



## 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

- Joint wear (osteoarthritis)
- After injuries (post-trauma)
- Inflammation of the tendon sheath (tendonitis)



ManuTrain®

### Active support for the wrist

- New knitting concept: particularly stretchy, breathable and moisture wicking for effective compression and excellent wearing comfort
- ManuTrain® is an active support to stabilize the wrist
- Anatomically-contoured, double-stretch knitted support
- Shapeable stay on the inner hand allows functional adjustment of the hand for varying indications
- An additional Velcro® strap supports the stabilizing effect of the inner hand stay

### Indications

- Joint wear (osteoarthritis)
- Irritations after injuries (post-traumatic) or operations (post-operative)
- Tennis/golfer's elbow (epicondylopathies)



EpiTrain®

### Active support for targeted compression of the elbow

- New knitting concept: particularly stretchy, breathable and moisture wicking for effective compression in the elbow area
- Anatomically knit: for wearing comfort and secure positioning
- Viscoelastic inserts with epicondyle cut-outs relieve pressure and facilitate secure positioning of the support
- Reduced compression at the edges of the support reduces the risk of the circulation problems

### Indications

- Tennis elbow (lateral epicondylitis)



EpiPoint®

### Stabilizing orthosis for treatment of tennis elbow

- EpiPoint® is a stabilizing orthosis providing targeted and graduated compression to the lower arm
- Elastic band allows dynamic pressure adjustment
- The red warning section on the adjustable band indicates whether the support has been fitted too tightly
- One universal size
- Since the pad can be rotated, EpiPoint® can be worn on the right or left forearm
- It is indicated for muscle and tendon insertion irritations in the elbow region

### Indications

- Osteoarthritis
- Post-operative irritant conditions
- Post-traumatic conditions



OmoTrain®

### Active support for early functional treatment of the shoulder joint

- OmoTrain® is an active support for treatment of the shoulder
- The anatomically-contoured knit ensures optimal adaptation to the shape of the body for maximum comfort
- A viscoelastic shaped insert with Velcro® tabs can be optionally inserted and positioned as required

### Indications

- Carpometacarpal joint arthritis (basal joint osteoarthritis of the thumb)
- Skier's thumb



RhizoLoc®

### Stabilizing orthosis for stabilization of the thumb saddle and first metacarpophalangeal joints

- RhizoLoc® is a stabilizing support
- Individually shapeable aluminum strap ensure maximum stability
- Velcro® thumb tab allows optional adjustment of movement restriction at the base of the thumb
- Velcro® Fastenings ensure ease of handling, fitting and removal
- Breathable material and air pores allow air to circulate

### Indications

- Immobilization after injuries or operations
- Carpal tunnel syndrome
- Bruises or sprains



ManuLoc®

### Stabilizing orthosis for immobilization of the wrist

- Acute/chronic irritation of the wrist
- Post-traumatic/post-operative immobilization
- Nerve irritations in the wrist (light form of carpal tunnel syndrome)
- Partial paralysis

# Exercises for the prevention and rehabilitation of hand injuries.

SUPPORTS AND ORTHOSES

MEDICAL COMPRESSION STOCKINGS

INSOLES AND SHOES

MEASUREMENT TECHNOLOGY

SUPPORTS AND ORTHOSES

## Exercise 1

### Exercise for inflammation of the Tendon Sheath

With special stretching exercises 1 and 2 you can help control problems with inflammation of the tendon sheath

- Support yourself with your outstretched arm and your hand bent on a table.
- Turn your hand in the direction of the little finger until all of your fingers are pointed toward your body.
- Lift the heel of your hand off the table while leaving your fingers on the tabletop.
- Bend your elbow until a slight feeling of tension builds up. Hold this position for 15 seconds.
- Repeat this exercise regularly.



## Exercise 3

### Stretching Exercises for Tennis Elbow

With this special stretching exercise you can help control problems with tennis elbow.

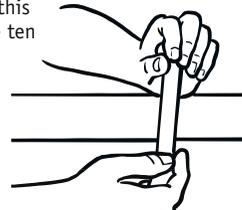
- Bend your hand back with your arm stretched downward.
- Turn your hand as far as you can in the direction of your little finger.
- In this exercise, your fingernails will face away from the body.
- With the other hand press the bent hand using light pressure in the direction of your body.
- You will feel tension in your forearm muscles.
- Increase the stretch carefully and hold for 15 seconds.
- Repeat this exercise regularly.



## Exercise 5

### Strengthening Exercises for the Hand Extensors

- Lay your forearm on a table or on the back of a chair so the palm of your hand is hanging down over the edge of the table or chair back.
- Grasp the therapy putty (\*) with the fingertips of this hand. While the other hand is holding the putty without moving, try to stretch the wrist upward (pulling up toward your body) while keeping your arm flat on the table.
- Repeat this exercise ten times.

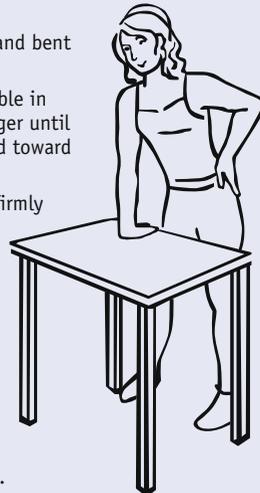


## Exercise 2

### Stretching exercises for the finger flexing muscles

can reduce swelling in chronically strained tendons, which in turn relieve pressure on the nerve.

- Support yourself with your outstretched arm and your hand bent on a table.
- Turn your hand flat on the table in the direction of the little finger until all of your fingers are pointed toward your body.
- Press the palm of your hand firmly on the tabletop and carefully increase the extension.
- You will feel tension in your inner forearm.
- If you feel pain in your wrist, immediately reduce the pressure.
- Hold this position for 15 seconds.
- Repeat this exercise regularly.



## Exercise 4

### Strengthening Exercises for the Finger Flexors

- Place therapy putty (\*) in the palm of your hand and press your fingers into the putty until your fingertips touch the palm of your hand and you have made a completely balled fist.
- Relax your fingers and roll the putty in your hands to get the putty back to its original shape.
- Repeat this exercise several times.

(\*) Soft rubber compound that adjusts to body temperature and offers resistance when used for exercises



## Exercise 6

### Strengthening Exercises for the Hand Flexors

- Lay your forearm on a table or on the back of a chair so the palm of your hand is facing up and is hanging over the edge of the table or chair back ("hold up your hand").
- Grasp the therapy putty (\*) with the fingertips of this hand. Now try to bend your wrist while holding the putty in your other hand without moving.
- Repeat this exercise ten times.



### BAUERFEIND SINGAPORE PTE LTD

#### Office / Showroom Cambridge Road

Blk 41 Cambridge Road #01-21 Singapore 210041  
Phone: +65 6396 3497 / +65 9671 3055

#### Opening Hours:

Monday to Friday 9:00am – 6:00pm  
Saturday, Sunday & Public Holidays – appointment basis only

#### Showroom

#### Parkway Parade (Office Tower)

80 Marine Parade Road #07-07A Singapore 449269  
Phone: +65 9757 1222 / +65 9694 6611

#### Opening Hours:

Monday to Friday 11:00am – 7:00pm  
Saturday, Sunday & Public Holidays – appointment basis only

Email: [info@bauerfeind.com.sg](mailto:info@bauerfeind.com.sg)

Website: [www.bauerfeind.com.sg](http://www.bauerfeind.com.sg)

Motion is Life: [www.bauerfeind.com](http://www.bauerfeind.com)

Hand & Shoulder  
Medical Aids and Exercises  
for Rehabilitation

Motion is Life: [www.bauerfeind.com](http://www.bauerfeind.com)

