



Quality Products for Optimum Performance in Sports and Everyday Life

Founded in 1929, Zeulenroda-based Bauerfeind AG develops and manufactures medical aids that meet the most stringent requirements. Olympic athletes rely on Bauerfeind's supports, orthoses, orthotics and compression stockings, for prevention and treatment of injuries. The products elite athletes rely on are available to everyone.

Bauerfeind products bear the respected "Made in Germany" label with some production steps involving authentic handcrafting. Bauerfeind AG's motto is "Motion is Life". Expertise, the will to succeed and team spirit are values that Bauerfeind promotes.

Since 1970s, Bauerfeind began demonstrating the wisdom of close collaboration between sports medicine and research: Prof. Heinrich Heß the German Football Association team physician (1974-1996), and Prof. Wolfgang Krause developed the GenuTrain® knee support together with Bauerfeind - the first in a series of products with the principle of the functional therapy of compression bandages applied to the support. The Train® active supports received multiple international awards, including the 2007 iF product design award and the 2007 iF material award.

Physicians, sports medicine specialists, researchers and developers at Bauerfeind collaborate closely, bringing benefits to end users. The products elite athletes rely on are available to everyone in every day life too.

Indications

- Early functional treatment of capsular ligament strain in the upper/lower ankle
- Ligament insufficiency
- Supination prophylaxis, particularly during sports activities



MalleoTrain® S
MalleoTrain® Plus

Active support for greater ankle stability and security during physical activity.

- The active support is a superior alternative to taping.
- Semi-rigid strap system stabilizes the ankle at the supination and pronation level.
- The strap system is wrapped in a vertical figure-8 pattern.

MalleoTrain® Plus

- Pads embedded in the medial and lateral sides are wrapped up tightly in a figure of eight pattern providing extra stability.

Indications

- Postoperative and post traumatic irritation (e.g. after sprains)
- Joint effusions and swellings from osteoarthritis and arthritis
- Tendomyopathies
- Ligament weaknesses



MalleoTrain®

Active support for muscular stabilization of the ankle.

- New knitting concept: particularly stretchy, breathable and moisture dissipating for effective compression and excellent wearing comfort.
- Two viscoelastic profile inserts, anatomically shaped and aligned, redistribute pressure away from the prominent malleoli to the surrounding soft tissues.
- Compression-reduced edges divert pressure at the ends of the support.
- Secure fit through the anatomical knit and lined inserts.

Indications

- Early functional treatment for injuries of the lateral malleolar ligaments (and the bifurcate ligaments)
- Capsular ligament strains
- Postoperative rehabilitation
- Chronic ligament insufficiency



MalleoLoc®

Stabilizing orthosis for stabilization of the ankle.

- A stabilising orthosis that prevents lateral twisting movements of the ankle without appreciably hindering the normal heel-toe stride.
- The anatomical shape conforms to the outside edge of the foot to counteract supination, even without a shoe, and is also functionally effective.
- Optimum treatment quality in emergency treatment, without any need for reshaping although small modifications would be possible.
- The velcro strap system, wound in figure of eight, ensures that it is quick and easy to put on and guarantees extra comfort

Indications

- Acute capsular ligament injuries of the ankle
- Chronic instability
- Postoperative rehabilitation
- Relapse prevention



AirLoc®

Stabilizing orthosis for stabilization of the ankle.

- A stabilizing orthosis incorporating an innovative flexible shell that facilitates optimal adaptation to the individual foot width and the degree of swelling.
- Designed in a streamline manner, the plastic shells are anatomically contoured and fit the ankle comfortably.
- Patient-friendly fitting with four individually adjustable Velcro® straps.
- Individually inflatable air cushions facilitate very close fitting for the respective degree of swelling, providing high degree of stabilization for the ankle when worn inside a shoe.

Indications

- Achillodynia (Tendinosis, paratendinitis, bursitis subachillea, (Haglund's deformity)
- Postoperative, for example following chronic diseases of the Achilles tendon/ligaments



AchilloTrain®

Active support for relief of the Achilles tendon.

- New knitting concept: particularly stretchy, breathable and moisture wicking for effective compression and excellent wearing comfort.
- The profile insert runs alongside the Achilles tendon to produce uniform application of pressure and a local massage effect during movement. This mode of action improves metabolism locally and reduces edema.
- The integrated viscoelastic heel wedge raises the heel (approximately 6mm) to relieve the Achilles tendon

Indications

- Post-operatively after hallux valgus surgery
- Conservative and functional therapy for hallux valgus malpositioning



ValguLoc® II

Stabilizing orthosis for the correction of the big toe.

- Multidimensional hinge
 - The hallux angle can be adjusted to match the post-op position and adapted to the individual shape of the foot
 - The setting of the hallux valgus angle does not change during flexion and extension
 - Flexion and extension can be locked in a range of positions for post-op splinting or immobilization
 - The flat construction and the hinge's shell-shaped anatomical contours unlock the metatarsophalangeal joint
- Thermoformable splint material prevents pressure points from forming.

Exercises for rehabilitation after ankle injury.

SUPPORTS AND ORTHOSES

MEDICAL COMPRESSION STOCKINGS

INSOLES AND SHOES

MEASUREMENT TECHNOLOGY

To strengthen the ligaments and muscles

Exercise while seated

- Sit on a chair and draw up the tip of one foot.
- Keep the heel on the ground.
- Press down on the back of this foot with the heel of the other foot.
- Apply the pressure for approx. 10 seconds.
- Repeat the exercise at least three times with each foot.



Coordination exercises

- Stand on one leg, slightly flexing the other leg.
- Hold this position for approx. 30 seconds.
- Repeat the exercise several times with each leg.

Progressing to Stage 1

- Stand on one leg, slightly flexing the other leg and perform bouncing movements.

- Hold this position for approx. 30 seconds.
- Repeat the exercise several times with each leg.



- Stand on a wobble board with both legs.
- Find your balance and try to maintain it for approx. 10 to 30 seconds.
- Repeat the exercise several times.

Exercise while standing

- Place one foot on two ends of a rubber exercise band (e.g. Theraband) placed on top of each other.
- Place the other foot in the resulting loop and press or lift it outwards against the elastic resistance.
- Perform this movement very slowly 15 to 20 times.
- Repeat the whole exercise at least three times with each foot.



Progressing to Stage 2

- Stand on one leg, slightly flexing the other leg and swing both arms back and forth at chest height.
- Hold this position for approx. 30 seconds.
- Repeat the exercise several times with each leg.
- You can increase the load further by combining stages 1 and 2.
- Alternatively, advanced practitioners can increase the demands by ball exercises.
- For example, while standing on one leg, throw the ball in the air and catch it, pass it around the body and bounce it on the floor.



Progressing to Stage 1

- Stand on a wobble board with both legs.
- Find your balance and try to maintain it for approx. 10 to 30 seconds.
- Repeat the exercise several times.

Progressing to Stage 2

- Standing on the wobble board, swing both arms back and forth at chest height.

Progressing to Stage 3

- Perform the following ball exercises standing on the wobble board: throw the ball in the air and catch it, pass it around the body and bounce it on the floor.

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Foot & Ankle

Medical Aids and Exercises
for Rehabilitation

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