

medi

## medi knee-range

More flexibility in treatment

medi. I feel better.

# Dear Reader,

With the high-quality knee range from medi, we offer you a broad product range for treating your patients in line with the indications.

On the following pages you will find an overview of medi's medical devices for guiding, stabilising, immobilising and relieving stresses on joints. The focus thereby is always on successful treatment and your patients' compliance.





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Indication overview

# M.4s® comfort

## 4-point rigid frame brace with extension / flexion limitation

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### Indications

- Conservative / postoperative after cruciate ligament ruptures (isolated or with accompanying injuries)
  - Conservative / postoperative after collateral ligament ruptures
  - Conservative in the case of knee instability (isolated or combined)
  - Postoperative after meniscus intervention
  - Postoperative after cartilage intervention
- 

### Mode of action

- Reliable stabilisation of the knee joint by the 4-point rigid frame construction
  - Flexion and extension limitation protects against undesirable joint movements
- 

### Why M.4s comfort?

Reliable security of fit on the leg thanks to the technically unique physioglide hinge that exactly mimics the roll / glide movement of the knee joint



Now with 5° hyperextension in all M.4s comfort orthoses

120°  
flexion

5°

hyperextension



# More flexibility in treatment

## New 5° wedge for hyperextension

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medi has expanded the M.4s comfort wedge set. It now includes a 5° hyperextension wedge and a 120° flexion wedge.\* This allows an even more individualised adjustment of the range of movement during treatment.

### Natural movement - Successful therapy

The M.4s comfort promotes the natural movements of the knee joint that range between 5° to 10° hyperextension and 150° flexion in most people.<sup>1</sup>

M.4s comfort with its expanded wedge set supports therapy by permitting the natural range of movement of the knee, while at the same time reliably stabilising the joint. The new wedge set is now available in all M.4s comfort variants.

### Limitation settings:

Extension: 5° hypex, 0°, 10°, 20°, 30°, 45°

Flexion: 0°, 10°, 20°, 30°, 45°, 60°, 75°, 90°, 120°

Immobilisation: 0°, 10°, 20°, 30°, 45°

<sup>1</sup> Kohn, D. (2016), Knie: Expertise Orthopädie und Unfallchirurgie, S. 27, Stuttgart: Georg Thieme Verlag



# The product features of the tried-and-tested M.4s® comfort

M.4s comfort stands for the unique handcrafted product features and details – for maximum comfort in wear.

Available in black and white



## Physioglide hinge ①

The physioglide hinge mimics the roll / glide movement of the knee joint and guarantees a reliable security of fit on the leg. It is now even flatter and can be worn comfortably under clothing.



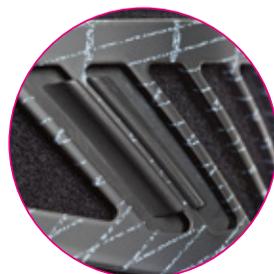
## Tool-free wedge change with physioglide TF ③

Every hinge cover has its own integrated tweezers. They enable the wedges to be changed quickly and easily.



## Flared frame clip ⑤

The especially flared frame clip over the calf ensures an optimum fit.



## Pad clips ②

The pad clips hold the pads securely on the frame with the help of Velcro fasteners.



## Split pad on strap No. 4 ④

The split strap pads can be positioned individually. This avoids pressure on the surgical wound.



## Flexible plastic belt buckles ⑥

The ends of the belt buckles are flexible. This ensures an outstanding security of fit.



# M.4s<sup>®</sup> PCL dynamic

**4-point rigid frame brace with extension / flexion limitation for treating injuries of the posterior cruciate ligaments**

## Indications

- Conservative treatment after injury of the posterior cruciate ligament
- Postoperative treatment after reconstruction of the posterior cruciate ligament

## Mode of action

- Individually adjustable support pad actively exerts an anteriorly directed force to hold the tibia in the desired position. This protects and supports the posterior cruciate ligament.
- Reliable stabilisation of the knee joint by the 4-point rigid frame construction
- Flexion and extension limitation protects against undesirable joint movements

## Why M.4s PCL dynamic?

Individually adjustable calf pad for safe positioning of the tibia



**Before**  
Instability of the knee following rupture of the posterior cruciate ligament



**After**  
PCL protection pad holds tibia in the desired position.

SCAN FOR MORE



[www.medi.biz/pcl](http://www.medi.biz/pcl)

**That little extra for you and your patients:**

At [www.medi.biz/pcl](http://www.medi.biz/pcl) you will find suitable physiotherapy exercises that your patient can do comfortably at home. Experts explain the most important points of the exercises.

# The product features of the M.4s<sup>®</sup> PCL dynamic

The M.4s PCL dynamic holds the tibia in the desired position by actively exerting a force via the PCL support pad.

This reliably and effectively supports treatment of the posterior cruciate ligament. With its light and flat construction and the comfortable non-slip pads, the orthosis is very comfortable to wear. This results in high patient compliance, which makes treatment safer and increases the patient's mobility.



## Reliable tibia retention ①

- The support pad presses actively on the tibia and holds it in the desired position.
- Thanks to its scallop shape, the pad moulds itself perfectly to the calf.



## Individually adjustable ②

- The integrated tensioning dial enables the supporting pad to be adjusted exactly to suit the individual patient.
- The numbered scale on the lateral guide bars makes it easier to position the support pad.



## Physioglide<sup>®</sup> hinge ③

- The physioglide hinge mimics the natural roll / glide movement of the knee joint as closely as possible. This ensures that the orthosis fits securely on the leg.
- The flat construction of the hinge enables the orthosis to be worn under clothing.



## Tool-free wedge change ④

physioglide<sup>®</sup> TF: new hinge construction – with tweezers in each hinge cover – provides for tool-free wedge changes.



## Preformed tibia pad ⑤

- The winged shape of the tibia cushion moulds itself perfectly to the anatomical shape of the shin bone.
- This distributes the pressure comfortably and effectively.

# M.4 X-lock®

## 4-point rigid frame brace with extension / flexion limitation

### Indications

- Meniscus refixation
- Postoperative after knee extensor tendon ruptures (patellar tendon, quadriceps)
- Cartilage surgery in the area of the knee cap and the trochlear groove
- Postoperative after Fractures of patella
- Restraint operations of the patella (e.g. MPFL reconstruction)
- Conservative therapy of patellar dislocations
- Conservative treatment after cruiate ligament, collateral ligament or meniscus lesions
- Transfer of tuberositas tibiae
- postoperative after meniscus implant

### Mode of action

- Secure lock in full extension – makes possible axial loading in extension
- Simple changing to the free mobile mode when non-weight-bearing: for comfortable sitting and early functional exercises

### Why M.4 X-lock?

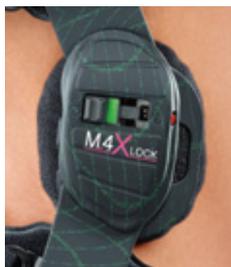
- Mobility restored earlier
- Prevention of muscle atrophy
- Better proprioception



Water repellent padding



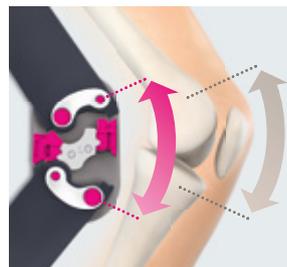
Divided pads prevent pressure on the surgical scar



Unlocked mode with the non-weight-bearing leg in flexion



Locked mode at full extension



The physioglide hinge mimics the natural roll / glide movement of the knee joint as closely as possible. To make sure the orthosis fits securely on the leg.



physioglide TF: new hinge construction – with tweezers in each hinge cover – provides for tool-free wedge changes.

# M.4<sup>®</sup>s OA

## 4-point rigid frame brace to reduce varus / valgus deformity and stabilise the knee

### Indications

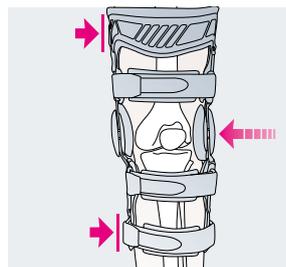
- Severe medial or lateral gonarthrosis (at least level III) combined with ligament instability
- Unicompartamental relief before HTO (brace test)
- For relief of painful stress fractures (e.g. tibiahead)
- Cartilage surgery / chondroplasty / meniscus refixation / displacement osteotomy with required postoperative relief of the medial or lateral compartment
- Strong overloading of the medial or lateral compartment
- permanent relief, where surgery is contraindicated

### Mode of action

- Pressure relief with adjustable varus/valgus hinges close to the knee joint based on the 3-point pressure relief principle
- Collateral stabilisation

### Why M.4s OA?

Adjustable varus/valgus hinges close to the knee ensure reliable relief of the affected compartment



3-point pressure relief principle



Ultra flat and light frame and hinge construction (100 % Aluminium)

## Selecting the right orthosis

### M.4<sup>®</sup>s OA varus or valgus?

Deformity	Varus deformity (bow leg)	Valgus deformity (knock knee)
Affected sidew	medial	lateral
Therapy	medial pressure relief	lateral pressure relief
Adjustable varus/valgus hinge	lateral	medial
Direction of force	valgus	varus
Orthosis	M.4s OA Varus	M.4s OA Valgus

# Collamed® / Collamed® long

Long soft brace based on the 4-point principle with limitation of flexion / extension

## Indications

- Rupture of medial collateral ligament
- For conservative treatment of collateral ligament lesions
- Chronic instability
- Postop after cruciate ligament rupture
- Meniscus injuries combined with collateral ligament injuries
- Mild instabilities of the cruciate ligaments
- Traumatic or degenerative deformities of the knee joint

## Mode of action

- Safe and reliable stabilisation and limitation of movement of the knee joint by the 4-point straps\* and lateral adjustable hinge bars
- Improves proprioception to guide and stabilise the joints
- Flexion and extension limitation protects against undesirable joint movements

## Why Collamed?

- Compressive knit for improved proprioception
- Orthosis is securely positioned on the leg by the unique physioglide hinge
- Breathable netting in the hollow of the knee ensures comfort in wear



\* Stabilisation by the 4-point principle: Limitation of anterior and posterior tibial glide



The physioglide hinge mimics the natural roll / glide movement of the knee joint as closely as possible. This ensures that the orthosis fits securely on the leg.



medi Airtex\* with adaptive thermoregulation and an antibacterial action for high comfort in wear



Only Collamed: strap adjustment aid for the 4-point principle. The plastic platelets are supplied with the orthosis.



physioglide TF: the new hinge construction makes tool-free wedge changes possible.

# Stabimed®

## Short soft brace with extension / flexion limitation

### Indications

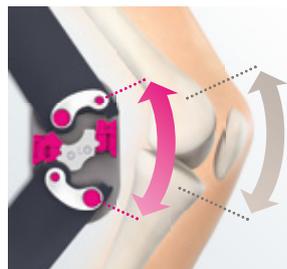
- Collateral lesions and instabilities
- Mild to moderate instabilities of the knee joint
- Chronical instability
- Meniscus injuries
- Structural relaxation
- Traumatic or degenerative deformities of the knee joint

### Mode of action

- Limitation of extension and/or flexion to protect against damaging joint movements
- Improves proprioception to guide and stabilise the joints

### Why Stabimed?

- Compressive knit for improved proprioception
- Orthosis is securely positioned on the leg by the unique physioglide hinge
- Breathable netting in the hollow of the knee ensures comfort in wear



The physioglide hinge mimics the natural roll / glide movement of the knee joint as closely as possible. This ensures that the orthosis fits securely on the leg.



medi Airtex® with adaptive thermoregulation and an antibacterial action for high comfort in wear.



Breathable netting in the hollow of the knee ensures comfort in wear.



physioglide TF: the new hinge construction makes tool-free wedge changes possible.

# Stabimed® pro

Short soft brace that protects against hyperextension

## Indications

- Mild to moderate instabilities of the knee joint
- Mild chronic instabilities
- Slight meniscus injuries
- For protection in the later stages of the rehabilitation and return to sport

## Mode of action

- Safe and reliable collateral stabilisation of the joints
- Improves proprioception to help the body guide and stabilise the joints
- Protection against hyperextension

## Why Stabimed pro?

- Compressive knit for improved proprioception
- medi Airtex® for high comfort in wear
- Breathable netting in the hollow of the knee ensures comfort in wear



Breathable netting in the hollow of the knee ensures comfort in wear.



medi Airtex® with adaptive thermoregulation and an antibacterial action for high comfort in wear.

# medi PT control

**Orthosis with adjustable hinges to correct and secure patellar glide in the femoral groove**

## Indications

- Conservative or postoperative treated patella luxation with mild knee instability
- Patello femoral pain syndrome
- Patella instabilities
- Lateral malalignment with mild knee instability
- Retropatellar cartilage surgery
- After lateral release surgery

## Mode of action

- Postoperative: reliable relief of stresses on injured structures or after surgery
- Conservative: correction of lateral patellar instability
- Provides the limitation of extension and/or flexion required to protect against damaging joint movements
- Simultaneous collateral stabilisation

## Why medi PT control?

- Compressive knit for improved proprioception
- Physioglide hinge holds it securely in position on the leg



The physioglide hinge mimics the natural roll / glide movement of the knee joint as closely as possible. To make sure the orthosis fits securely on the leg.



Also available as a wrap version: no need to flex the injured knee.



physioglide TF: new hinge construction – with tweezers in each hinge cover – provides for tool-free wedge changes.



medi Airtex\* with adaptive thermoregulation and an antibacterial action for high comfort in wear.

# Genumedi® PSS

## Knee support to relieve strain on the insertions of the patella

### Indications

- Patellar tendinitis (Jumper's Knee)
- Osgood-Schlatter disease
- Patellofemoral pain syndrome
- Chondropathia patellae
- Chondromalacia patellae
- Following injury to the patellar tendon
- Retropatellar arthrosis
- Patellar maltracking
- Plica syndrome

### Mode of action

- Two-part pad system for easy patellar guidance and targeted reduction of pressure and tension at the tip of the patella and the tibial tuberosity
- Offset strap system for balanced pressure distribution
- Pressure exerted by the integrated friction pads on the patellar ligament stimulate proprioception to increase quadriceps muscle tone
- Proprioceptive compression for reliable guidance and stabilisation of the joints

### Why Genumedi PSS?

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

Now also available in size 0



Offset belt system for well-balanced distribution of pressure.



Two-part pad system with 3D profile for additional massaging effect: Patella and tendon pads stabilise and provide relief with pinpoint accuracy. Patellar pad with innovative 3D profile Tendon pad with silicone dot coating



Safe grip due to integrated silicone dot coating.



medi Kidz – in sizes 0 + I + II also for children suitable.



# Genumedi® PT

## Knee support for improved patellar guidance

### Indications

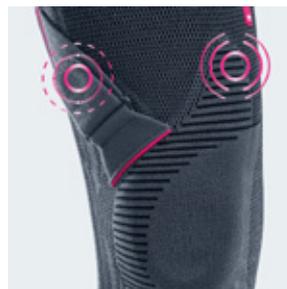
- Patellofemoral pain syndrome in cases of:
  - Muscular imbalance
  - Patellar maltracking
  - Patellar lateralisation
  - Hypermobile patella
- Post-operative treatment (patella stabilisation)

### Mode of action

- Positive influence on the muscular structures that guide the patella, in order to compensate for imbalance:
  - reduces vastus lateralis muscle tone by means of a friction pad on the trigger point Trp1.
  - Activates vastus medialis
- The silicone ring with its lateral reinforcement gently guides the patella to ensure safe movement in the femoral groove
- Proprioceptive compression: guides and stabilises the joints

### Why Genumedi PT?

Every product comes with a physiotherapy concept for patients including an exercise poster and exerciser



**Relaxes and activates**  
Precisely placed 3D pads relax and activate the vastus lateralis and vastus medialis muscles respectively.



**Individual adjustment**  
The control strap and thus the pressure on the vastus lateralis muscle can be adjusted as necessary.



**Correcting patellar tilt**  
The silicone ring surrounding the patella is laterally reinforced to promote correct trochlear articulation. Patellar tilt is corrected.



**medi Kidz –**  
in sizes I + II also  
for children suitable.

# Genumedi® pro

Orthosis that supports the physiological guidance of the knee joint

## Indications

- Mild to moderate instability of the knee joint
- Osteoarthritis of the knee
- Mild meniscus injuries
- Mild lateral ligament instabilities
- For postoperative stabilisation and compression, for example following partial meniscectomy or cartilage smoothing

## Mode of action

- Massage effect by integrated silicone pads
- Reduce swelling (oedema, haematomas)
- Proprioceptive compression: guides and stabilises the joints
- Easyglide joints to relieve stresses on the knee joint and support the physiological roll / glide movement
- Activation of the surrounding muscle tissues and better circulation

## Why Genumedi pro?

- Circular straps around the thigh and calf for a better hold.
- Secure fit and optimum slip-resistance due to the silicone dot coating



Secure fit and optimum slip-resistance due to the silicone dot coating



Easyglide joints to relieve stresses on the knee joint and support the physiological roll / glide movement



Better proprioception and massage effect thanks to the compressive knit and the silicone patella ring



Circular straps around the thigh and calf for a better hold.

# Genumedi®

## Knee support for soft tissue compression

### Indications

- Slight instability of the knee joint
- Articular effusions and swellings
- Chronic post-operative and post-traumatic inflammation
- Osteoarthritis and arthritis
- Patello femoral pain syndrome

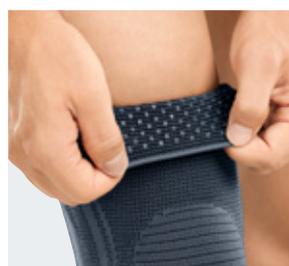
### Mode of action

- Massage effect by integrated silicone pads: reduce swelling (oedema, haematomas)
- Proprioceptive compression: guides and stabilises the joints

### Why Genumedi?

Maximum relief of the patella due to the silicone patella ring with its open inner surface

Also available as  
Genumedi® E+motion



Integrated silicone dot coating for a firm hold.



Maximum relief of the patella due to the open border of the silicone patella ring



Pad with 3D profile



medi Kidz –  
in sizes I + II also  
for children suitable.



# medi PTS®

## Knee brace for immobilising and relieving tension on the posterior cruciate ligament

### Indications

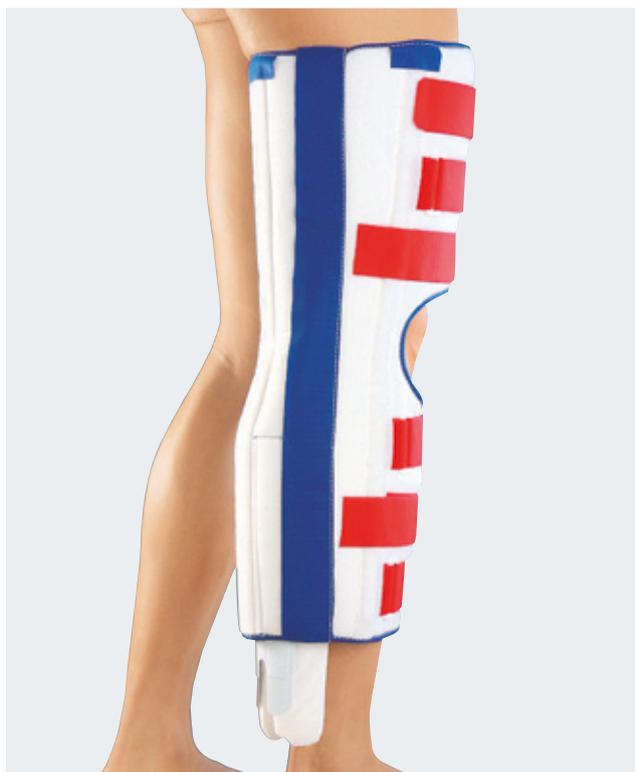
- Conservative treatment of recent PCL rupture / PCL instability
- Post-operative immobilisation after PCL reconstruction
- Treatment resistant patello femoral pain
- Extension deficit due to contracture of the posterior capsule fibres
- Acute anterior knee pain

### Mode of action

- Secures the postoperative outcome / relieves stresses on the graft during the remodelling / reorganisation process
- Conservative: to limit the posterior tibial glide and relieve stresses on the PCL at the same time

### Why medi PTS?

Alleviates stresses on the PLC thanks to the individual sliding calf pad



# medi Jeans

## Knee brace for immobilising the knee

### Indications

- Post-operative, posttraumatic immobilisation
- Pre-operative pain conditions
- Following patella dislocations

### Mode of action

- Immobilisation of the knee at 0° resp. 30°

### Why medi Jeans?

Simple donning and doffing thanks to open wrap around design



# medi Classic

## Knee brace for immobilising the knee

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### Indications

- Post-operative immobilisation
  - Pre-operative pain conditions
  - Following patella dislocations
- 

### Mode of action

- Immobilisation of the knee at 0° resp. 20°
- 

### Why medi Classic?

Simple donning and doffing thanks to open wrap around design



# medi Classic air

## Knee brace for immobilising the knee

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### Indications

- Post-operative immobilisation
  - Pre-operative pain conditions
  - Following patella dislocations
- 

### Mode of action

- Immobilisation of the knee at 0° resp. 20°
- 

### Why medi Classic air?

Simple donning and doffing thanks to open wrap around design

New: Knee immobilisation brace made from breathable material



# The medi knee range

All the products and the most important indications at a glance

Product	Genumedi	Genumedi PT	Genumedi PSS	Genumedi pro	Stabimed pro	Stabimed
	Knee support for soft tissue compression	Knee support for improved patellar guidance	Knee support for relieving strain on the insertions of the patella	Orthosis that supports physiological guidance of the knee joint	Short soft brace that protects against hyperextension	Short functional soft brace with flexion/extension limitation
						
<b>Stabilisation / Immobilisation</b>						
<b>Indications*</b>	page 20	page 18	page 16	page 19	page 14	page 13
<b>Ligaments / menisci / instability</b>						
Anterior cruciate ligament (partial) rupture						
PCL injuries						
Collateral ligament injuries						●
Collateral ligament rupture						
Minor / moderate meniscus lesion				●	●	●
General postoperative information on menisci						●
Meniscus refixation						
Knee instability				●	●	●
Minor knee instability / irritative conditions	●					
<b>Patella</b>						
Patellar ligament rupture						
Suture anchor surgery around the patella						
Patellar dislocation or subluxation						
Patellofemoral pain syndrome		●				
Patella tip syndrome			●			
Retropatellar cartilage surgery						
<b>Osteoarthritis</b>						
Mild to moderate osteoarthritis of the knee				●	●	●
Severe osteoarthritis of the knee (3 – 4)						
Retropatellar osteoarthritis						
Pressure relief before HTO (brace test)						
Osteotomy (HTO)						
Cartilage surgery of the patella / femoral groove						

\* This overview contains the most important indications. You will find detailed indications on the respective product pages in the brochure.

Collamed / Collamed long	medi PT control	M.4s comfort	M.4 X-lock	M.4s OA	M.4s PCL dynamic	medi PTS	medi Classic / medi Classic air	medi Jeans
Long soft brace based on the 4-point principle with limitation of flexion / extension	Orthosis with adjustable hinges to correct and secure patellar glide in the femoral groove	4-point rigid frame orthosis with extension / flexion limitation	4-point rigid frame orthosis with extension / flexion limitation	4-point rigid frame brace to reduce varus / valgus deformities and stabilise the knee	4-point rigid frame brace with extension / flexion limitation	Knee brace for immobilising and relieving tension on the posterior cruciate ligament	Knee brace for immobilising the knee	Knee brace for immobilising the knee



					Stabilise		Immobilise	
page 12	page 15	page 4	page 10	page 11	page 8	page 21	page 23	page 22
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