be used after soft tissue surgery where post op relief is required in the medial or lateral compartments.

Products:

- M.4s OA comfort

patient information and self-management

The comprehensive medi service offerings contain detailed patient information, tips for activity in daily living, physio exercises and tips for a balanced diet.

¹ Stöve J et al. Deutsche Gesellschaft für Orthopädie Und Unfallchirurgie e.V. Gonarthrose. Version 4.0 vom 24.01.2024. Online veröffentlicht unter: <https://register.awmf.org/de/leitlinien/detail/187-050> (Letzter Zugriff am 22.07.2024)

² Minzlaff P. et al. Valgus bracing in symptomatic varus malalignment for testing the predicted "unloading effect" following valgus high tibial osteotomy. Knee Surg Sports Traumatol Arthrosc 2015 23:1964-1970







The medi soft braces for osteoarthritis

Easy handling, high wearing comfort, effective relief



Easy handling

The combination of a slip-in and wrap-around design enables easy donning and a fast and correct attachment to the leg. The split wrap-around design at the thigh requires less force for closing and enables an optimal adjustment to different leg shapes at the same time.



Comfortzone popliteal space

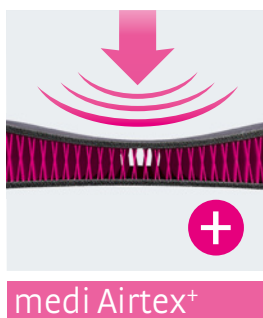
The intelligent construction design guides the belts outside the sensitive popliteal space, thus avoiding unpleasant pressure. The integrated, thin material in the popliteal comfort zone further improves wearing comfort thanks to its high breathability.



Effective relief

One of the highlights of the new soft braces is the new relief mechanism, featuring a patented, dynamic belt tensioning. This provides for the strongest relief, when the stress is at a maximum.

- **full extension:** belts are being pulled towards the hinge - maximum relief near full extension
- **flexion:** hinge follows the motion of the knee and the belt tensioning is reduced



medi Airtex® – Breathable and moisture wicking

The medi OA softbraces are equipped with the innovative medi Airtex+ material. Thus the orthosis offers high wearing comfort even during longer wear.

M.4[®]s OA comfort

4-point knee orthosis for varus or valgus pressure relief and stabilisation

Indications

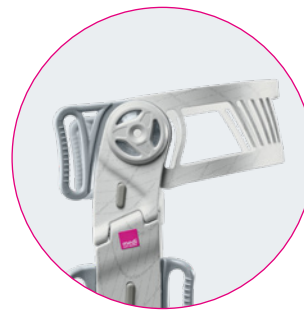
- All indications requiring unicompartimental relief by 3-point-principle and additional physiological guidance and stabilization by 4-point-principle and if necessary limitations of range of motion such as:
- severe medial or lateral gonarthrosis (at least level III) combined with ligament instability
 - unicompartimental relief at severe gonarthrosis before HTO (brace test)
 - cartilage surgery or chondroplasty
 - meniscus intervention

Mode of action

- relief of the lateral or medial compartment using the 3-point-principle
- stabilisation of the knee joint via the 4-point-stabilisation-principle
- varus and valgus relief can be adjusted easily and individually by relief mechanism close to the hinge joint
- sensible relief / specific relief during weight-bearing
- pain relief by reducing weight-bearing on the affected side of the joint
- the relief of the knee joint provides that pain is reduced and offers support when the patient is mobile or active
- counteracts against the leg moving sideways into the painful position
- collateral stabilisation of the knee joint by rigid frame
- limitations:
 - extension: 0°, 10°, 20°, 30°, 45°
 - flexion: 0°, 10°, 20°, 30°, 45°, 60°, 75°, 90°
 - immobilisation: 0°, 10°, 20°, 30°, 45°



M.4s OA comfort short,
(length 34 cm)



Improved fit

The movable thigh shell adapts to a variety of thigh shapes, especially during movement.



Varus- / Valgus-adjustment joints

Reliable varus/valgus articulations located close to the hinge.



Slim design

Flat and lightweight frame design provides that the brace is as comfortable to wear as possible under clothing.

M.4s OA comfort is a rigid brace designed for relief and stabilisation of the knee joint.



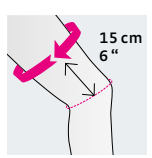
Secure fit
 Padding with slip resistant material.



Individual adjustment
 Comprehensive pad and wedge sets for individual patient adaption.



A high level of comfort
 Double-layered condylar pad-covers reduce friction on the skin as the two layers of fabric slide easily against each other.



circumference thigh (cm)	31 – 37	37 – 45	45 – 51	51 – 57	57 – 65	65 – 74
size	XS	S	M	L	XL	XXL
M.4s OA comfort article number	G.52□◇01	G.52□◇02	G.52□◇03	G.52□◇04	G.52□◇05	G.52□◇06
M.4s OA comfort short article number	G.52△◇01	G.52△◇02	G.52△◇03	G.52△◇04	G.52△◇05	G.52△◇06

□ = fill in for variant: 7 = Varus, 8 = Valgus / △ = fill in for variant: 5 = Varus, 6 = Valgus / ◇ = fill in for orientation: 2 = left, 3 = right

medi Soft OA

Soft knee orthosis for pressure relief and guidance

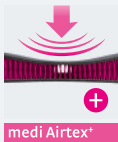
Indications

All indications requiring unicompartimental relief by 3-point-principle and additional physiological guidance and if necessary limitations of range of motion such as:

- unilateral osteoarthritis
- cartilage surgery or chondroplasty
- meniscus intervention

Mode of action

- relief of the lateral or medial compartment using the 3-point-principle
- pain relief by reducing weight-bearing on the affected side of the joint
- the compressive spacer-knit can improve proprioception. Improved proprioception supports the body's own guidance and stabilizes the knee joint
- the patented dynamic strap tensioning provides adaptive relief on the knee joint during movement. Consequently: maximum relief of the knee joint, when weight-bearing is on its highest level
- limitation possibilities:
 - extension: -5°, 0°, 10°, 20°, 30°, 45°
 - flexion: 0°, 10°, 20°, 30°, 45°, 60°, 75°, 90°, 120°
 - immobilisation: 0°, 10°, 20°, 30°, 45°



medi Airtex®



Free in every pack: Physio-Band

Access physio exercises and more information using the QR code or short URL medi.biz/OA



Secure fit

Bilateral hinges and the silicone dot coating support secure fit to the leg.



Knee comfort zone

The sophisticated design guides the straps outside the sensitive popliteal area not to exert any uncomfortable pressure. The integrated soft and breathable material inside the comfort zone provides that the brace is pleasant and comfortable to wear.



Adaptation to the individual

The divided wrap fastening on the upper leg makes fastening easy and enables the device to be adapted to different shaped thighs.

medi Soft OA is a knee brace for relief and guidance of the knee joint.



Easy to use

The combined slip in - wrap design enables easy don and a quick first alignment and fixation on the leg.



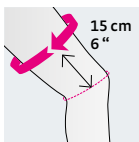
Correct fit

An opening in the patellar region guides the fitting to support that the brace is fitted correctly.



Quick and easy to use

Quick-release clasps enable the device to be taken on and off easily and quickly.



circumference thigh (cm)	31 – 37	37 – 45	45 – 51	51 – 57	57 – 65	65 – 74
size	XS	S	M	L	XL	XXL
article number	G.03◊.611	G.03◊.612	G.03◊.613	G.03◊.614	G.03◊.615	G.03◊.616

◊ = fill in for orientation: 2 = left varus / right valgus, 3 = left valgus / right varus

medi Soft OA light

Soft knee orthosis for pressure relief

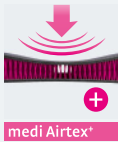
Indications

All indications requiring unicompartimental relief by 3-point-principle and additional physiological guidance such as:

- unilateral osteoarthritis
- meniscus intervention

Mode of action

- relief of the lateral or medial compartment using the 3-point-principle
- pain relief by reducing weight-bearing on the affected side of the joint
- the compressive spacer-knit can improve proprioception. Improved proprioception supports the body's own guidance and stabilizes the knee joint
- the patented dynamic strap tensioning provides adaptive relief on the knee joint during movement. Consequently: maximum relief of the knee joint, when weight-bearing is on its highest level
- limitation possibilities:
 - extension: -5° , 0° , 10° , 20° , 30° , 45°
 - flexion: 0° , 10° , 20° , 30° , 45° , 60° , 75° , 90° , 120°
 - immobilisation: 0° , 10° , 20° , 30° , 45°



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Physio-Band
Access physio exercises and more information using the QR code or short URL medi.biz/OA



Secure fit

Bilateral hinges and the silicone dot coating support secure fit to the leg.



Knee comfort zone

The sophisticated design guides the straps outside the sensitive popliteal area not to exert any uncomfortable pressure.

The integrated soft and breathable material inside the comfort zone provides that the brace is pleasant and comfortable to wear.

medi Soft OA light is a knee brace for relief of the knee joint.



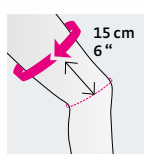
Easy to use
The combined slip in - wrap design enables easy don and a quick first alignment and fixation on the leg.



Correct fit
An opening in the patellar region guides the fitting to support that the brace is fitted correctly.



Easy and adaptable load relief
Patients can manually adjust the straps to reach the desired level of relief. The numbered scale provides orientation.



circumference thigh (cm)	31 – 37	37 – 45	45 – 51	51 – 57	57 – 65	65 – 74
size	XS	S	M	L	XL	XXL
article number	G.04◊.611	G.04◊.612	G.04◊.613	G.04◊.614	G.04◊.615	G.04◊.616

◊ = fill in for orientation: 2 = left varus / right valgus, 3 = left valgus / right varus

Genumedi®

Comfort knee support for soft tissue compression with 3D silicon pad

Indications

All indications requiring soft tissue compression with local pads in the area of the patella, such as:

- slight instability of the knee joint
- Osteoarthritis of the knee
- patello femoral pain syndrome

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 stabilizes the joint

Available variants



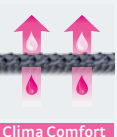
Extrawide with innovative knitted anti-curl-border



Extrawide with silicon top band



Additional version: Genumedi E*motion



Clima Comfort



Clima Fresh



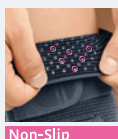
Comfort Zone



Open Patella



New knit tech



Non-Slip



No cutting-in of the ends of the bandage thanks to the unique knitting technique (medi Soft Edge).



Optimal anti-slip feature

Silicone dot coating and secure connection between the knitted fabric and lateral splint material (non-slip).



High wearing comfort

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



Integrated silicone patella

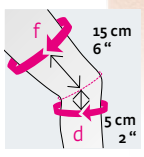
Perceptibly decreases pressure on the kneecap due to the open enclosure of the patellar silicone ring.

Genumedi® is a knee support for soft tissue compression.



Now also available in size IX

Genumedi®



circumference "f" (cm)	37-40	40-43	43-46	46-49	49-52	52-55	55-58	58-61	61-64
circumference "d" (cm)	25-28	28-31	31-34	34-37	37-40	40-43	43-46	46-49	49-52
size	I	II	III	IV	V	VI	VII	VIII	IX**
article number	K.102.Δ11	K.102.Δ12	K.102.Δ13	K.102.Δ14	K.102.Δ15	K.102.Δ16	K.102.Δ17	K.102.218*	K.102.219**

Δ = fill in for colour: 2 = silver, 8 = sand, * only available in silver, ** only available in silver with topband

Genumedi® extrawide

circumference "f" (cm)	46-49	49-52	52-55	55-58	58-61	61-64	64-67
circumference "d" (cm)	31-34	34-37	37-40	40-43	43-46	46-49	49-52
size	III	IV	V	VI	VII	VIII	IX**
article number	K.103.Δ◇3	K.103.Δ◇4	K.103.Δ◇5	K.103.Δ◇6	K.103.Δ◇7	K.103.288**	K.103.289**

Δ = fill in for colour: 2 = silver, 8 = sand, ** only available with topband in silver
 ◇ = fill in variant: 2 = extrawide with innovative knitted anti-curl-border, 8 = extrawide with topband

igli OA carbon foot orthotics

With postings that cover larger areas for targeted alignment of the mechanical leg axis in patients with knee osteoarthritis.

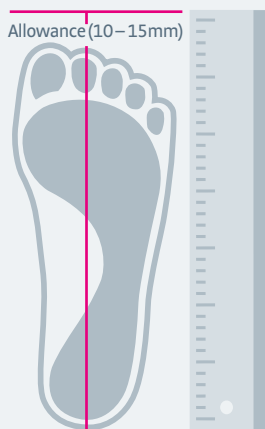
Indications

- Osteoarthritis of the knee

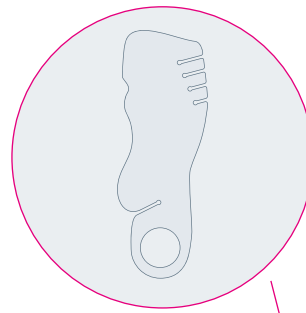
Mode of action

- stable heel with reinforcement for ideal guidance of the hindfoot in a moderately cupped shell.
- incisions in the carbon shell preserve flexibility to ensure that the foot remains mobile.
- postings that cover a greater area for specific and targeted posture correction.
- the extended carbon shell up to the forefoot offers ideal gait guidance and sufficient support to properly attach the OA postings.
- reduces the loading pressure in the knee joint by redirecting the forces.

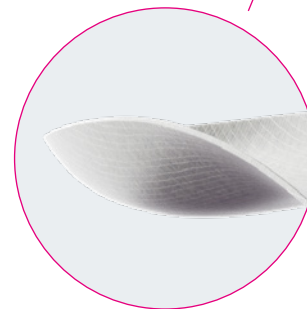
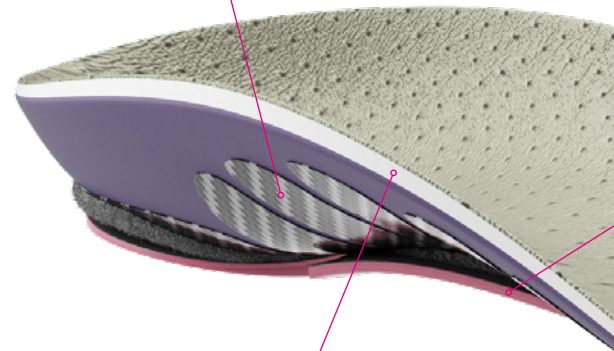
How to find your perfect size



Please measure the foot in standing position from the longest dimension to the heel. Then add another 10 to 15mm.



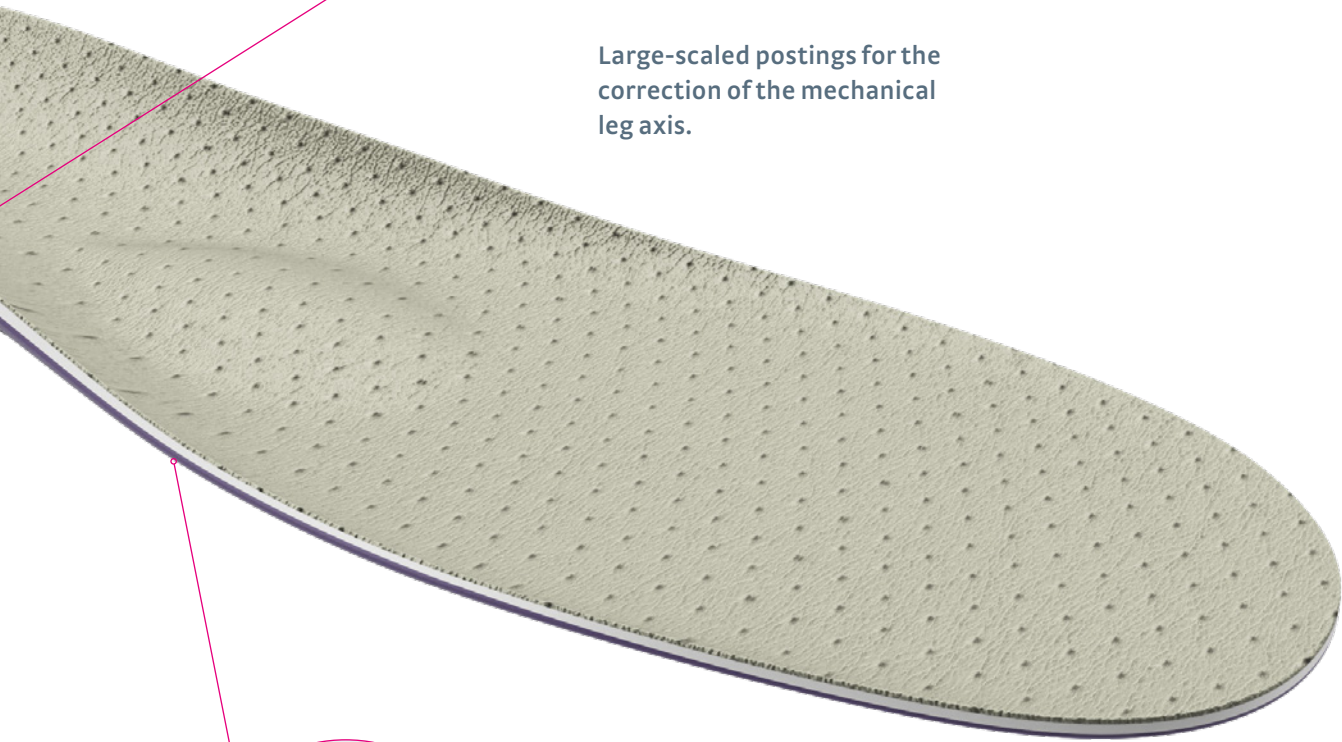
Extra flexibility
Slits in the carbon shell preserve flexibility when load is exerted.



Extra stability
Added stability via bracing in heel area.



Large-scaled postings for the correction of the mechanical leg axis.



More mobility

Dynamic carbon shell covers bigger areas of this orthotic style.

shoe size	35/36	37/38	39/40	41/42	43/44	45/46	47/48
article number	PJ33635	PJ33637	PJ33639	PJ33641	PJ33643	PJ33645	PJ33647


OA postings are included

The medi OA product range




A suitable, individual solution for every patient

According to the OARSI guidelines for the management of osteoarthritis, the suitable therapy should be determined individually. Accordingly, the suitable conservative and operative treatment options as well as patient individual criteria like pain level, age and the degree of osteoarthritis should be considered. medi now offers a comprehensive product range that enables a more individual, patient-centred care.


knee braces for osteoarthritis and pressure relief

		Indications	What's special?
	<p>M.4's OA comfort 4-point knee orthosis for varus or valgus pressure relief and stabilisation</p>	<p>All indications requiring unicompartmental relief by 3-point-principle and additional physiological guidance and stabilization by 4-point-principle and if necessary limitations of range of motion such as:</p> <ul style="list-style-type: none"> • severe medial or lateral gonarthrosis (at least level III) combined with ligament instability • unicompartmental relief at severe gonarthrosis before HTO (brace test) • cartilage surgery or chondroplasty • meniscus intervention 	<p>Hinge proximal to knee joint allows precise off-loading of the knee; movable upper thigh frame for ideal adaption and positioning to the leg</p>

soft braces for optimal stabilisation with compressive medi Airtex+ material

	<p>medi Soft OA Soft knee orthosis for pressure relief and guidance</p>	<p>All indications requiring unicompartmental relief by 3-point-principle and additional physiological guidance and if necessary limitations of range of motion such as:</p> <ul style="list-style-type: none"> • unilateral osteoarthritis • cartilage surgery or chondroplasty • meniscus intervention 	<p>Patented dynamic belt tensioning for effective off-loading of the knee; compressive medi Airtex+ improves proprioception</p>
	<p>medi Soft OA light Soft knee orthosis for pressure relief</p>	<p>All indications requiring unicompartmental relief by 3-point-principle and additional physiological guidance such as:</p> <ul style="list-style-type: none"> • unilateral osteoarthritis • meniscus intervention 	<p>Patented dynamic belt tensioning for effective off-loading of the knee; compressive medi Airtex+ improves proprioception</p>
	<p>igli OA carbon foot orthotics With postings that cover larger areas for targeted alignment of the mechanical leg axis in patients with knee osteoarthritis.</p>	<ul style="list-style-type: none"> • Osteoarthritis of the knee 	<p>Customized foot orthotic treatment for specific OA grades are possible with igli OA.</p>

soft supports with medi compression

		Indications	What's special?
	Genumedi® Comfort knee support for soft tissue compression with 3D silicon pad	All indications requiring soft tissue compression with local pads in the area of the patella, such as: <ul style="list-style-type: none"> • Slight instability of the knee joint • Osteoarthritis of the knee • Patello femoral pain syndrome 	Maximum relief of the patella due to the silicone patella ring with its open inner surface

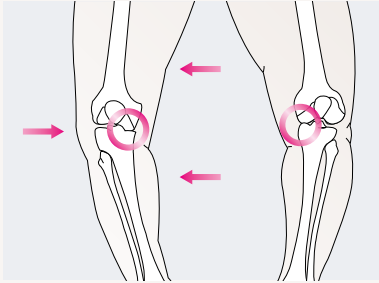
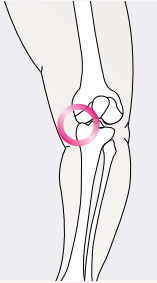
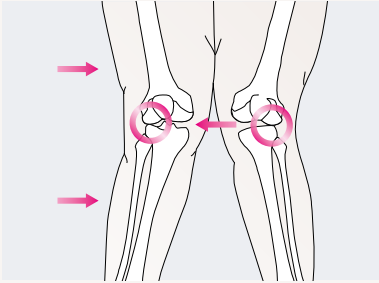
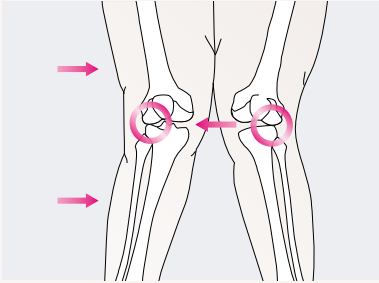
Suggested choice of brace according to patient specific factors

	Genumedi	medi Soft OA light	medi Soft OA	M.4s OA comfort
pain level	low	low	moderate	high
activity level	high	low	high	moderate
deformity	-	minor	moderate	high
instability	minor	minor	moderate	high
OA grade	early-onset OA	grade 1-2	grade 2-3	grade 3-4



Customized foot orthotic treatment for specific OA grades with igli OA 

Gonarthrosis orthosis: varus oder valgus? M.4s OA comfort / M.4s OA comfort short

	Varus malalignment (bowleg)		Valgus malalignment (knock-knee)	
				
Malalignment	varus, right	varus, left	valgus, right	valgus, left
Correct orthosis selection*	varus, right	varus, left	valgus, right	valgus, left
Affected side	medial, right	medial, left	lateral, right	lateral, left
Relief joint	lateral, right	lateral, left	medial, right	medial, left

* varus malalignment = varus orthosis; valgus malalignment = valgus orthosis



Our support for you

Besides the broad product spectrum, take advantage of our comprehensive information material. For further information contact: export@medi.de

Product information for you



prescription guidelines
osteoarthritis
DIN A4
Art.No. 0098198



medi orthopaedics
braces and supports,
DIN A4
Art.No. 0099944



Indication booklet,
DIN long
Art.-Nr.: 0099893

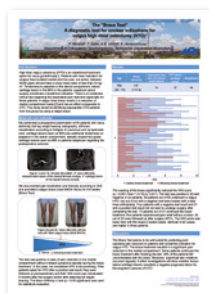


igli carbon foot
orthotics,
DIN A4
Art.No. PJ54054

Product information for you



medi knee-range,
DIN A4
Art.No. 0090409



The „Brace Test“: A diagnostic tool
for unclear indications for valgus
tibial osteotomy (HTO),
DIN A4
Art.No. 0097E16

Digital therapy guide for your patients

On each product, you will find a QR code and the short URL medi.biz/OA. Here, your patients will find further information and effective physio exercises for the treatment of osteoarthritis.



Headquarters
medi GmbH & Co. KG
Medicusstraße 1
95448 Bayreuth
Germany
T +49 921 912-0
F +49 921 912-783
export@medi.de
www.medi.de



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