Passion for detail – soft supports from medi.

Perfection you can feel.

medi. I feel better.
Passion for detail • soft supports from medi
Perfection comes from the heart. And from medi.

Our passion for detail has enabled us to develop supports that give you the gift of relief.

medi invests so much intuition in product development. Our supports are perfectly matched to each individual joint and are integrated harmoniously into your movements – like a second skin, which gives you back your mobility.

What defines medi supports?
Clever features that you don’t see at first, but can certainly feel. An additional pad, for example, that gently massages the painful tissues. Or a non-slip function that keeps the support where it belongs.

Numerous fine details ensure that you can concentrate again on the essentials: on your passion – at work or in your free time.

Experience perfection made in Germany and above all: Made with passion.
When are supports used?

Professional athletes like the alpinist Stephan Siegrist put their trust in supports from medi during their expeditions. But, of course, amateur sportsmen benefit from supports just as much as professionals. Minor sports injuries such as twisting an ankle jogging can injure the joint. The most common joint disorder is osteoarthritis. In Germany alone, round 16m people are affected*. All in all, 76 % of Germans have painful joints. Supports help here.

Objectives of a support:
• Relieve pain
• Stabilise and relieve stress on the affected joints
• Rapidly restore mobility
• Adopting unnatural posture to compensate for the injury/condition

* Source German Statistics Office, German Public Health Report 1998
How supports work:

**Massage**
Integrated massage pads, compressive knit and movement combine to achieve a massage effect that reduces swelling. This improves the circulation and reduces pain and, as a consequence, prevents adopting unnatural posture to compensate for the injury/condition. You are back on the move more quickly and can enjoy life again.

**Compression**
The compression exerted by the supports helps mobilise the receptors in our skin. This compensates for deficits and improves muscle control to stabilise the joints.

**Support the locomotor apparatus**
Supports do not cause any muscle atrophy (loss of muscle mass), rather they stimulate the whole locomotor apparatus.
Where are supports used?
- Wrist p. 30
- Elbow p. 26
- Back p. 18
- Knee p. 10 / S. 14
- Ankle p. 22
Supports from medi

Clever basics give genuine added value.

You can feel the quality: all medi supports are equipped with these functional product features.

Clima Comfort
The elaborately worked knit ensures a balanced microclimate of the skin. Moisture is transported reliably and quickly from the inner surface to evaporate from the outer surface. At the same time, the material’s active breathing structure guarantees the necessary oxygen supply.

Clima Fresh
The integrated Clima Fresh function has antibacterial actions and reliably prevents odour formation. Bacteria are kept away from the knit to maintain fibre-deep hygiene.

Comfort Zone
Soft zones in the sensitive flexor areas ensure that the support does not press on or cut into the skin, even when worn all day long.

Öko-Tex Standard 100
medi supports have been tested and evaluated for human ecological harmful substances.

Made in Germany
Supports from medi are developed and produced in Germany. Carefully selected materials are made into functional everyday companions with loving attention to detail.
10 • Passion for detail • soft supports from medi
“The perfect photograph demands the very best I can give. Only the keen eye for detail captures the unique moments and keeps them for eternity”.

Andrea N., photographer
1. Individual pressure regulation
2. The inner workings of the support: massage pads stimulate the muscle group directly
Genumedi® PT

To improve guidance of the kneecap in cases of pain in the front of the knee.

You will feel these details:

• Specific massage and relaxation of the outer thigh muscle via trigger point TrP1

• Individually adjustable pressure on the outer thigh muscle with the strap and massage pad

• Massage and activation of the inner thigh muscle by the massage pad

• Kneecap held safely by the laterally reinforced silicone ring

• Comfortable pressure relief due to the open ring surrounding the kneecap, particularly elastic knit for the best possible protection and comfortable room for movement

• Includes exercise poster and exerciser – enclosed with every pack

What is a trigger point?
Healthy muscles alternately contract and relax. However, failure to relax can lead to the muscle remaining permanently tense and shortened. Trigger points may develop and cause pain. Thus, knee symptoms may also be linked to the formation of a trigger point in the outer muscles over the front of the thigh.
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“I love devoting my heart and soul to my work, especially when I see what results I get when my instinct is right”.

Daniel P., Landscape gardener
1. Reliable hold due to the non-slip system
2. Pleasant pressure relief for the kneecap thanks to the open border
Genumedi®

For minor instability, joint effusion and swelling as well as for osteoarthritis, arthritis and irritative conditions.

You will feel these details:

- Comfortable pressure relief due to the open ring surrounding the kneecap, particularly elastic knit for the best possible protection and comfortable room for movement

- Reliable hold due to silicone dot coating (non-slip system)

- The correct fit can always be found thanks to standard sizes, extra wide models and individual made to measure garments

- A sachet of cream is supplied with every pack for optimum hold and smooth skin
18 • Passion for detail • soft supports from medi
“My passion? My pride and joy! Only loving attention to detail breathes life into a machine.”

Jacob N., passionate old-timer fan
1. Comfortable to wear when sitting
2. Easy to put on thanks to the hand loops
Lumbamed® basic

For painful conditions of the lumbar and sacro-iliac regions (lower back just above the bottom). With integrated pad that moulds itself to the back to massage and stabilise it.

You will feel these details:

- Clever hand loops for easy donning of the brace
- Comfort you can feel when sitting thanks to folding edges around the abdomen (no pressure or chafing)
- Very comfortable to wear due to the soft towelling material on the inner surface of the fastener
- Welcome stabilization thanks to integrated stabilising elements
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“Dancing is my passion and my life. I’ll give everything I’ve got until I achieve absolute perfection and complete harmony”.

Anna S., dancer
1. Reliable hold with the additional strap
2. Can also be worn without the strap
Levamed® active

For chronic ligamentous instability in recurrent supination trauma (twisting injuries). An integrated active strap offers additional protection against twisting.

You will feel these details:

- Stabilising strap system, individually adjustable and removable
- Wear with the strap system – for a firm hold during sports and weight-bearing activities
- Wear without the strap system – for safety in everyday living, also in slim-fitting business shoes
- Support easy to put on thanks to the enclosed donning aid – particularly with slightly damp feet
- Oblique border makes it even easier to step into the support
- Feels even more comfortable to wear thanks to the pressure-free border
“My clients expect my work to be absolutely precise. I keep my eye on every detail – right to the very end of every hair”.

Barbara A., master hairdresser
1. Strap with practical Velcro fastener
2. Particularly comfortable at the bend of the elbow
Epicomed®

For golfer’s or tennis elbow and other chronic, post-operative and post-traumatic irritative conditions, swelling and joint effusion.

You will feel these details:

• Optimum fit with an exact pressure gradient and perfectly positioned pads

• Very comfortable to wear thanks to the particularly soft knit on the inside

• Includes a strap for an individual setting of the intensity of the pressure

• Strap with split Velcro fastener adapts to every arm circumference, very simple to fasten safely (with one hand)

• Exclusive and only with the “sand” variant: additional silicone topband for a firm hold (for soft connective tissue)
“The perfect tone demands plenty of patience. But it’s worth it; nothing sounds as sublime as absolute perfection.”

Oliver K., violin maker
1. Practical donning aid  
2. Comfort Zone in the thumb region for maximum freedom of movement  
3. Tangible pressure relief over the ball of the hand
Manumed active

For osteoarthritis and injuries of the wrist (sprains or strains).

You will feel these details:

• Support easy to put on thanks to the enclosed donning aid – particularly helpful when hands are slightly damp

• Reliable hold thanks to the additional strap at the wrist

• Opening in the strap relieves pressure on the ball of the hand and ensures an exact positioning of the strap

• Reliable stabilisation of the hand by anatomically pre-formed splint for the palm of the hand

• Comfort Zone in the thumb region for maximum freedom of movement

• Comfortable to wear, soft borders to prevent constriction or curling
Stephan Siegrist, professional Swiss alpinist: he specialises in first ascents on all seven continents as well as in “highlining” and “base jumping”. Always on board: supports from medi.
medi supports in professional sports

Tested in professional sports, convincing in everyday living.

Professional athletes like alpinist Stephan Siegrist or the DSV athletes put their trust in supports from medi.
medi is the official outfitter for the German national skiing teams. For instance, Tobias Angerer, Viktoria Rebensburg, Andrea Henkel and Fritz Dopfer are among those who wear supports from medi.
Carlos Ruesga, a member of the Spanish handball team puts his trust in the Genumedi knee brace during the 2013 World Championship.