



## 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

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



**LumboTrain®**  
**LumboTrain® Lady**

### 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

### Indications

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



**LordoLoc®**

### Stabilising orthosis for relief of the lumbar spine

- Lightweight 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

### Indications

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



**LumboLoc®**

### Stabilising orthosis for 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

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



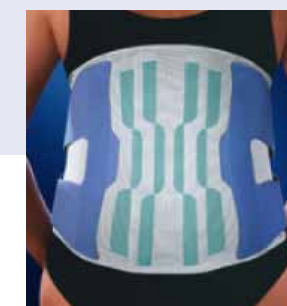
**LumboLoc® Forte**

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

- Anatomically-contoured, knitted stabilizing orthosis ensures individual adaptation to the patient's shape for maximum comfort
- Practical finger pockets and LPT strap system (Low Power Tension) mean that the orthosis can be fitted easily without the need to expend considerable effort

### Indications

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



**SecuTec® Dorso**

### 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

### Indications

- Sacroiliac joint syndrome, osteoarthritis and instability
- Myalgia and tendinopathy in the pelvic area
- To prevent recurrent sacroiliac joint dysfunction and myotendinopathies
- Symphysis diastasis and loosening
- Structural instability after spondylodesis of lumbar vertebrae



**SacroLoc®**

### Stabilizing orthosis for relief of the pelvis and the sacroiliac joints

- Two-part friction pad for targeted effect, promotes blood flow to the ligaments and muscles through micromassage
- Combination of elastic and inelastic fabric and functional straps to individually adjust degree of stabilization
- Comfortably donned with little effort due to its practical hand straps
- High patient compliance as orthosis can be worn undetected under clothing

# Exercises for rehabilitation after hip/spinal injury.

SUPPORTS AND ORTHOSES

SUPPORTS AND ORTHOSES

MEDICAL COMPRESSION STOCKINGS

INSOLES AND SHOES

MEASUREMENT TECHNOLOGY

## 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.

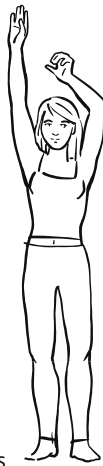


## Exercise 3

### 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.



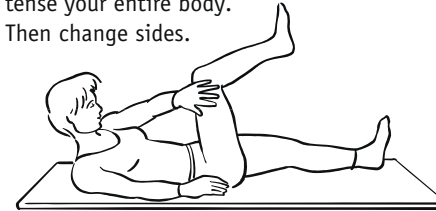
Important: Keep your head straight and do not stand on tiptoe. Treat your back to this movement at least two or three times a day – every two hours is ideal.

## 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 and bend your right leg, lift your head and shoulder a little and press your left hand against your knee – tense your entire body. Then change sides.



## Exercise 2

### 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 4

### 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.

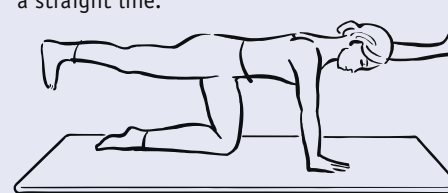
## Exercise 6

### 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.



## BAUERFEIND SINGAPORE PTE LTD

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



## The Back

Medical Aids and Exercises  
for Rehabilitation

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