

**medi**



# Genumedi PT – for balanced knee joints

An information brochure with an  
individual training plan



medi. i feel better.



# Dear Patient,

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**By acquiring the Genumedi PT knee support you have opted for an effective and high-quality orthoses “made in Germany”. The support will help you move with confidence and without pain.**

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Precisely positioned massage pads, the use of functional high-tech materials, and the exact compression gradient supplied by the knit all help restore balance to your knee joint.

For the sake of your health, we take an integrated approach to treatment. That's why we've included a customised exercise plan at the back of this brochure for you to keep. It features helpful exercises for completion in the home, exercises that have been compiled in collaboration with the Sports Clinic in Stuttgart. The enclosed medi fitness band is an invaluable aid to exercising.

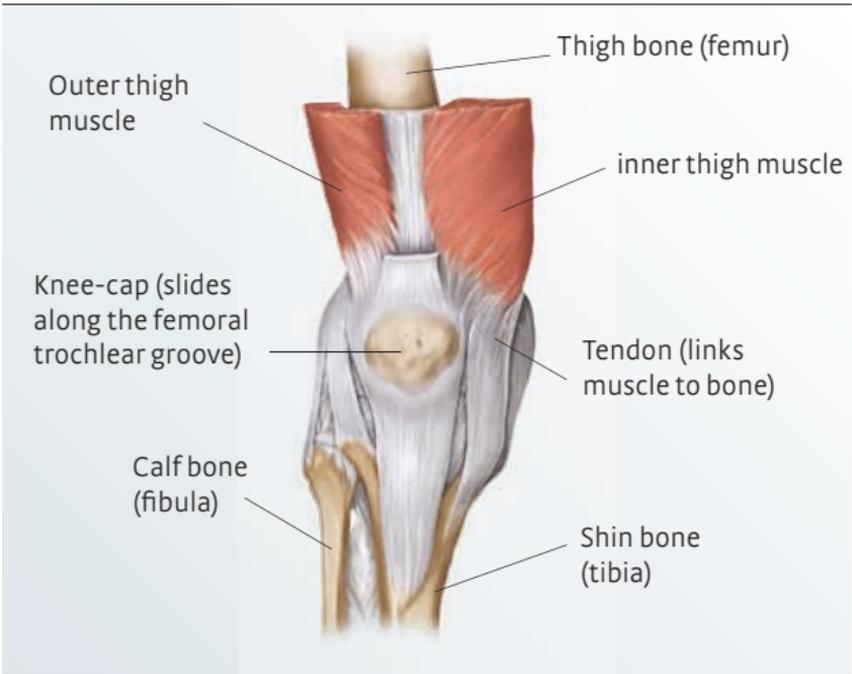
The team at medi.



# The knee

## One of the human body's major joints

The knee is a complex joint that comes under a lot of stress. Bones, muscles, tendons and ligaments combine to enable a precise interplay of various different planes of movement.







## Knee-cap related injuries

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### Anterior knee pain (patellofemoral pain syndrome)

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Patellofemoral pain syndrome (PFPS) is the name given to pain occurring in the groove between the thigh and knee-cap. Patients generally complain of pain next to, behind or below the knee-cap. Pain can occur when climbing stairs, following long periods sitting down, or in conjunction with sporting activity. Young athletic women in particular are frequently affected by PFPS.

A shortening and weakening of the thigh muscles, small knee-caps, and especially knock knees, bandy legs, or patellar tilt are just some of the many causes which can lead to this syndrome.

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## Knee-cap instability (patellar instability) and knee-cap dislocation (patellar luxation)

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In a healthy knee the knee-cap sits in the femoral trochlear groove. Knee-cap instability occurs when the knee-cap not being positioned absolutely centrally in the groove - in the worst case scenario it pops out completely. This can be extremely painful.

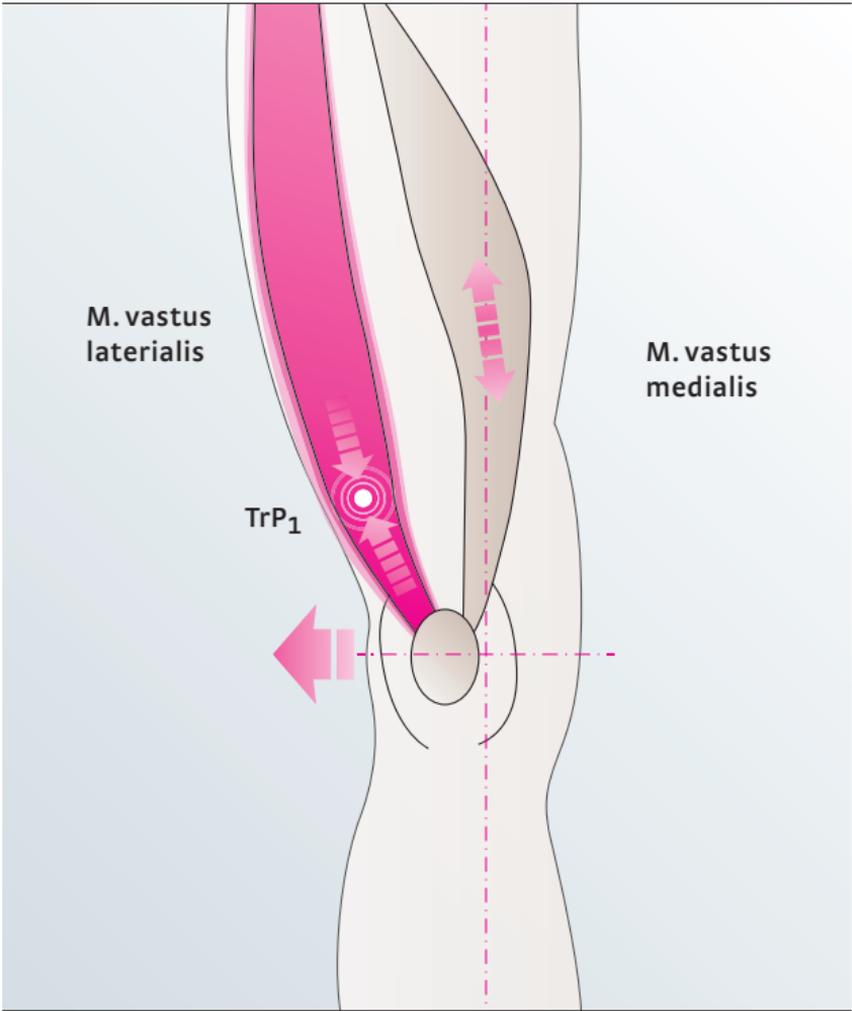
### **There are basically three different degrees of instability:**

1. Knee-cap lateralisation (the knee-cap runs along the side of the groove)
2. Knee-cap subluxation (partial dislocation of the knee-cap)
3. Knee-cap luxation (full knee-cap dislocation)

Generally the cause of such problems lies in an unfortunate combination of luxation-promoting aspects. From an anatomical point of view, there are knee joint misalignments (e.g. knock knees). Other risk factors include a weak ligamentous apparatus (knee joint hypermobility), a tilted patella, and imbalance between the outer and inner anterior thigh muscles. The latter can lead to the shortened muscles pulling the knee-cap sideways via the tendons. The result: knee-cap instability.

## Trigger points

Healthy muscles contract and relax. The failure of a muscle to relax may lead to permanent cramping, shortening the muscle as a result. This “contracted zone”, known as the trigger point, causes pain which radiates out into the surrounding area. Pains in the knee can therefore be due to the formation of a trigger point in the outer anterior thigh muscle.



**Muscular imbalance between outer and inner thigh muscles can lead to knee-cap lateralisation.**

# Genumedi PT – the smile principle for genuine relief

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Relieving pain so you can smile again.

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The Genumedi PT knee support smile principle picks up on the fact that knee-cap instability can be a patellofemoral pain syndrome risk factor, allowing adjustments to be made to the product accordingly. Thanks to the precise placement of a silicone ring pad (pelotte), the knee is stabilised.

The laterally reinforced pelotte prevents the knee-cap from slipping sideways out of the femoral trochlear groove. The pelotte provides a frame for the knee-cap and the silicone moulds to the exact shape of your knee.

At the same time two massage pads integrated in the upper section of the support work to restore balance between the different thigh muscles. Renewed lateralisation is thus effectively prevented. By massaging the trigger point, the pads help to relax the outer anterior thigh muscle; at the same time the inner anterior thigh muscle is activated. The thigh strap allows the wearer to adjust support intensity.



**1**  
Two integrated massage pads relax and contract the two anterior thigh muscles.

**2**  
The laterally reinforced silicone pad stabilises the knee-cap and prevents it from slipping sideways.

#### note

At medi we believe in offering you an integrated and sophisticated rehabilitation concept. There is more to treating knee-cap injuries than simply wearing a support. That's why we include a complimentary medi fitness band and exercise poster: two additional elements to promote lasting recovery.

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# An overview of the product benefits

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## Treatment that feels good.

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### **For noticeable pain relief**

The stabilisation of the knee-cap and the simultaneous massage of the thigh muscles guarantee enhanced comfort.

### **For everyday stability**

The compression knit support enhances knee joint stability.

### **Effectively promotes treatment**

The massage pads stimulate and relax the inner and outer anterior thigh muscles respectively. This promotes balance between the different muscles and thus has a positive impact on knee joint stability as a whole.

### **Invisible under clothes, comfortable to wear**

The ultra-smooth finish and the use of breathable, skin-friendly materials ensure optimum comfort.

# Treatment and follow-up

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## Effective ways and means of stabilising the knee joint.

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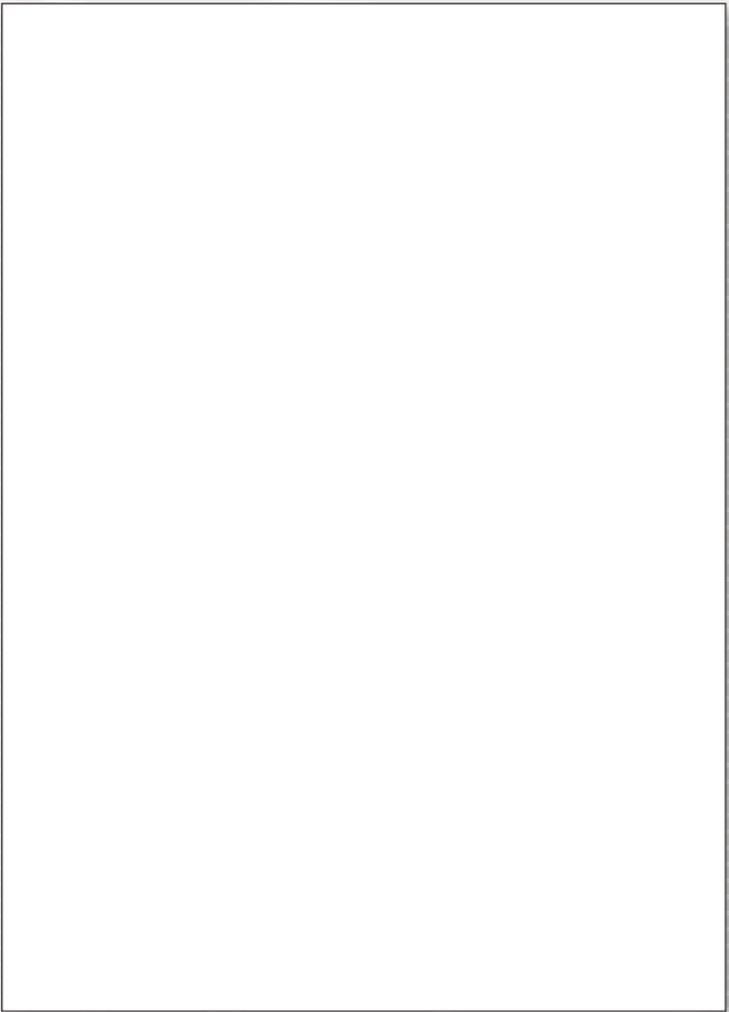
In cases of lateralisation, subluxation, or a one-off knee-cap luxation, the knee-cap generally receives conservative treatment, meaning no operation is performed. To stabilise the knee-cap and joint, the patient wears a knee support (in cases of lateralisation) or a knee orthoses (in cases of luxation). If the knee-cap dislocates a second time, an operation may be necessary.

Physiotherapy exercises combined with on-going independent training of the thigh muscles by the patient are also important for strengthening the thigh muscles and have a positive impact on the direction of pull on the knee-cap.

### note

**You'll find an exercise poster at the back of this brochure.**

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### Your physio concept

Here are some exercises and a fitness band, which we invite you to use to promote your own recovery.

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# Introducing medi

medi is one of the world's leading health sector companies. It has been manufacturing medical aids since 1951.



## Phlebology

medi ven compression stockings for healthy veins, lymphatic therapy, and as a major factor in preventing thrombosis.



## Orthopaedics

medi supports and orthoses for treating diseased and injured joints, such as arthritis, osteoporosis, cruciate ligament tears and much more.



## CEP

Your partner when it comes to sports compression. Compression sports socks and sports-wear for enhanced performance, improved stamina and quicker regeneration!



## Hospital

For your recovery in hospital – medical anti-thrombosis stockings by medi – reducing the risk of thrombosis.



## Prosthetics

Innovative prosthetic components and products by medi to alleviate phantom pain in leg amputees.



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