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 Hej during the German Football Association team physician (1974-1996), and Prof. Wolfgang Krause developed the GenTrain® kneecap 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 German 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.

Active support for muscular stabilization of the lumbar spine

- 26 massage points on the padding in combination with the active support relieves pain, helps ease tension and activates muscle control via enhanced proprioception
- Easy to put on and take off using the practical hand straps
- Optimum fit and high wearing comfort: easy to wear, breathable and moisture wicking and does not cut into the body

Stabilising orthosis for relief of the lumbar spine

- Light-weight and stabilizing orthosis with flexible stays that can be adapted individually to provide anatomically correct support for the lumbar spine
- Elastic and breathable, the additional elastic tension straps allow adjustable compression and thus variable adjustment of the stabilizing effect

LumboTrain®

LumboTrain® Lady

Stabilising orthosis for relief of the lumbar spine

- Light-weight and stabilizing orthosis with flexible stays that can be adapted individually to provide anatomically correct support for the lumbar spine
- Elastic and breathable, the additional elastic tension straps allow adjustable compression and thus variable adjustment of the stabilizing effect

LumboLoc®

LumboLoc® Forte

Functional orthosis for the graduated support of the lumbar and lower thoracic spine

- To relieve pressure on the spine and give it support
- High wearing comfort because of anatomical contouring and breathable materials which are gentle on the skin and do not appear bulky under clothing
- Easy to put on and take off

SecuTec® Dorso

SacroLoc®

Stabilizing orthosis for optimal spinal posture and relief of the lumbar spine

- Anatomically-contoured knit ensures adaptation to the individual for maximum comfort
- The stabilising orthosis relieves the back by individually-adjustable compression of the abdominal cavity
- Practical hand straps makes it easy to fit the support without the need for considerable effort

Indications

- Lumbar syndrome (acute), lumbar, muscular imbalance, ligamental degeneration
- Bone formation disorders at the lumbosacral transition (including, osteochondritis, spondylarthrosis)
- Illosacral irritation with pseudoradicular pain dissemination

Indications

- Lumbar syndrome (chronic)
- Degeneration/muscular insufficiency of the spine (moderate)

Indications

- Degeneration/muscular insufficiency of the spine (severe)
- Spondylolisthesis/ spondylolisthesis
- Lumbar syndrome

Indications

- Non-surgical indications e.g. prolapsed disk
- Non-surgical indications e.g. prolapsed disk
- Osteoporosis

Indications

- Sacroiliac joint syndrome, osteoarthritis and instability
- Myalgia and tendinopathy in the pelvic area
- To prevent recurrent sacroliliac joint dysfunction and myostenopathies
- Symphys disstasis and loosening
- Structural instability after spondylodesis of lumbar vertebrae
Exercises for rehabilitation after hip/spinal injury.

Exercise 1
First thing in the morning
(stimulates circulation around the lumbar spine)
While lying down, tense and relax your buttocks and back muscles – your pelvis will rise and fall slightly; repeat seven times.

Exercise 2
Alternate arm stretch
(stretches the spine)
While standing, stretch both arms upward with legs slightly apart and not hyperextended. Alternating your arms, stretch one upward and grasp an imaginary apple. While doing this stretch the corresponding side of the upper body.

Exercise 3
Full stretch
(to strengthen the gluteal and back muscles and to do balance training)
Get down on your hands (elbows slightly bent) and knees – keep your back straight while tensing the abdominal and gluteal muscles. Alternating legs, stretch out one leg behind you, pull up your toes, thrusting your head out to the front (do not lift your leg higher than the horizontal plane).
Increased intensity: Extend your left leg back, while putting your right arm out to the front and vice versa. When the motions are done correctly, your leg, back, and arm forms a straight line.

Exercise 4
Knee to chest
(relaxes the back muscles)
While lying down, arch your back – bring your knees up toward your chest. Put your hands around your knees and pull them gently toward your chest. Lift your head slightly. Then repeat the exercise with just one bent knee, alternating legs. Hold this position for seven seconds each time.

Exercise 5
Rotational stretch
(to strengthen muscles from the shoulder girdle to the calves focusing on the oblique abdominal muscles)
Lying on your back, press your right arm and left leg against the floor, lift your head and shoulder a little and press your left hand against your knee – tense your entire body. Then change sides.

Exercise 6
Neck stretch
(for neck tension and migraines)
While standing (with slightly bent knees) stretch out your neck. Hold a bag, for example, as a weight in your left hand. Grasp around the top of your head with your right hand and gently pull it to the right side. Hold each side for seven seconds.
If you have neck problems, talk to your doctor before doing this exercise.

*Please ask your doctor if these exercises are appropriate for you.