



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.

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.



Milestones in the development of GenuTrain

1981	Market launch for GenuTrain, the world's first flat-knitted support to feature a viscoelastic profile insert
1985	First support to have design elements woven into the fabric
1994	An embedded insert form keeps the support in position
1997	Shifting the seam to the side makes the support more comfortable behind the knee. Special fibers further improve patient compliance
2000	New design, enhanced comfort
2006	A new weave adapts even more dynamically to changes in muscle circumference. New design, enhanced quality and easy maintenance
2011	The new 7th generation GenuTrain with Omega Pad

Indications

- Irritation (tendomyopathy, ligament insertion degeneration, meniscopathy, osteoarthritis, arthritis, post-traumatic and post-operative)
- Feeling of instability



GenuTrain®

Indications

- Irritating conditions particularly in osteoarthritis of the knee (gonarthrosis)
- Anterior knee pain



GenuTrain® A3

Indications

- Patellar lateralization /dislocation tendency
- Patellofemoral pain syndrome
- Chondropathy of the patella
- Chondromalacia of the patella
- After lateral-release surgery
- Patella tendonitis



GenuTrain® P3

Indications

- Slight instability
- Osteoarthritis of the knee
- Arthritis (e.g. rheumatoid arthritis)



GenuTrain® S

Indications

- Collateral ligament injuries
- Unhappy triad (combined injury including: rupture of the anterior cruciate ligament, injury to the meniscus, rupture of the medial collateral ligament)



SofTec® Genu

Indications

- Complex instability
- Following rupture of the anterior and/or posterior cruciate ligament (ACL/PCL)
- Following collateral ligament injuries
- Complex instabilities (traumatic, degenerative)



SecuTec® Genu

Active support for relief and stabilization of the knee.

- The viscoelastic, anatomically contoured Ω pad, in conjunction with the Train active knit, improves neuromuscular joint stabilization.
- Two lateral wings reach the front parts of the meniscus and reduce pain by exerting intermittent compression.
- Two pressure points of the Omega pad exert pressure on the infrapatellar fat pad beneath the patella. The moderate compression relieves strain on the patella, thus reducing pain.
- The integrated donning aid makes the product significantly easier to wear.
- The range of sizes has been extended to include size 7, and now enables use with larger leg circumferences.

Active support for complex treatment of knee pain.

- Rapid reduction in swelling due to the combination of the Train® Active Knit that is anatomically contoured to the body and viscoelastic insert with soft stimulating nobs to improve on proprioception.
- The special shape of the viscoelastic insert incorporates important sensors, to assist in stabilizing the muscles of the knee.
- Relieves pain and activates muscles.

Active support for optimal centering of the patella.

- Ensures correct positioning of the patella through a integrated corrective kinetic guide on the viscoelastic insert.
- New Train® Active Knit: particularly stretchable, breathable and moisture-wicking for excellent wearing comfort, particularly behind the knee.
- Relieves pain and activates muscles.

Active support with sidebars.

- New knitting concept: particularly stretching, breathable and moisture dissipating for effective compression and excellent wearing comfort.
- The sidebars are additionally secured with circular, inelastic straps.
- The anatomically shaped bars can be heated and reshaped and are inserted in lateral guide channels.
- A circular viscoelastic insert surrounds the patella and facilitates correct positioning of the support.

Multifunctional orthosis for stabilization of the knee.

- Stabilizes the knee while allowing muscles freedom of movement.
- High wearing comfort: covers a large area of the leg and does not constrict, and is breathable.
- Reliable fit in correct position, even when moving.

Functional orthosis for stabilization of the knee.

- High stability for the knee.
- High wearing comfort: extremely lightweight, anatomically shaped, close fitting.
- Easy to put on and remove.

Only 550g in weight

Exercises for rehabilitation after knee injury.

SUPPORTS AND ORTHOSES

MEDICAL COMPRESSION STOCKINGS

INSOLES AND SHOES

MEASUREMENT TECHNOLOGY

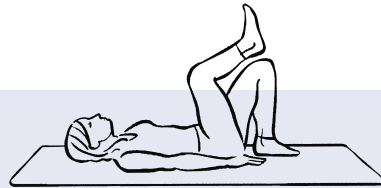
SUPPORTS AND ORTHOSES



Exercise* 1

Exercise for relieving the joint

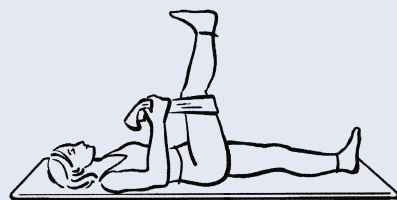
- Lie on your back.
- Using only the leg that requires strengthening, pedal in the air while keeping the other leg still.
- Always extend and flex your leg completely.
- Repeat five times pedaling forward and five times pedaling backwards.



Exercise* 2

Exercises to stretch the muscles used for bending your legs

- Lie on your back.
- Keep one leg outstretched on the ground.
- Raise the other leg until it is at a 90° angle with your hips.
- Keep your thigh in position by holding a towel round it and raise your foot until the leg is vertical; the heel should be pushing towards the ceiling.
- You will feel a pull in the hollow of your knee.



Exercise* 3

- Sit with legs outstretched in front of you.
- Point your feet upwards and press the hollow of your knees firmly downwards.
- Try to reach the tips of your toes with your hands.
- Hold this position for ten seconds and repeat the exercise ten times.
- You will feel the muscles at the back of your legs pulling.



Exercise* 4

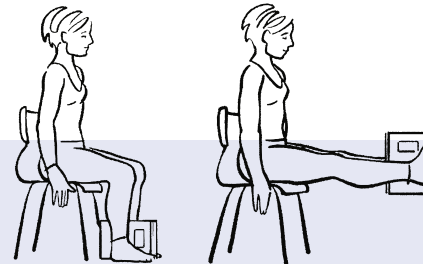
Muscle-strengthening exercises

- Sit upright on a chair.
- Grasp a towel between your knees.
- Now press your lower legs and knees firmly together and maintain this tension for about five seconds, before sitting relaxed again for ten seconds.
- Repeat five times.



Exercise* 5

- Sit upright on a chair.
- Grasp a thick book between your feet.
- Raise the book by extending your knees.
- Hold this position for five seconds, before lowering your feet.
- Repeat five times.



Exercise* 6

- Sit upright on a chair.
- Raise one foot up with the leg outstretched.
- Lift your thigh slightly off the chair.
- Raise the leg alternately with the inner edge of your foot then with the outer edge upwards.
- Do five sets, repeating the exercise five times on each side.



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

The Knee
Medical Aids and Exercises
for Rehabilitation

Motion is Life: www.bauerfeind.com