



medi

## medi foot and ankle joint products

Safe and comfortable therapy  
for many indications



medi. I feel better.



## Dear Reader,

Foot and ankle products from medi offer more to your patients: They support the healing process in many indications. They are distinguished by their high quality and clever details and enable your patients to handle them easily. This gives patients confidence in the treatment and contributes significantly to compliance with therapy. The following pages will give you an overview of the medi aids for stabilisation, immobilisation, or for functional therapy.

Do you pay particular attention to the “Why”?



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indication table



# Levamed® stabili-tri

**Triple action modular orthosis for the functional care of ankle injuries**

## Indications

All indications in which stabilization or movement restriction of the ankle joint with subsequent functional mobilization of the injured or damaged structures is necessary, such as:

- ankle sprains (grades 2 to 3)
- chronic instability of the talocrural and subtalar joints
- postoperative care after surgery on the ligamentous apparatus of the ankle joint

## Mode of action

- modular design supports functional treatment
- adaptable to the patient's various healing phases (stage-adapted) for safe therapy and mobilisation of the patient
- stabilisation and relief on the joint elicited via the combination of compressive knitted fabric, non-elastic stabilisation element and supplementary strap system
- pain relief and dissipation of swelling (oedema, haematoma) via anatomically shaped compressive knitted fabric
- proprioception is improved via compressive knitted fabric
- limitation of pronation and supination movement is elicited via the combination of the strap and non-elastic medial stabilisation element
- stabilisation strap guides the foot into slight pronation and supports the healing process

## Why Levamed stabili-tri?

Ankle joint orthosis for mobilisation in a defined position; with medial stabilisation to relieve the lateral structures.

### Supplementary digital therapy support



Access patient information using the QR code or short URL  
**medi.biz/stabilitri**

Intended purpose: Ankle brace for mobilisation in a defined position, parts can be removed

# 1. Acute phase

Relieve stress with very high stability

## Reliable immobilisation

Use of the orthosis with all accessories including stabilising element and strap.

### Properties

- very high stability during the acute and inflammation phase
- Pain relief and dissipation of swelling (oedema, haematoma) via anatomically shaped compressive knitted fabric
- talus lock tongue with crossover lacing for flexible adjustment of pressure and easy handling thanks to click eyelets

### How mobile is the patient?

- no sports
- can possibly walk with crutches

# 2. Proliferation phase

Freedom to move the foot with firm support

## First mobilisation

The stabilising element is removed and the patient wears the orthosis with the strap only.

### Properties

- gives the joint freedom to perform controlled movements again for the first time
- Stabilizing strap system ensure

### How mobile is the patient?

- gentle sports (e.g. moderate cycling)
- physiotherapy (phase-adapted exercises improve muscular stabilisation and promote reduction of swelling)

## Stabilise



The orthosis with all its accessories immobilises and protects the foot.



The stabilising element overlying the medial surface of the ankle surrounds the whole heel, provides stability, and is comfortable to wear.



The stabilising element is removed giving the foot the freedom to move a little.



The strap stays on the orthosis. Together with the talus lock tongue and the compressive knit, this ensures continuing stability.

## 3. Rehabilitation phase

### Further mobilisation with gentle stability

#### Back to activity

The strap is now removed and only the knit with the talus lock tongue remains on the foot.

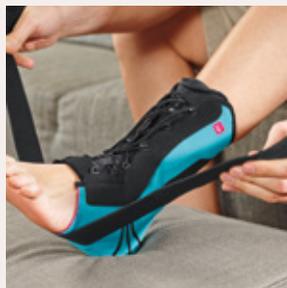
#### Properties

- freedom of movement after removing the strap
- knit with talus lock tongue still supports the joint

#### How mobile is the patient?

- incremental increase in sporting activities, e.g. cycling, jogging
- physiotherapy (further phase-adapted exercises improve stability, coordination, strength and mobility)

### Mobilise



Now the strap is removed. Only the compressive knit with the talus lock tongue stays on the foot.

All the accessories have been removed from the orthosis, which now offers gentle support during the remodulation phase.

## 3x safe ankle therapy

While feet used to be immobilised for long periods of time, modern sports medicine has broken the mould. Experts prefer functional (phase-adapted) care. This means medical devices must adapt flexibly to the many different forms of stress on the joint. Initially they must stabilise and then – step by step – permit sufficient freedom of movement to restore mobility. This form of treatment promises excellent prospects to accelerate the healing process.

Patients are mobilised step by step and can return to their sports earlier.

The Levamed stabili-tri orthosis meets this demand. It immobilises the joint during the acute phase, stabilises it during early mobilisation and supports it as patients regain fitness towards the end of their treatment.

**Levamed stabili-tri:** modern and safe ankle therapy in three phases.



# Stabilisation and mobilisation

An overview of the special details



**Compressive knit**  
• active breathing

Wide opening of the tongue to ensure that putting the device on and taking it off is as comfortable as possible

Talus lock tongue with crossover lacing for flexible adjustment of pressure and easy handling thanks to click eyelets

Internal stabilisation element can be moulded thermo-plastically

Stabilizing strap system with tried-and-tested figure-of-eight restraint wrap for safe handling and the possibility of individual adjustment using the Y hook-and-loop fastenings

**Clima Comfort**

**Clima Fresh**

**i:**

**DESIGN AWARD 2015**

# Achimed

Bandage for compression of the Achilles tendon



## Indications

All indications in which soft tissue compression with local pressure pad(s) on the Achilles tendon is necessary, such as:

- acute and chronic inflammation of the achilles tendon
- achillodynia
- achillobursitis

## 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 (CCL II)
- the compressive knitted fabric can improve proprioception. The improvement in proprioception supports the body's own guidance and stabilizes the joint

## Why Achimed?

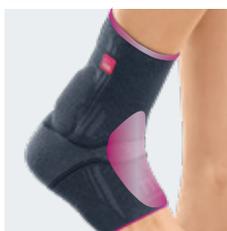
Donning aid for easier getting on.

## Supplementary digital therapy support



Access patient information using the QR code or short URL [medi.biz/achimed](https://medi.biz/achimed)

## Product benefits



Innovative comfort knitted fabric which adapts its fit to the body, soft instep area and supple borders.



3D silicone pad.



## Accessories



Wedges to raise the heels are included.



Easy to put on using included donning aid.



silver



sand



Clima Comfort



Clima Fresh



Comfort Zone

# Levamed®

Ankle support for compression of the soft tissue in the ankle joint



## Indications

All indications in which soft tissue compression with local/local additional pad(s) at the ankle joint is necessary, such as:

- slight instability of the ankle joint
- sprains and distortions
- joint effusions and swellings due to arthritis and osteoarthritis

## 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

## Why Levamed?

Donning aid for easier getting on.

## Product benefits



Comfortable to wear thanks to its soft Comfort Zone in the sensitive instep area.



3D silicon pad – thin to ensure it is comfortable to wear in the shoe.



Also available as Levamed E<sup>+</sup>motion.

More information on [medi.biz/emotion](http://medi.biz/emotion)



silver



sand



Clima Comfort



Clima Fresh



Comfort Zone



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

## Accessories



Easy to put on using included donning aid.

# Levamed® active

Bandage for compression of the soft tissue in the ankle joint with additional functional elements



## Indications

All indications in which soft tissue compression with local/local additional pad(s) at the ankle joint is necessary and at least one direction of movement is restricted by additional functional elements, such as:

- joint sprain with overstretch of the capsule
- chronic ligamentous instability with recurrent supination traumas (twisting of the foot)
- in the second phase of treatment for deltoid ligament injuries
- nonsurgical treatment of injuries of the syndesmosis not requiring surgery

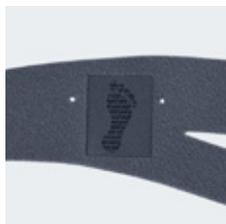
## Mode of action

- relieves pain and dissipates swelling (oedema, haematoma) via integrated 3D silicone pads (massage effect) and compressive knit fabric
- stabilisation of joint via the interplay of the compressive knitted fabric (CCL II), 3D silicone pads and supplementary strap system
- positive influence on coordination and proprioception is elicited by the compressive knitted fabric (CCL II) and 3D silicone pads
- limitation of supination movements via a strap system which can be set to suit the individual

## Why Levamed active?

Adjustable degree of stabilisation through individually adjustable and removable strap.

## Product benefits



Easy to put on thanks to smart strap details, intuitive strap layout and a V-cut stretch zone on the top border.



Strap system that can be set and removed to fit the individual, with elastic and non-elastic areas.



Woven-in silicone thread: secure fit, even when a lot of tension is exerted on the strap.

## Accessories



Easy to put on using included donning aid.



silver



Clima Comfort



Clima Fresh



Comfort Zone

# medi Ankle sport brace

Ankle brace with shells for stabilisation



## Indications

All indications in which a stabilisation of the upper and lower ankle joint in one plane is necessary, such as:

- chronic ligament instability in the upper and lower ankle
- following distortions (e.g. supination injuries)
- as a preventative measure after supination injuries, particularly for sports
- mild injury to the syndesmotic ligaments

## Mode of action

- individually adjustable stabilisation and freedom of movement
- the brace can prevent spraining of the ankle

## Why medi Ankle sport brace?

Modular, flat designed, lacing orthosis for a optimal stabilisation and comfort in the shoe.

## Product benefits



Lateral stabilising shells that are easy to adjust or remove.



Figure-of-eight strap can be removed or adjusted quickly and easily.



Flat eyelets for a high level of comfort inside the shoe.

black

# M.step®

Functional ankle brace with  
foam-gel-padding



## Indications

All indications in which a stabilisation of the ankle joint with limitation of pro- and supination movement is necessary, such as:

- following ligament injuries to the upper ankle joint (grade 2 to 3) (posttraumatic / postoperative)
- following sprains
- for chronic instabilities of the ankle

## Mode of action

- stabilisation of the ankle joint
- protection from unhealthfull pronation and supination movements and the ankle
- integrated separator pad provides good pressure distribution for additional protection of the ankle

## Why M.step?

Auto adaptive padding and integrated foam inserts.

## Product benefits



Rigid, anatomically pre-shaped half-shell.



Optimal patient care thanks to three different versions models (standard, athletic and Kidz).



Displaceable and individually adjustable straps for a high level of comfort.

black



medi Kidz –  
also available  
as Kidz-Version.

Intended purpose: Ankle brace for stabilisation in one plane

# protect.CAT Walker / short

Comfortable walker for ankle and foot injuries – in a lightweight shell construction



## Indications

All indications requiring a immobilisation in a pre-set position of the lower leg - foot - area such as:

- following injuries of the achilles tendon (postoperative / nonsurgical)
- for stable foot and joint fractures, fracture postoperative care (nonsurgical)
- following luxation of the upper ankle joint
- following ligament-, soft tissue-, or tendon injuries (postoperative / nonsurgical)

## Mode of action

- lower-leg foot orthoses for immobilisation in a specified position
- four / three straps for a high level of stability
- talus strap: Strap over the talus can limit anterior displacement

## Why protect.CAT Walker (short)?

Secure immobilisation and reduction of the talus shift using a four- or triple-strap system.

## Accessories



### Hygiene cover

Available for protect.CAT Walker and protect.CAT Walker short (article number G.E19.009).

grey



protect.CAT Walker short

# Product benefits



Integrated air pump and air release valve to regulate easily the pressure



Low total weight



Single-chamber air system passes the ankle medially and laterally, extending to the forefoot



Flat, rounded, slip resistant sole can support a normal gait



Toe protector can be adjusted and removed easily

# medi ROM Walker

Walker with range of motion control



## Indications

All indications requiring an early functional mobilisation with ROM limitation in joints of the lower leg - foot - area such as:

- following fractures of the fibula (postoperative and nonsurgical treatment)
- following dislocated fractures of the talocrural joint following injuries of the fore foot, middle foot or tarsus (nonsurgical treatment)
- following an operation for injuries to ligaments, soft tissues and tendons
- follow-up treatment of fractures of the talus, calcaneus and medial malleolus
- for early functional therapy after rupture of the achilles tendon (nonsurgical/postoperative)

## Mode of action

- five straps for a high level of stability
- adjustable fixation of the hindfoot by additional heel strap
- extension and flexion limitation can protect the joint from unhealthful movements and can relieve injured structures and support treatment
- plastic tibia and calf shell for stabilisation of the lower leg
- lower leg foot orthoses for mobilisation in an adjustable range of motion
  - plantarflexion: 0°, 10°, 20°, 30°, 40°
  - dorsiflexion: 20°, 10°, 0°

## Why medi ROM Walker?

Early functional mobilisation with an adjustable QuickSet ROM joint in 10° increments.

## Product benefits



Easy-to-set articulations which can be set to achieve plantar flexion / dorsiflexion and immobilisation by medi quick-set hinge.

Flat, rounded, slip resistant sole can support a normal gait.

Inner material is skin friendly and comfortable to wear.

Mouldable lateral articulated hinge bars to improve fit.

 dark blue

Intended purpose: Lower-leg foot brace for mobilisation with an adjustable range of motion

# M.step® Kidz

## Ankle orthosis for stabilisation

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### Indications

All indications in which a stabilisation of the ankle joint with limitation of pro- and supination movement is necessary, such as:

- following ligament injuries to the upper ankle joint (grade 2 to 3) (posttraumatic / postoperative)
- following sprains
- for chronic instabilities of the ankle

### Mode of action

- stabilisation of the ankle joint
- protection from unhealthfull pronation and supination movements and the ankle

### Why M.step Kidz?

Auto adaptive padding and integrated foam inserts.

Intended purpose: Ankle brace for stabilisation in one plane



# medi Walker boot Kidz

## Fixed walker boot

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### Indications

All indications requiring an early functional mobilisation with ROM limitation in joints of the lower leg - foot - area such as:

- following fractures of the fibula (postoperative and nonsurgical treatment)
- following dislocated fractures of the talocrural joint
- following injuries of the fore foot, middle foot or tarsus (nonsurgical treatment)
- following an operation for injuries to ligaments, soft tissues and tendons
- follow-up treatment of fractures of the talus, calcaneus and medial malleolus
- for early functional therapy after rupture of the achilles tendon (nonsurgical/postoperative)

### Mode of action

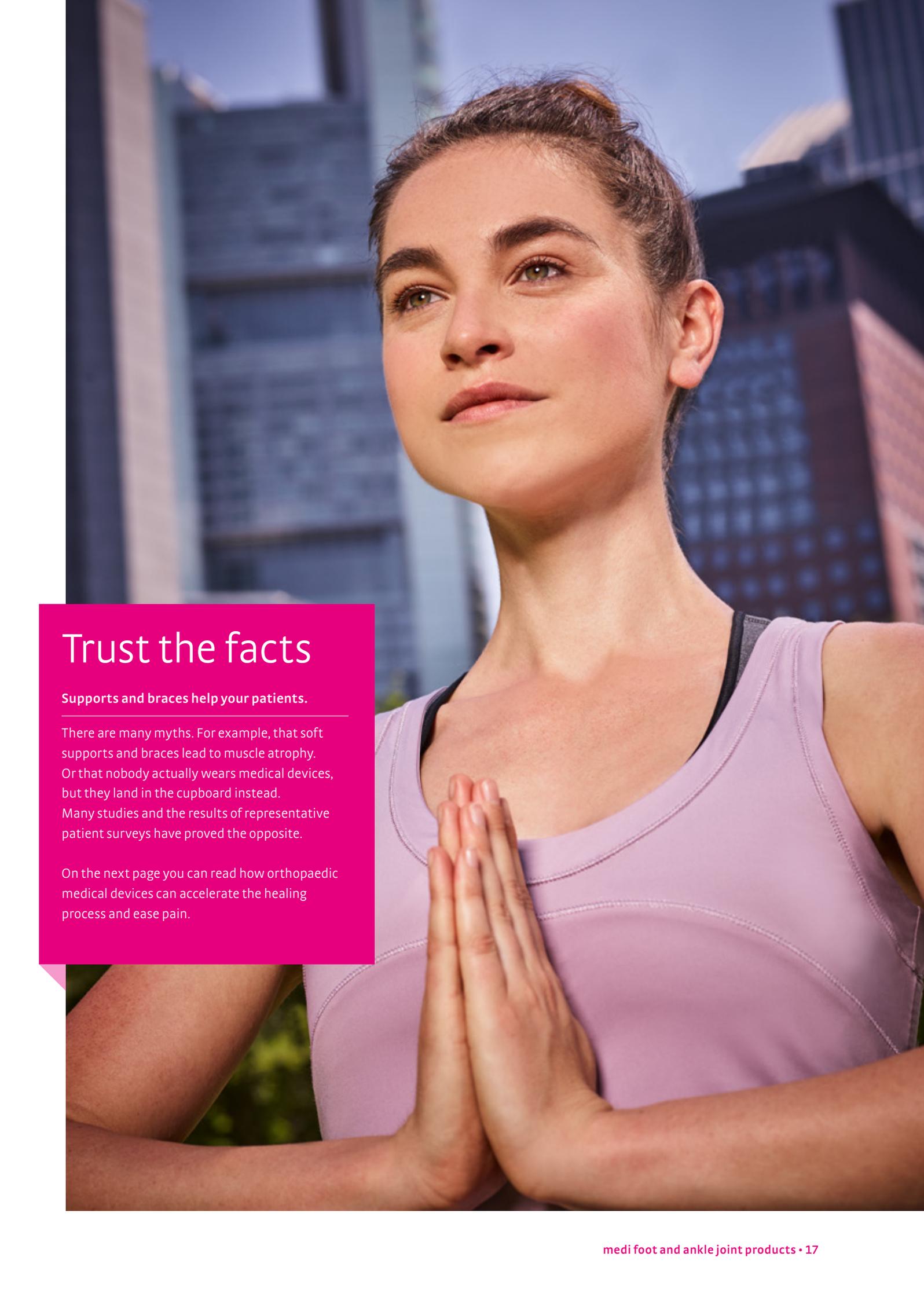
- lower-leg foot orthoses for immobilisation in a specified position
- four straps for a high level of stability



### Why medi Walker boot Kidz?

Secure immobilisation and special rocker sole can support a normal gait.

Intended purpose: Lower-leg foot orthosis for immobilisation in a specified position



## Trust the facts

### Supports and braces help your patients.

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There are many myths. For example, that soft supports and braces lead to muscle atrophy. Or that nobody actually wears medical devices, but they land in the cupboard instead. Many studies and the results of representative patient surveys have proved the opposite.

On the next page you can read how orthopaedic medical devices can accelerate the healing process and ease pain.

# Patients say...

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

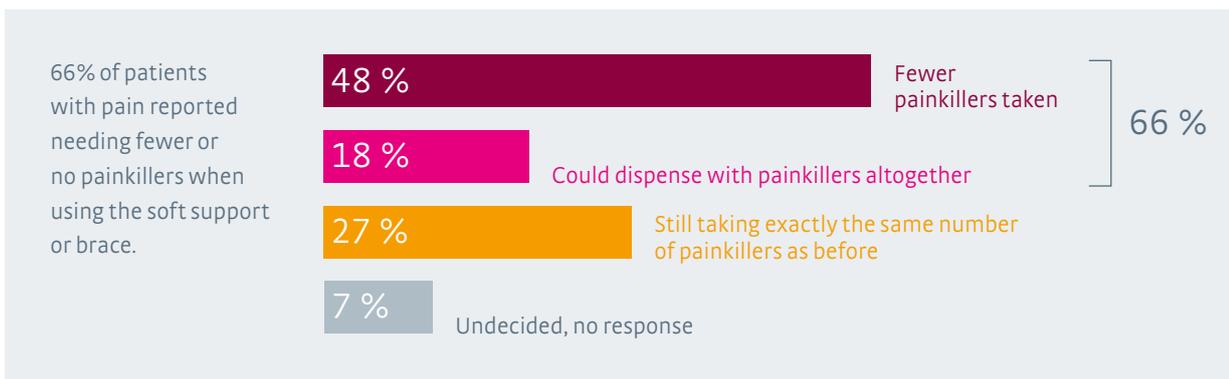
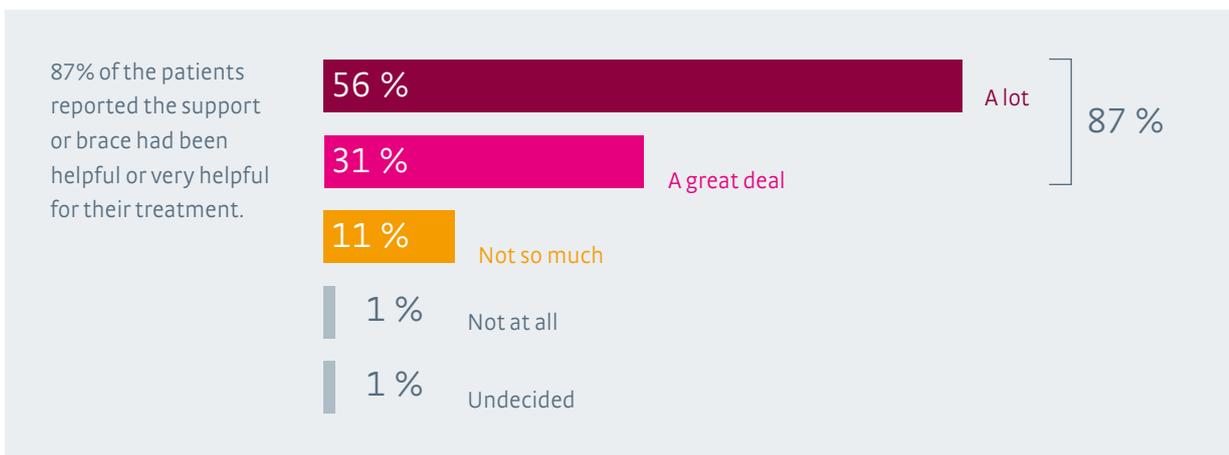
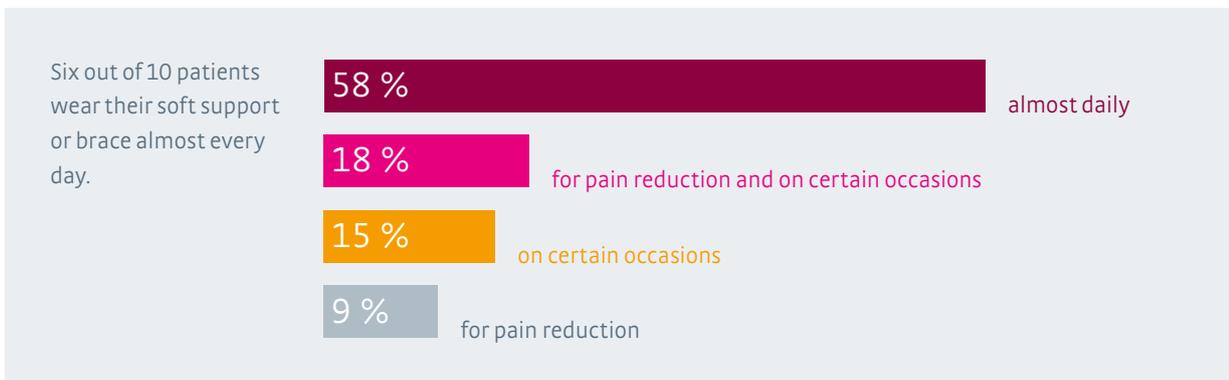
Surveys show: the opposite is true! The Institute for Demoscopy in Allensbach, Germany investigated how intensively soft supports and braces are actually used. Furthermore, 435 wearers of soft supports and braces were asked whether the medical device had changed their sensitivity to pain.<sup>1</sup>

The result:

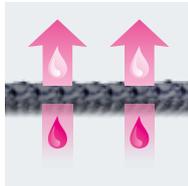
- Patients wear their soft supports and braces regularly
- The medical device had helped their treatment considerably
- Soft supports and braces have reduced or stopped the consumption of painkillers

## Note

<sup>1</sup>Institute for Demoscopy in Allensbach commissioned by eurocom e. V. (March 2014), Elastic soft supports and braces; quality of care and product satisfaction – results of a representative patient survey.



# The exclusive advantages of the medi products

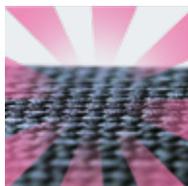


Clima Comfort

## medi Clima Comfort\*

- Wicks moisture away from the skin's surface quickly
- Guarantees a high level of breathability

\* Scientifically tested by French institute IFTH. The test results show that Clima Comfort technology from medi assures climate control between the skin and the stocking. With 11/12 points, medi achieved an outstanding overall score.



Clima Fresh

## medi Clima Fresh

Integrated Clima Fresh function

- Antibacterial effect
- Thus inhibits odour-forming bacteria

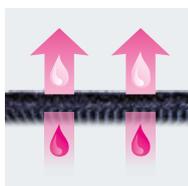


Comfort Zone

## medi 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.

> The result: soothing pain relief that simply feels good.



medi Airtex

## Airtex Material

An innovative, breathable, light and compressive material for comfortable activation of proprioception. It optimises moisture transport and ensures the highest comfort, even in hot climates.



medi Airtex+

## medi Airtex+

The elastic spacer fabric is the combination of medical compression and the textile effects SMART TEMP and FRESH TECH.

## SMART TEMP

The adaptive thermo regulation is based on an innovative polymere that changes its properties in response to temperature. At low temperature the polymere binds moisture in its structure keeping the body drier. At high temperature it releases the stored moisture and cools the textile and skin.

## FRESH TECH

The antibacterial effect of FRESH TECH guarantees deep optimal hygienic conditions – even after long term use.

> The combination of medical compression and functional textile effects guarantees improved wearing comfort.

# medi foot and ankle joint range

All products and the most important indications at a glance

Product	Achimed	Levamed®	Levamed® active	M.step®	medi Ankle sport brace	Levamed® stabili-tri	protect. CAT Walker	protect. CAT Walker short	medi ROM Walker
									
	Stabilise				Stabilise Mobilise	Immobilise			
Indications*									
Acute and chronic inflammation of the achilles tendon	•								
Swelling and joint effusions (arthrosis/ arthritis)		•							
Slight instability		•	•		•				
Ankle distortion (grade II - III)			•	•		•			
Chronic ligament instabilities			•	•	•	•			
Post-operative care after an operation on the ligamentous apparatus of the ankle joint						•	•	•	•
Early functional therapy after ankle sprains						•			
(post-operative/ conservative): • Following injuries of the achilles tendon • Following ligament-, soft tissue-, or tendon injuries							•	•	•
For stable foot and joint fractures, fracture postoperative care							•	•	•
Mild injury to the syndesmotic ligaments					•				

\* This overview contains the most important indications. The detailed indications can be found on the corresponding product pages in the brochure.

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