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THE CONDITIONS RESOURCE & PRODUCT APPLICATION REFERENCE GUIDE

The information contained herein is for educational purposes only and not intended for self-diagnosis or treatment. Always consult a physician.



CONDITIONS INDEX



The information contained herein is for educational purposes only and not intended for self-diagnosis or treatment. Always consult a physician when encountering persistent pain, discomfort, inflammation, or swelling.

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WRIST

YOUR WRIST

Your wrist is the joint between the two bones of the lower arm (radius and ulna) and the five bones of the hand and is made up of eight carpal bones. The muscles and tendons attached to all these bones allow you to rotate your wrist, as if screwing in a light bulb, and bend and flex your wrist, as if bouncing a basketball. Because of the complexity and frequent use of the wrist joint, injuries are common.

CONDITIONS OF THE WRIST

Arthritis – a disease that slowly destroys the cushioning cartilage surrounding a joint, causing inflammation, pain and stiffening as bones rub against one another. **Osteoarthritis** or **Degenerative Joint Disease** is advanced arthritis that begins to break down the bones of the joint.



Carpal Tunnel Syndrome – a painful condition caused by overuse or repetitive bending and flexing of the hand and wrist. This causes the tendons and the tendon sheaths (which protect the tendons) to become swollen. The swollen tendons place pressure on the median nerve, often resulting in numbness.

Strains – when tendons (which connect muscle to bone) become inflamed, often because of repetitive or overuse. If untreated, the tendons can tear away from the muscle, leading to tendonitis.



Tendonitis – a strained, inflamed or slight tear of the tendons from the muscle, commonly due to overuse. Symptoms include tenderness, nagging pain and mild swelling.

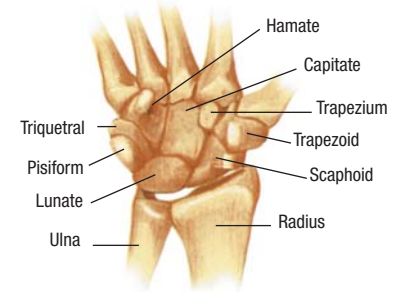
Sprains – when a sudden forceful twist or blow forces the wrist beyond its natural range of motion. This movement causes stretching and/or tearing of the ligaments around the wrist joint, resulting in pain, swelling and bruising. The degree of sprain can range from mild (slight stretching) to severe (complete tearing).

Sprains and Strains affect the tendons in the wrist.

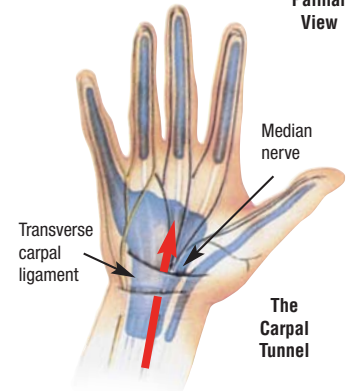


Fracture – the breaking of a bone due to excessive force. This can range from a simple crack in the bone to multiple breaks. The most common wrist fracture, the Colles' fracture, usually occurs when the hand is used to break a fall.

After Cast Removal – often, after cast removal, additional wrist stabilization is necessary during the healing and physical therapy process, especially if the wrist and/or hand is severely weakened.



Palmar View



The Carpal Tunnel



SELECTION GUIDE

Use this chart to find the support that is right for you.

	22-150 Soft Fit Suede Finish Wrist Brace	22-450 ProLite® 8" Wrist Splint	22-470 ProLite® Low Profile 6" Wrist Splint	22-560 Soft Form® Wrist Support	75891 ProLite® Airflow 8" Wrist Splint
After Cast Removal		•			•
Arthritis	•		•	•	
Carpal Tunnel Syndrome	•	•	•	•	•
Sprain, Mild	•		•		
Sprain, Moderate	•	•	•		•
Sprain, Severe		•			•
Strain, Mild	•		•	•	
Strain, Moderate	•	•	•		•
Strain, Severe		•			•
Tendonitis	•		•	•	
Weak, Aching Wrists	•		•	•	



PROLITE® LOW PROFILE 6" WRIST SPLINT

22-470 Small - XLarge, Black, HCPCS Code L3908

Breathable foam with polyester cover for a breathable alternative to neoprene. Splint provides comfortable compression. Low contour allows full finger dexterity and improved grip strength. Breathable spandex insert for easy application. Low profile, 6" length. Specify right or left.



SOFT FIT SUEDE FINISH WRIST BRACE

22-150 XSmall - XLarge, Beige or Black, HCPCS Code L3908

Perforated suede finish material with a padded liner. Metal palmar stay holds the wrist in neutral position and prevents flexion; metal dorsal stays prevent extension. Easy, one-hand lace-pull closure. Ideal for treating Carpal Tunnel Syndrome. Specify right or left.



PROLITE® 8" WRIST SPLINT

22-450 XSmall - XLarge, Black, HCPCS Code L3908

Breathable foam material with a low contour at palmar crease to provide full finger dexterity and hand use. Removable palmar stay and side stays give maximum support and immobilization. Loop lock closures. Specify right or left.



SOFT FORM® WRIST SUPPORT

22-560 XSmall - XLarge, Beige, HCPCS Code L3908

Made of a soft, fleece-lined spandex material with a metal palmar stay to help maintain the wrist in a neutral position. Low palmar crease for full finger dexterity. Easy closure. Specify right or left.



PROLITE® AIRFLOW 8" WRIST BRACE

75891 Small/Medium, Large/XLarge, Black or Tan, HCPCS Code L3908

Breathable mesh material for increased comfort. Contoured metal palmar stay and dorsal stays prevent flexion and extension. Low profile. Easy, one-hand application. Specify right or left.

THUMB

YOUR THUMB

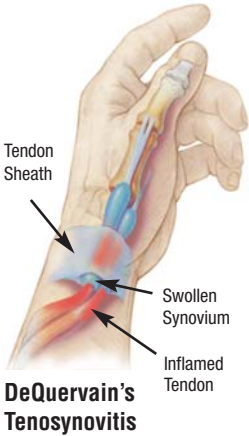
Your thumb is very different from your other four fingers. To begin with, the thumb only has two bones (or phalanges) while the other fingers have three. The thumb is also opposable, meaning its enhanced freedom of movement enables you to touch your thumb to the tips of your other four fingers, allowing you to grasp objects. A system of muscles makes all this movement possible, and repeated use of these muscles puts stress primarily on two joints – the Basal joint, located at the very base of the hand between the thumb and the wrist, and the Metacarpophalangeal (MCP) joint, located at the base of the thumb.

CONDITIONS OF THE THUMB

DeQuervain's Tenosynovitis (also called DeQuervain's Syndrome) – the inflammation of tissue on the inside of the wrist. The inflammation causes swelling of the tendon sheath (lining) and synovium (a fluid-filled sac that lubricates the tendons) which pinches the tendons and makes them painful and unable to slide easily. Symptoms include pain, tenderness and possibly a small knot on the thumb side of the wrist.

Basal Joint Arthritis – arthritis occurring at the Basal joint, often caused by repeated wear and tear on the joint. Arthritis is a disease that slowly destroys the cushioning cartilage surrounding the joint, permitting the bones to rub against one another, causing inflammation, nagging pain and stiffening. Pain is experienced during lifting, or activities such as turning a door handle or unscrewing a jar lid.

Skier's Thumb – involves an injury to the ligament at the MCP joint. It is one of the most common injuries to affect skiers, usually the result of a fall or direct impact, and results in significant thumb pain and possible joint instability.

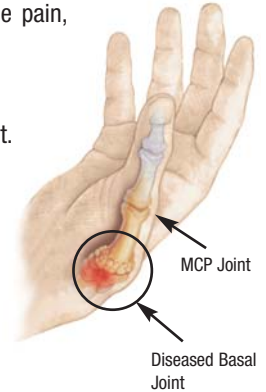


DeQuervain's Tenosynovitis



Skier's Thumb

Gamekeeper's Thumb



Basal Joint Arthritis

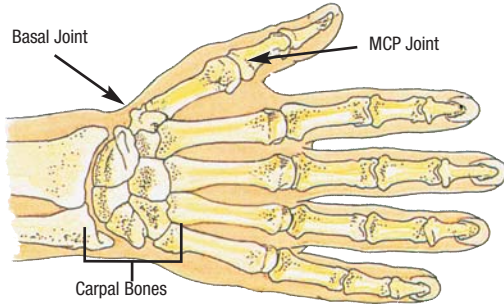
Gamekeeper's Thumb – involves the hyperextension of the thumb at the MCP joint. This is a very common sports injury characterized by displaced and non-displaced tears of the attached ligament, usually the result of trying to break a backwards fall or jamming/stubbing the thumb.



SELECTION GUIDE

Use this chart to find the support that is right for you.

	25-120 Soft Fit Thumb Spica	25-130 ProLite® Neoprene Pull-On Thumb Support	25-170 C3™ Deluxe Thumb Splint	22-460 ProLite® Wrist Splint w/ Abducted Thumb	75718 ProLite® Airflow Wrist Brace w/ Abducted Thumb
Basal Joint Arthritis	•	•	•	•	•
DeQuervain's Syndrome	•		•	•	•
Gamekeeper's Thumb	•	•			
Skier's Thumb	•		•	•	•



PROLITE® NEOPRENE PULL-ON THUMB SUPPORT 25-130

Small - XLarge
Beige or Black
HCPCS Code A4466

Neoprene provides soothing warmth and uniform compression to aching or injured thumbs and wrists. Ideal for Arthritis of the thumb joints. Comfortable design allows for full hand use. Fits right or left.



SOFT FIT THUMB SPICA 25-120

Universal
Black/Navay
HCPCS Code L3999

Made of breathable foam with a self-wicking liner to absorb perspiration. Anatomically designed to ensure a comfortable fit. Closure straps are stretchable for easy application and removal. Fits right or left.



C3™ DELUXE THUMB SPLINT 25-170

Universal
Black
HCPCS Code L3923

Unique C3™ Tri-Laminate material is cool, comfortable and allows for changes in swelling. Contoured stays and closures help restrict movement and wrist rotation and provide maximum support. Fits right or left.



PROLITE® WRIST SPLINT WITH ABDUCTED THUMB 22-460

XSmall - XLarge
Black
HCPCS Code L3908

Semi-rigid foam thumb spica is contoured to give support, immobilization and thumb abduction. Designed to protect the thumb from impact or shock without any binding or stitch seams. Great for conditions of both the wrist and thumb. Fits right or left.



PROLITE® AIRFLOW 8" WRIST BRACE WITH ABDUCTED THUMB 75718

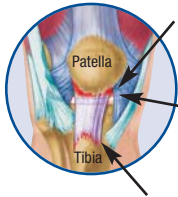
Small/Medium, Large/XLarge
Black
HCPCS Code L3907

Breathable mesh material promotes airflow for increased comfort. Medial thumb stay for immobilization and thumb abduction. Metal palmar and plastic dorsal stays prevent flexion and extension.

YOUR KNEE

Your knee is the largest joint in the body and must endure your entire weight. The knee joint serves as a hinge between the thigh bone (femur) and the top of the shinbone (tibia). It is protected by the kneecap (patella) and has a complex system of tendons, muscles and ligaments to aid movement. Because of this, and because the knee is necessary for running, jumping and other movements, injuries are common.

CONDITIONS OF THE KNEE



Patellar and Quadriceps Tendonitis – also called Jumper’s Knee, this condition occurs as a result of overused or tight quadriceps (front thigh muscles). Stress and friction affect the patellar tendon which can become irritated and/or damaged. This is common among athletes who play on hard surfaces, such as basketball or tennis.

Chondromalacia Patella Syndrome – when the cartilage on the under surface of the patella breaks down as a result of abnormal patella tracking, resulting in pain that may radiate toward the back of the knee. Pain is greatest on the inner, lower part of the knee. Chondromalacia can lead to arthritis.

Osgood-Schlatter Disease – as the quadriceps contract, especially during growth in adolescents, the patellar tendon is pulled where it attaches to the shin bone (tibia). Pain at the top of the shin may be felt which may last for several weeks or even months.

Ligament Tears – complete or partial tears of the ACL, LCL, MCL or PCL ligaments (see diagram).

Knee Strain – a mild injury to tissue or structures, such as tendons in the knee.

Knee Sprain – a moderate injury to tissue or structures, such as ligaments in the knee.

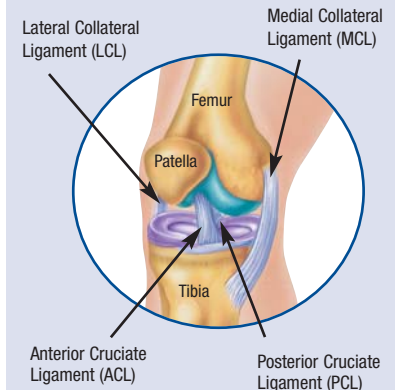
Bursitis – an inflammation of the bursae (fluid-filled sacs that cushion the bones, tendons and ligaments) caused by an injury or overuse. These sacs can enlarge with extra fluid, resulting in joint pain, tenderness and swelling as they push against the inner tissues.

Degenerative Joint Disease – advanced arthritis that starts to break down the actual bones of the joint.

Dislocation (Patellar Subluxation) – occurs when the kneecap (patella) partly moves out of place as a result of the kneecap being pushed too hard, or the quadriceps, retinacula, or patellar tendon being pulled too hard.

Meniscal Injuries – the result of abnormal stresses caused during twisting injuries of the knee that result in strain/tears of the meniscal tissues.

Ligaments of the Knee





SELECTION GUIDE

Use this chart to find the support that is right for you.

	37-103 Neoprene Patella Stabilizer with Removable Horseshoe	37-104 Neoprene Hinged Knee Stabilizing Brace	37-107 Neoprene Stabilizing Brace with Composite Hinges	37-108 FlexLite® Hinged Knee Support	37-109 PowerCentric™ Knee Brace	37-150 OA / Arthritis Knee Brace	37-250 Safe-T-Sport® Lateral Knee Stabilizer	37-303 Soft Form® Wrap-Around Stabilizing Knee Support	37-350 Safe-T-Sport® Wrap Around Hinged Knee Stabilizing Brace	37-373 Standard Neoprene Knee Sleeve (Open/Closed)	37-374 ProLite® Knit Knee Support	37-400 Adjustable ROM Hinged Knee Brace	37-500 GelBand® Patella Strap	75688 ProLite® 3D Knee Support	75689 ProLite® Airflow Wrap-Around Hinged Knee Brace
ACL/PCL Conditions		•	•	•	•				•			•			•
Arthritis				•		•		•	•	•	•				•
Athletic Activity	•	•						•	•	•	•		•		•
Bursitis	•							•						•	
Chondromalacia Patella	•		•				•						•	•	
Degenerative Joint Disease		•	•	•		•		•							
Dislocation (Patella Subluxation)	•						•							•	
Knee Contusions (Bruising)										•	•			•	
Knee Instability (Medial/Lateral)	•	•	•	•	•	•		•	•			•			•
Knee Sprains/Strains	•	•	•	•	•			•	•	•	•	•		•	•
LCL/MCL Conditions		•	•	•	•				•	•		•		•	•
Meniscal Strains/Tears		•	•	•	•				•	•		•		•	•
Osgood-Schlatter Disease	•		•										•	•	
Patellar Instability	•						•	•					•	•	
Patellar Pain Syndrome	•		•					•					•	•	
Patellar Tendonitis	•		•					•			•		•	•	
Quadricep Strains										•	•		•		



KNEE SLEEVES & STABILIZING SUPPORTS



GELBAND® PATELLA STRAP

37-500

Universal
Black or Beige
HCPCS Code A4465

Uniform, conforming compression to help guide the patella and improve tracking without restricting circulation. Viscoelastic insert provides consistent and focused compression. Can be worn in either inferior or superior applications. Fits right or left.



PROLITE® KNIT KNEE SUPPORT

37-400

Small - XXLarge
Beige
HCPCS Code A4466

Stretch knitted elastic is a lightweight, breathable alternative to neoprene. Elastic provides compressive support and maintains flexibility. Comfortable top and bottom stretch bands keep the support in place. Fits right or left.



NEOPRENE KNEE SLEEVE

37-373 - Open

37-374 - Closed
XSmall - 3XLarge
Navy or Black
HCPCS Code A4466

Standard pullover neoprene knee sleeves constructed with a single layer front for when added compression is not needed. Lightweight neoprene with a soft nylon loop lining. Available in an open patella or closed patella design. Fits right or left.



PROLITE® 3D KNEE SUPPORT

75888

XXSmall - XXLarge
White, Charcoal or
Caramel
HCPCS Code A4466

Premium knit design contours the joint and provides an exceptional fit. Motion comfort zone at popliteal. Silicone insert guides patella and massages soft tissues to help reduce swelling.



SOFT FORM® WRAP-AROUND STABILIZING KNEE SUPPORT

37-303, Beige

XSmall - 3XLarge
HCPCS Code A4466

Breathable foam material and neoprene free. Flexible spiral stays provide medial/lateral stability to the knee joint. Open behind the knee to eliminate irritation. Features an easy wrap-around design, adjustable straps, and condyle pads for additional padding. Fits right or left.



SAFE-T-SPORT® NEOPRENE PATELLA STABILIZER WITH REMOVABLE HORSESHOE

37-103, Navy or Black

XSmall - 3XLarge
HCPCS Code A4466

Flexible spiral stays for medial/lateral stability. Removable horseshoe can be placed in the superior, inferior, lateral or medial position for customized support. Features adjustable support straps, sports neoprene material with open patella, and easy slip-on style. Fits right or left.



SAFE-T-SPORT® LATERAL KNEE STABILIZER WITH "J" BUTTRESS

37-250/251, Black

XSmall - 3XLarge
HCPCS Code A4466

Tubular "J" buttress maintains proper alignment of the patella and provides lateral side support and stabilization. Features flexible spiral stays, support straps adjusted medially for adjustable compression and stability, a seamless feel, and tapered neoprene slip-on sleeve design. Specify right or left.



OA / ARTHRITIS KNEE BRACE

37-150/151

XSmall - 3XLarge
Beige
HCPCS Code L2999

Unilateral hinge and strapping system apply corrective force to "offload" the affected side of the joint, reducing bone-on-bone contact. Features a wrap-around design, interchangeable condyle pads, and adjustable straps. Specify Medial Right/Lateral Left or Medial Left/Lateral Right.

HINGED KNEE BRACES



SAFE-T-SPORT® NEOPRENE HINGED KNEE STABILIZING BRACE

37-104

XSmall - 3XLarge
Navy or Black
HCPCS Code L1810

Durable steel hinged reinforcements allow for flexion and limit medial and lateral movement with a 180° hyperextension stop. Neoprene covered hinge pockets for added comfort. Superior placed horseshoe adds stability. Two adjustable loop lock straps for an intimate, comfortable fit while helping prevent brace migration. Sports neoprene with open patella. Fits right or left.



SAFE-T-SPORT® WRAP AROUND HINGED KNEE STABILIZING BRACE

37-350

XSmall - 3XLarge
Black
HCPCS Code L1810

Constructed of sports neoprene with a soft, long loop lining for therapeutic warmth. Front wrap closures are quick and easy to apply and ideal for swollen or injured knees. Metal hinges covered in neoprene pockets for full flexion while providing stabilization and preventing hyperextension. Open popliteal eliminates brace bunching behind knee. Adjustable support straps. Fits right or left.



PROLITE® AIRFLOW WRAP-AROUND HINGED KNEE BRACE

75689

XSmall - 3XLarge
Black
HCPCS Code L1810

Breathable, neoprene-free material for increased comfort. Wrap-Around design for easy application to swollen or tender knees. Lightweight polycentric hinges provide stability, allow for full range of motion and prevent hyperextension. Open popliteal. Adjustable counter straps prevent rotation. Fits right or left.



NEOPRENE STABILIZING KNEE BRACE W/ COMPOSITE HINGES

37-107

XSmall - 2XLarge
Beige
HCPCS Code L1810

Lightweight neoprene for consistent compression and therapeutic warmth. Inferior horseshoe support around the knee joint stabilizes patellar tracking problems. Lightweight composite hinges allow for flexion while limiting medial and lateral movement and preventing hyperextension. Pull-on style with two loop lock adjustable closures for a comfortable fit. Fits right or left.



FLEXLITE® HINGED KNEE SUPPORT

37-108

Small - 2XLarge
Black or Beige
HCPCS Code L1810

Extremely lightweight hinged knee support is ideal for walking or light activities. Provides medial and lateral stabilization. Hinges are made of an ultra light space-age composite material that is strong and durable and include stops to help prevent hyperextending. Cool, breathable material with less bulk. Wrap style front closures and tension control straps. Fits right or left.



POWERCENTRIC™ HINGED KNEE BRACE

37-109

Small - 2XLarge
Black
HCPCS Code L1820

Lightweight polycentric hinges allow for full range of motion and include a built-in stop to prevent hyperextension. Contoured condyle shells provide additional protection against lateral impacts during activity. Features an open popliteal and adjustable support straps. Sports neoprene provides compression and therapeutic warmth. Fits right or left.



ADJUSTABLE ROM HINGED KNEE BRACE

37-450

Small - 2XLarge
Black
HCPCS Code L1832

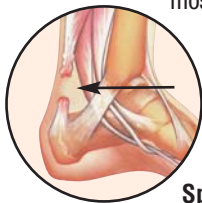
Polycentric Range of Motion hinges allow for progressive rehabilitation. Flexion and Extension settings can be adjusted in 30 degree increments controlling joint movement, speeding the healing process. Tri-Permalon™ Neoprene alternative for those with sensitive skin. Also features wrap-around design, open popliteal and adjustable support straps. Universal left and right and plus sizes available.

YOUR ANKLE

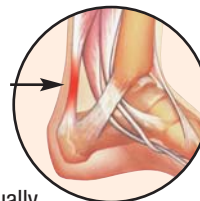
Your ankle is both strong and flexible, bearing the weight of the entire body. It is an important joint for walking and running and can become injured during even simple activities. The ankle contains many complex fibrous tendons and ligaments. Tendons provide ankle motion and connect the muscles in the lower leg to the bones of the ankle and foot. Ligaments help stabilize the ankle joint and connect bone to bone.

CONDITIONS OF THE ANKLE

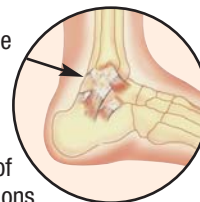
Tendonitis – an inflammation or slight tearing of tendons, usually caused by stress or overuse of the tendons. Pain, swelling, inflammation and irritation are the most common symptoms. Achilles tendonitis is most common.



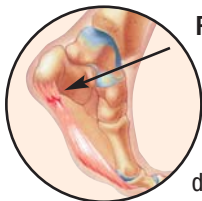
Achilles Rupture – complete tear, rupture or “pop” of the Achilles tendon, usually occurring from overuse or a sudden motion such as jumping, climbing stairs or sprinting. Immobilization and surgical repair may be necessary; rehabilitation can take several months.



Sprains – the stretching or tearing of the ligaments in the ankle, usually caused by the inward twisting of the foot. Sprains can range from mild to severe, depending on how badly the ligaments are torn. Complete ligament tears are severe sprains.

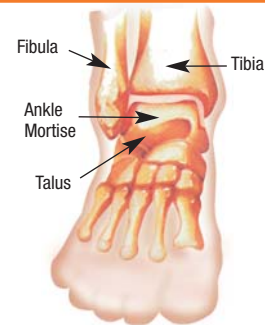


Strains – an inflammation of the tendons that connect muscles to the bones and is usually the result of overuse. Pain or swelling typically occurs. If untreated, a strain can develop into tendonitis by the tendons pulling apart.

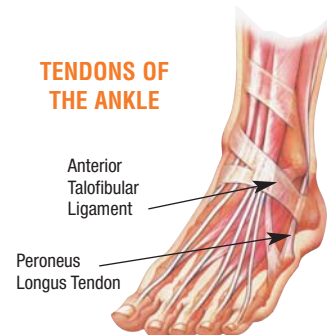


Plantar Fasciitis – inflammation of the ligament that runs along the bottom of the foot (plantar fascia) and supports the longitudinal arch. Pain begins as a dull pain in the heel or arch and is usually greatest in the morning or after resting.

Contusion – occurs when there is a direct blow to the ankle, causing tenderness, limited range of motion, deep bruising and/or inflammation.



TENDONS OF THE ANKLE





SELECTION GUIDE

Use this chart to find the support that is right for you.

	40-400	75889	40-411	40-511	40-550	40-701	79927	40-800	40-90X, 75885	43-4X0	58-50X
	ProLite® Knit Ankle Support	ProLite® 3D Ankle Support	Ankle Guard	Inner Lok 8" Brace	EZ-ON® Wrap-Around Ankle Support	Neoprene Ankle Support	ProLite® Dynamic Ankle Brace	FlexLite® Sport Hinged Ankle Brace	Ankle Stirrup Braces	StepLite® Ankle Walker Braces	HeaWell® Cub™ Night Splint
Achilles Tendonitis	•	•			•	•	•			•	•
Athletic Activity		•	•	•	•	•	•	•	•		
Contusion	•	•			•						
Instability			•	•	•	•	•	•	•	•	
Mild Sprain	•	•	•		•	•	•				
Moderate Sprain			•				•		•		
Post Cast Removal									•	•	
Post Surgery Weakness			•	•			•		•	•	
Plantar Fasciitis											•
Severe Sprain									•	•	
Strain	•	•	•	•	•	•	•	•			
Tendonitis	•	•	•	•	•	•					



PROLITE® ANKLE STIRRUP BRACE WITH AIR LINERS

40-908, Universal, White/Blue, HCPCS Code L4350

Plastic shells with tri-layer foam and pre-inflated air bladders that pulsate while walking for a massaging effect. Standard height with adjustable heel strap and riveted swivel straps. Fits right or left.



PROLITE® EASY-AIR™ PNEUMATIC AND PNEUMATIC/GEL ANKLE STIRRUP BRACES

75885-0X Pneumatic, 75885-1X Pneumatic/Gel

Standard or trainer size, Black/Blue, HCPCS Code L4350

Adjustable air cells for a customized fit and massaging effect. Rigid shells provide stability. Pneumatic/Gel version can be chilled for cold therapy. Low profile and easy application. Specify right or left.



GELFOAM™ ANKLE STIRRUP BRACE

40-905, Universal, White/Blue, HCPCS Code L4350

Gel filled liner conforms to the ankle for intimate support and a custom fit. GelFoam™ liner can be removed and chilled for cold therapy. Comfortable, soft terry lining. Fits right or left.



GELBAND® ANKLE STIRRUP BRACE

40-907, Universal, Black, HCPCS Code L4350

Sleek, slim profile that can be easily worn with most athletic shoes. Liner is made of viscoelastic gel that conforms to the ankle and will never leak or break down. Fits right or left.



FLEXLITE® SPORT ARTICULATING HINGED ANKLE BRACE

40-800, Small - Large, Black, HCPCS Code L1906

Bilateral articulating hinges glide smoothly for full, unrestricted foot flexion. Lightweight support shells are lined with padded, formed foam liners. Integrated elastic straps give a secure fit. Fits right or left.

ANKLE SUPPORTS & BRACES



PROLITE® KNIT ANKLE SUPPORT

40-400
Small - XLarge
Beige
HCPCS Code A4466

Stretch knitted elastic is a lightweight, breathable alternative to neoprene. Elastic provides compressive support while maintaining flexibility. Comfortable top and bottom stretch bands keep the support in place. Fits right or left.



ANKLE GUARD

40-411
2XSmall - XLarge
White
HCPCS Code L1902

Soft, flexible vinyl brace provides medial and lateral support to weak or injured ankles. Lace-up front gives an intimate fit. Ideal for athletic wear. Optional plastic inserts give additional side to side support. Padded liner for comfort. Fits right or left.



PROLITE® 3D ANKLE SUPPORT

75889
XSmall - 2XLarge
White/Gray or
Charcoal
HCPCS Code A4466

Premium knit design contours the joint for an exceptional fit. Anatomically shaped silicone inserts surround the joint to provide targeted compression and massage soft tissues. Reinforced heel. Easy slip-on style. Specify right or left.



NEOPRENE ANKLE SUPPORT

40-701
Small - XLarge
Navy or Black
HCPCS Code A4466

Neoprene anklet provides warmth and support. Designed with an open heel in an easy slip-on style that may be easily worn over a sock. Fits right or left.



INNER LOK 8™ ANKLE BRACE

40-511
Small - XLarge
Black
HCPCS Code L1902

Lightweight, low-profile nylon material for long-lasting wear. Internal figure-8 straps provide extra ankle stabilization and are preconfigured for correct placement. Quick, easy application. Fits right or left. in athletic shoes for wear during sports. Elastic back.



EZ-ON® WRAP-AROUND ANKLE SUPPORT

40-550
Small - 3XLarge
Black
HCPCS Code A4466

Sports neoprene foot and ankle portion for consistent compression and soothing warmth. Breathable Tri-Permalon™ top for comfort. Adjustable double elastic strap wraps in a figure-8 pattern to simulate taping. Open heel. Fits right or left.



PROLITE® DYNAMIC ANKLE BRACE

79927
XSmall/Small, Medium/
Large, XLarge/XXLarge
Gray
HCPCS Code L1902

Unique shells and strapping design provide ankle stabilization. Breathable material wicks moisture away for cool, comfortable wear. Gel coated shells for optional cold therapy. Specify right or left.



HEALWELL® CUB™ PLANTAR FASCIITIS RESTING COMFORT SLIPPER™

58-500/58-501
Small - Large, Black
HCPCS Code L1902

Positions the foot in a controlled amount of dorsiflexion to gently stretch the plantar fascia and Achilles tendon. Adjustable hinge positions from 0-10 degrees. Lightweight, breathable "slipper" is comfortable enough to sleep in. Specify right or left.

ANKLE WALKERS



STEPLITE® EASY STRIDER™ ANKLE WALKERS

43-420 - Low Height

43-430 - High Height

Small - Large

Black

HCPCS Code L4386

Lightweight and low profile walker brace with rocker bottom and non-skid sole. Criss-cross ankle straps for improved foot stabilization. Breathable foam liner with soft wicking inner material to keep skin cool and dry. Extra comfort padding. Adjustable top straps. High and low height walkers available. Fits right or left.



STEPLITE® EASY AIR™ PNEUMATIC ANKLE WALKERS

43-440 - Low Height, **43-450** - High Height

XSmall - XLarge

Black

HCPCS Code L4360

Our pneumatic walker's air bladder surrounds the foot, ankle and calf accommodating swelling and offering adjustable compression. The innovative integrated pump design is user-friendly and requires no additional parts to maintain. Lightweight, low profile design with rocker bottom and non-skid sole. Breathable foam liner with soft wicking inner material keeps skin cool and dry. Adjustable straps. Optional extra foam pad set included. High and low height walkers available. Fits right or left.

ELBOW

YOUR ELBOW

Your elbow joint is more than a simple hinge. Through a number of muscles and tendons, the elbow allows you to bend (flex) and extend your arm and rotate your hand. The extensor muscle group is on the outside (lateral side) of your forearm and helps turn your wrist palm up. The flexor muscle group is on the inside (medial side) of your forearm and helps turn your wrist palm down. Tendons attach the extensor/flexor muscles to the epicondyles of the elbow. The epicondyles are the two bony knobs on either side of your elbow. The biceps and triceps muscles help to bend and extend your elbow.

CONDITIONS OF THE ELBOW

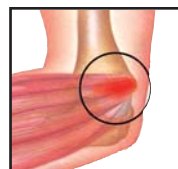
Epicondylitis (Tennis Elbow) – an inflammation or slight tearing of tendons or muscles around the elbow joint. This can occur at the medial epicondyle, the lateral epicondyle or both.



Outer Side

Lateral Epicondylitis (Backhand Tennis Elbow) – an inflammation, irritation or slight tearing of the tendons or muscles on the outer (lateral) side of the elbow. Common symptoms include pain, swelling, redness or irritation on the outer, back side of the forearm.

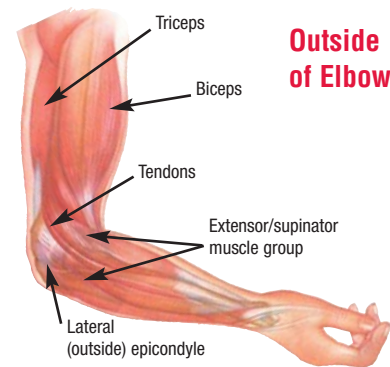
Medial Epicondylitis (Forehand Tennis Elbow, Golfer's Elbow) – an inflammation, irritation or slight tearing of the tendons or muscles on the inner side (medial) of the elbow. Common symptoms include pain, swelling, redness or irritation on the inner side of the forearm.



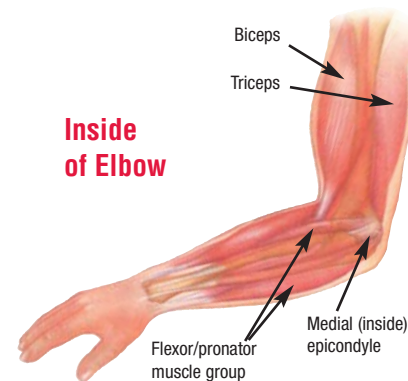
Inner Side

Dual Medial/Lateral Epicondylitis – an inflammation, irritation or slight tearing of the tendons or muscles on both sides of the elbow. Both the extensor and flexor muscles are stretched and bowed, causing stress on the tendons. Common symptoms include pain, swelling, redness or irritation on both sides of the forearm.

Elbow Contusion – occurs when there is a direct blow to the elbow, causing tenderness, limited range of motion, deep bruising and/or inflammation.



Outside of Elbow



Inside of Elbow



SELECTION GUIDE

Use this chart to find the support that is right for you.

	19-400 ProLite® Knit Elbow Support	19-500 GelBand® Tennis Arm Band	19-600 EpiSport® Epicondylitis Clasp	19-601 Neoprene Elbow Sleeve	75890 ProLite® 3D Elbow Support
Lateral Epicondylitis		•	•	•	
Medial Epicondylitis		•	•	•	
Dual Epicondylitis	•	•	•		•
Tendonitis	•	•	•	•	•
Elbow Contusion	•				•

TREATMENT -

Avoid any activities or movements that produce pain. As the injury heals, begin exercises to stretch and strengthen the muscles. Learn proper technique and use the right sports equipment for your size. Immediately after activity, use the RICE method (Rest, Ice (Cold Therapy), Compression, Elevation). Use heat therapy for chronic, recurring pain not brought on by activity.



NEOPRENE ELBOW SLEEVE

19-601 Small - XLarge, Navy or Black, HCPCS Code A4466

Coverage provides therapeutic warmth around the entire elbow joint. Neoprene is thick with soft nylon loop lining. An added strap gives greater support. Strap is easily adjusted with the loop lock closure. Fits right or left.



EPISPORT® EPICONDYLITIS CLASP

19-600 XSmall - XLarge, Black, HCPCS Code A4465

Provides targeted compression to hold the tendons of the forearm muscles more parallel to allow healing and reduce inflammation. Lightweight with a shock-absorbing liner that wicks moisture away. Ideal for wear during athletic activities. Fits right or left.



GELBAND® TENNIS ARM BAND

19-500 XSmall, Universal, Black or Beige, HCPCS Code A4466

Provides conforming compression without restricting circulation. Focuses pressure on the extensor muscle where needed. Unique GelCell® can be cooled or heated for thermal therapy on acute or chronic injuries. Ideal for wear during athletic activity and during rest. Fits right or left.



PROLITE® KNIT ELBOW SUPPORT

19-400 Small - XLarge, Beige, HCPCS Code A4466

Stretch knitted elastic is a lightweight and breathable alternative to neoprene. Unique knit design provides more compression around the joint and less compression on the joint itself while maintaining flexibility. Fits right or left.



PROLITE® 3D ELBOW SUPPORT

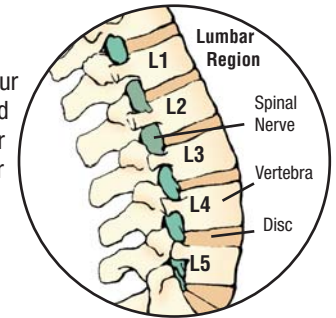
75890 XXSmall - XXLarge, White/Gray, HCPCS Code A4466

Premium knit design contours the joint for an exceptional fit. Motion comfort zone at elbow crease. Silicone insert surrounds the joint to provide targeted compression and massage soft tissues. Easy slip-on style. Fits right or left.

BACK

YOUR BACK (LUMBAR REGION)

Your spine is the main support structure of the entire body and protects your spinal cord. It is made up of twenty-four moveable bones (vertebrae) with cushion-like discs between each that act as shock absorbers. The many ligaments and muscles of the back aid a great number of movements, including bending, leaning and turning your shoulders. Much of your activities cause stress to the lower back, or lumbar region, but lower back pain can also be caused by simply wearing poor supporting shoes. Improper lifting and twisting/bending motions often result in lower back injuries.



CONDITIONS OF THE BACK

Lumbar Disc Dysfunction – an injury to a disc in the lumbar region (L1-L5). This can result in pain, decreased range of motion, lumbar instability and loss of normal back function.

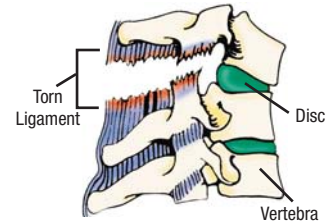
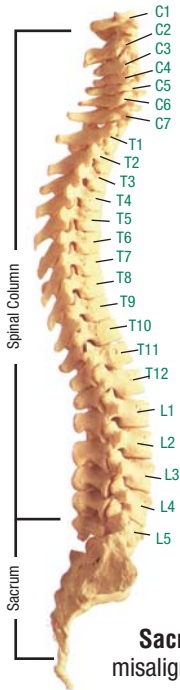
Lumbar Instability – described as excessive mobility of the lumbar spine due to ligament and/or muscle weakness. This results in pain and can also lead to possible disc dysfunction.

Lumbar Spine Sprain – occurs when the muscles or ligaments of the back are stretched or torn, resulting in pain and possible loss of function. This is a common and debilitating injury and can be mild, moderate or severe.

Lumbar Strain – an inflammation of the tendons that connect the muscles to the bones. Strains typically occur from repetitive or overuse and may cause tenderness, pain or mild swelling.

Sacral Contusion – the result of a direct blow to the sacrum, causing pain and swelling and/or changing the position of the sacrum. The sacrum is located below the last lumbar segment of the spine and is five segments of the spine fused together to make one solid bone.

Sacroiliac Sprain/Strain – an injury to the sacroiliac joint (between the sacrum and the upper part of the hip bone), causing pain, injury and/or misalignment of the muscles and ligaments.





SELECTION GUIDE

Use this chart to find the support that is right for you.

Lumbar Disc Dysfunction				•			
Lumbar Instability				•			•
Lumbar Spine Sprain	•	•	•	•			•
Lumbar Strain	•	•	•		•	•	•
Muscle Strain/Cramp					•	•	•
Post-Op Rehabilitation							
Sacral Contusion	•	•	•		•	•	
Sacroiliac Sprain/Strain	•	•	•		•		

31-205 Ventilated Lumbar Support							
31-208 Lumbar Sacral Support with Abdominal Support							
31-550 Soft Form® Lumbar Sacral Support w/ Flexible Stays							
31-560 Soft Form® Lumbar Sacral Support w/ Contour Stays							
31-750 Thermal Lumbar Support							
31-701 Cool/Lightweight Lumbar Sacral Support							
74563 ProLite® LO-Plus™ Lumbar Support							



LUMBAR SACRAL SUPPORT WITH OVERLAPPING ABDOMINAL BELT, 10"

31-208
 Universal, Small - 2XLarge
 White, HCPCS Code A4466

High quality elastic with soft foam and hook and loop closures. Overlapping belt provides additional lift in the abdominal area. Flexible stays in the back and sides prevent the belt from rolling.



SOFT FORM® LUMBAR SACRAL SUPPORT, 11"

31-550 - Flexible Stays
31-560 - Contoured Stays
 Small - 4XLarge, Beige
 HCPCS Code A4466

Multi-layered soft laminate provides support with a soft cotton/nylon lining. Sewn in a five-piece design for a tapered fit without binding or rolling. Elastic straps support the entire lumbar region.



COOL/LIGHTWEIGHT LUMBAR SACRAL SUPPORT

31-701
 Small - XLarge
 White
 HCPCS Code A4466

Lower height (7") is great for shorter and smaller patients. Made of high quality elastic with four flexible plastic stays in the back. Tapered, breathable elastic bands give a conforming shape.



VENTILATED LUMBAR SUPPORT

31-205
 Small - 2XLarge
 White
 HCPCS Code A4466

High quality, ventilated mesh elastic provides compression and allows skin to breathe for increased comfort and extended wear. Flexible stays and an overlapping belt offer additional support.



THERMAL LUMBAR SUPPORT

31-750
 Small - XLarge
 Black
 HCPCS Code A4466

A reusable soft gel pack can be heated or chilled for either hot or cold therapy across the lower lumbar region. Plush, ventilated elastic side panels provide cool support with easy hook and loop closures.



PROLITE® LO-PLUS™ LUMBAR SUPPORT

74563
 Small - XXXLarge
 Black
 HCPCS Code L0626

Rigid posterior panel stabilizes the lumbar region. Ultra thin, low profile design provides comfort and inconspicuous wear. Tapered panels contour the body for compression and support.

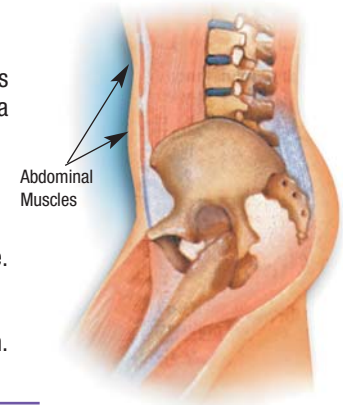
YOUR ABDOMEN

The three natural curves of your spine (at your neck, chest and lower back) are supported by the abdomen, back, buttocks and thigh muscles. These important muscle groups must be kept strong and flexible to support your body and maintain a healthy back.

CONDITIONS OF THE ABDOMEN

Abdominal Strain – a mild injury to the abdominal muscles or tendons resulting from trauma, overuse or a sudden increase in use. The abdominals may be tender to the touch and/or hurt when coughing, sneezing or laughing.

Abdominal Weakness – when muscles are weakened by strain, pregnancy, repeated surgery or inactivity, causing tenderness and pain.



YOUR RIBS

Your rib cage is a very important structure that protects your vital internal organs such as your heart, lungs and liver. Twelve pairs of ribs attach to the spine in the back and wrap around towards your sternum (breast bone) where some attach in the front. Damage to one or more ribs can cause damage to the internal organs.

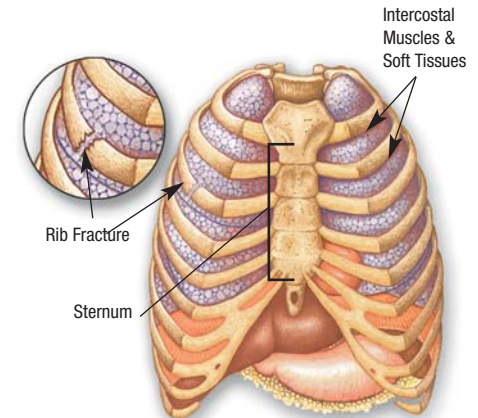
CONDITIONS OF THE RIBS

Intercostal Strain – usually caused by excessive exertion or twisting motions, such as the movements in baseball, tennis and golf. This mild injury strains the intercostal muscles, located between the ribs. Tenderness and possible swelling may be experienced, though breathing should not be painful.

Rib Contusion – the result of a direct blow to the ribs causing tenderness, inflammation and bruising. Breathing should not be painful.

Rib Fracture – a crack or break in a rib due to a direct blow or forceful compression of the rib cage. Symptoms include severe pain in the area and pain during deep breathing, sneezing, or coughing.

Sternum Fracture – a crack or break in the sternum (breast bone), resulting in pain and tenderness.





SELECTION GUIDE

Use this chart to find the support that is right for you.

	31-208	34-201	34-202	34-301	34-302	34-4100	34-4200	34-510	34-630	34-640	34-710
	Lumbar Sacral Support w/ Abdominal Support	Elastic Rib Belt, Universal, Men's	Elastic Rib Belt, Universal, Women's	Elastic Rib Belt, Sized, Men's	Elastic Rib Belt, Sized, Women's	Two-Panel 6" Surgical Rib Belt, Men's	Two-Panel 6" Surgical Rib Belt, Women's	Elastic Sized Abdominal Binder, 10"	Three-Panel 9" Surgical Abdominal Binder	Four-Panel 12" Surgical Abdominal Binder	Universal Abdominal Binder
Abdominal Strain	•							•	•	•	•
Abdominal Weakness	•							•	•	•	•
Intercostal (Rib) Strain		•	•	•	•	•	•				
Rib Contusion		•	•	•	•	•	•				
Rib Fracture		•	•	•	•	•	•				
Sternum Fracture		•	•	•	•	•	•				



TWO-PANEL 6" SURGICAL RIB BELT

34-4100 - Men's
34-4200 - Women's
 Universal, White
 HCPCS Code A4466

Helps stabilize rib and sternum fractures by limiting expansion through compression. Provides comfort and encourages more controlled breathing to help reduce pain. Also provides support and compression to the muscles and soft tissues of the rib cage. Women's style is contoured around the bust line for enhanced comfort.



THREE-PANEL 9" SURGICAL ABDOMINAL BINDER

34-630
 Small - Large, White
 HCPCS Code A4466



FOUR-PANEL 12" SURGICAL ABDOMINAL BINDER

34-640
 Small - Large, White
 HCPCS Code A4466

Provides support and compression to abdominal muscles weakened by strain without restricting breathing or muscle redevelopment. Taller height is ideal for taller patients or long line surgeries. Fits both men and women.

GRADUATED COMPRESSION LEGWEAR

BSN medical offers a broad range of graduated compression legwear to meet your patients' needs – whether it's JOBST®, the #1 physician recommended brand, or Activa®, graduated legwear ideal for self-selection and the cost-conscious consumer.



Graduated Compression Legwear can help prevent the occurrence of and guard against further progression of venous disorders. Compression legwear exerts a specific pressure around your ankles to reduce the diameter of distended veins. This reduction causes an increase in venous blood flow and valve effectiveness. As a result, pain and swelling are reduced.



CONDITIONS OF THE LEG

Tired, Aching Legs – occurs when the blood flow slows in the legs and can be an indicator of **Deep-Vein Thrombosis**.

Mild Ankle/Foot Swelling – when blood and/or tissue fluid pool in the legs and feet due to poor circulation.

Varicose Veins/Spider Veins (mild varicosities) – vessels that have progressed to a secondary condition of chronic venous insufficiency due to vein wall weakness or a malfunctioning valve, causing the return blood flow to become slower and more turbulent. Some varicose veins may need to be treated surgically.

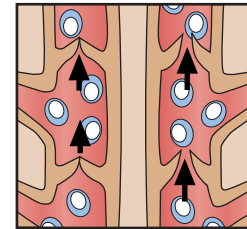
Deep-Vein Thrombosis – occurs when blood flow decreases (especially in the lower extremities), causing blood to pool in the legs leading to blood clot (thrombus) formation. An **Embolism** occurs when the thrombus dislodges and travels throughout the body, potentially causing a more serious condition such as pulmonary thrombosis (blocked artery in the lungs). **Thrombo-Embolic Disease** (blood clot formation) can occur from vascular injury, hemostasis (pooling of blood), or change in blood chemistry.

Lymphedema – when a body part swells due to an abnormal accumulation of lymph fluid, occurring when there is interference with the normal drainage of lymph fluid back into the blood. It is commonly seen as swelling the arm, leg, neck, or abdomen.

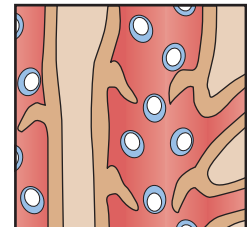
Phlebitis – inflammation and clotting in a vein, most often a leg vein, due to infection, inflammation, or trauma. People with varicose veins are more often affected. Inflammation occurs suddenly, causing the thrombus to adhere firmly to the vein wall, which can clog a superficial vein.

Economy Class Syndrome (ECS) – refers to Deep-Vein Thrombosis (see above) when linked with air travel, especially during long flights when a traveler may experience inactivity and cramped seating.

LEG VEINS



Normal functioning valves return blood-flow



Abnormal functioning valves, leading to venous disorders

#1 physician recommended



Comfort, Health and Style!

THERAPY GUIDE FOR JOBST® GRADIENT COMPRESSION

JOBST® has a wide range of comfortable solutions to meet your therapy expectations. Backed by a Total Satisfaction Guarantee, JOBST® quality materials and advanced design deliver trusted fit and therapy.

15-20 mmHg* (Moderate)	20-30 mmHg* (Firm)	30-40 mmHg* (Extra firm)
<ul style="list-style-type: none"> • Minor varicosities 	<ul style="list-style-type: none"> • Moderate to severe varicosities 	<ul style="list-style-type: none"> • Severe varicosities
<ul style="list-style-type: none"> • Minor varicosities during pregnancy 	<ul style="list-style-type: none"> • Postsurgical 	<ul style="list-style-type: none"> • Severe edema
<ul style="list-style-type: none"> • Tired, aching legs 	<ul style="list-style-type: none"> • Moderate edema 	<ul style="list-style-type: none"> • Lymphatic edema
<ul style="list-style-type: none"> • Minor ankle, leg and foot swelling 	<ul style="list-style-type: none"> • Postsclerotherapy 	<ul style="list-style-type: none"> • Manages active venous ulcerations
<ul style="list-style-type: none"> • Postsclerotherapy 	<ul style="list-style-type: none"> • Helps prevent recurrence of venous ulcerations 	<ul style="list-style-type: none"> • Helps prevent recurrence of venous ulcerations
	<ul style="list-style-type: none"> • Moderate to severe varicosities during pregnancy 	<ul style="list-style-type: none"> • Chronic venous insufficiency
	<ul style="list-style-type: none"> • Superficial thrombophlebitis 	<ul style="list-style-type: none"> • Helps prevent postthrombotic syndrome
		<ul style="list-style-type: none"> • Manages manifestations of PTS
		<ul style="list-style-type: none"> • Orthostatic hypotension
		<ul style="list-style-type: none"> • Postsurgical
		<ul style="list-style-type: none"> • Postsclerotherapy

* Mean compression for an average ankle size.



For Women

UltraSheer
Opaque
soSoft



For Men

JOBST® forMen
JOBST® forMen Casual



Unisex

Relief®
ActiveWear



#1 physician recommended



Comfort, Health and Style!

THERAPY CHOICES FOR DRESSY OCCASIONS

Backed by a Total Satisfaction Guarantee, JOBST® quality materials and advanced design deliver trusted fit and therapy.



UltraSheer

Therapy meets fashion in this stylish, lightweight gradient compression hosiery that is both beautifully sheer and medically effective. The sheerest in its class! Reinforced heel and toe for added durability.



Opaque

Stylish leg therapy that is so very soft and exceptionally easy to put on! Lightweight fabric for comfortable year-round wear. Helps conceal blemishes, varicose veins, and scars.



JOBST® forMen

The ideal combination of therapeutic effectiveness in a classic, comfortable dress sock. Made with multifiber yarns to wick away moisture to keep feet dry and comfortable.



#1 physician recommended



Comfort, Health and Style!

THERAPY CHOICES FOR CASUAL OCCASIONS

Backed by a Total Satisfaction Guarantee, JOBST® quality materials and advanced design deliver trusted fit and therapy.



JOBST® forMen Casual

Superior comfort and wicking technology in a casual, versatile sock that fits all of life's occasions. Dri-*release*® helps reduce moisture to keep feet dry and comfortable.



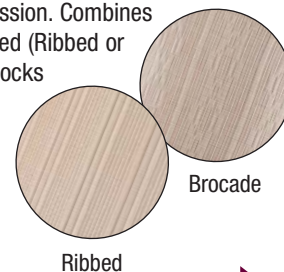
ActiveWear

The ideal combination of therapeutic efficacy and Dri-*release*® yarn for superior moisture management. ActiveWear looks just like high-performance athletic socks.



soSoft

Style joins compression. Combines the look of patterned (Ribbed or Brocade) fashion socks with gradient compression.



Activa® offers a broad range of styles and colors with easy-to-understand measurement guides, perfect for self-selection. Activa® graduated compression hosiery and socks are economically priced to provide therapeutic support without sacrificing style or budget.



HOSIERY & SOCK GUIDE

Use this chart to find the product that is right for you.

	9-12 mmHg	15-20 mmHg	20-30 mmHg	30-40 mmHg	18 mmHg
Tired, Aching Legs	•	•	•		
Mild Ankle/Foot Swelling	•	•	•		
Deep-Vein Thrombosis**				•	•
Economy Class Syndrome		•	•		
Mild Edema		•	•	•	
Embolism**					•
Lymphedema**			•	•	
Phlebitis**			•	•	
Spider Veins	•	•			
Thrombo-Embolic Disease*					•
Varicose Veins		•	•		

* The mean compression for an average ankle size.

**Compression levels over 20 mmHg for these indications should only be used on the order of a physician.

ULTRA-SHEER LITE SUPPORT

Lightweight Graduated Compression,
9-12 mmHg*

H11 PANTYHOSE, Lightweight Control Top
Colors: Suntan, Black

H12 THIGH HIGH, Lace Top and Silicone Band
Colors: Suntan, Black

H13 KNEE HIGH
Colors: Beige, Black

SHEER THERAPY® SUPPORT

Lightweight Graduated Compression,
15-20 mmHg*

H21 PANTYHOSE, Lightweight Control Top
Colors: Nude, White, Smoke, Black

H29 MATERNITY PANTYHOSE, Expanding Tummy panel
Color: Nude

H22 THIGH HIGH, Lace Top
Colors: Nude, Smoke, Black

H23 KNEE HIGH
Colors: Nude, White, Black



SOFT FIT GRADUATED THERAPY

Moderate Graduated Compression, 20-30 mmHg*

H37 PANTYHOSE
Colors: Barely Beige, Ivory, Black

H38 THIGH HIGH with LACE TOP
Colors: Barely Beige, Ivory, Black



H39 MID THIGH HIGH WITH UNI-BAND TOP For Men & Women
Colors: Beige, Black,



Uni-Band Top

H30 KNEE HIGH, CLOSED TOE For Men & Women
Beige, Small - 4XLarge
Colors: Barely Beige, Ivory, Black



H304 KNEE HIGH, OPEN TOE For Men & Women
Color: Beige





GRADUATED COMPRESSION HOSIERY & SOCKS (cont.)

SURGICAL WEIGHT GRADUATED THERAPY

Heavy Graduated Compression, 30-40 mmHg*

- H42 THIGH HIGH** with Uni-Band Top
- H43 KNEE HIGH** (Closed Toe)
- H44 KNEE HIGH** (Open Toe)

MEN'S DRESS SOCKS



MEN'S DRESS SOCKS

H25 *Light Support, Graduated Compression, 15-20 mmHg**

Colors: White, Brown, Navy, Black, Tan

H35 *Firm Support, Graduated Compression, 20-30 mmHg**

Colors: White, Tan, Navy, Brown, Black



MEN'S MICROFIBER PIN STRIPE DRESS SOCKS

H34 *Firm Support, Graduated Compression, 20-30 mmHg**

Colors: Tan, Gray, Black

COOLMAX® ATHLETIC SUPPORT SOCKS

H312 - Over the Calf Length / H313 - Crew Length

*Firm Support, Moderate Graduated Compression, 20-30 mmHg**



* *The mean compression for an average ankle size.*

** *Nominal compression for an average ankle size.*

ANTI-EMBOLISM STOCKINGS

Graduated Compression, 18 mmHg **

- H520 THIGH HIGH, Closed Toe** Beige
- H541 THIGH HIGH, Closed Toe** White
- H521 THIGH HIGH, Inspection Toe** White
- H59 THIGH HIGH, Open Toe** Beige
- H53 KNEE HIGH, Closed Toe** Colors: White, Beige
- H504 KNEE HIGH, Open Toe** Beige

WOMEN'S DRESS SOCKS

H26 *Light Support, Graduated Compression, 15-20 mmHg**

Colors: White, Tan, Navy, Black

H36 *Firm Support, Graduated Compression, 20-30 mmHg**

Colors: White, Tan, Navy, Black



PATTERNED TROUSER SOCKS

*Light Support, Graduated Compression, 15-20 mmHg**

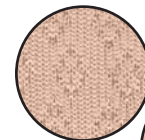
Women's Socks

H27 **Small Diamond Pattern**
Colors: Tan, Navy, Black

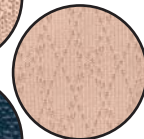
H28 **Cross-Hatch Pattern**
Colors: Tan, Navy, Black

Men's Casual Socks

H24 **Herringbone Pattern**
Colors: Navy, Black



Small Diamond



Cross-Hatch



Herringbone

YOUR FEET

Your foot is very complex and extremely functional. It maintains the balance of the leg and body and acts as a lever that stabilizes and lifts your body's weight in order to move forward. Most foot problems occur as a result of mistreatment, such as wearing shoes that lack the proper cushioning.

SOFT POINT®

CONDITIONS OF THE FOOT

Neuroma – a pinched nerve occurring at the ball of the foot often between the ends of two bones or between a ligament and the end of a bone. A dull or sharp pain in the ball of the foot is the most common symptom of a neuroma, which is caused by tight or high-heeled shoes or repeated blows to the ball of the foot.

Metatarsalgia – an acute or chronic pain in the ball of the foot where the ends of the metatarsal bones are located, resulting in pain in the ball of the foot. You may feel as if you are standing on a stone. Caused by standing or walking on hard surfaces for long periods of time, wearing high-heeled shoes with thin soles, or any pressure on the ball of the foot.

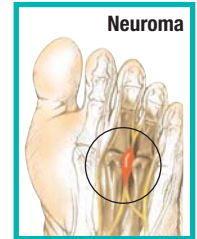
Plantar Fasciitis – an inflammation of the ligament structure that runs from the heel to the ball of the foot due to repetitive strain. A dull, intermittent pain in the heel or arch may be felt, progressing to a sharp persistent pain, tightness in the calf muscles, or sharp pain or inflammation through the heel and foot that usually occurs in the morning or after rest.

Heel Pain / Heel Spurs – a bone outgrowth on the plantar aspect of the heel bone, resulting in a sharp pain on the bottom or inside edge of the heel. A dull ache may be present after standing on a hard surface for any length of time or after running.

Diabetic Foot – commonly due to nerve damage, which can lead to lessened or complete loss of feeling in the foot. This insensitivity can lead to minor injuries such as scrapes, blisters, calluses and pressure sores. Since poor circulation impairs the healing process, more serious complications can occur if left untreated.

Fat Pad Atrophy – occurs in the metatarsal area of the foot or in the heel when the fat pad that serves as a natural cushion for the foot thins out.

Shin Splints – an inflammatory condition of the front part of the shin that results from repeated stress and overuse. Pain is commonly felt along the front and the outer muscles of the shin. Overuse causes damage or injury to the tendon and adjacent tissues and muscles in the front of the lower leg. Running on hard surfaces or inclines, tight calf muscles and pronated ankles (ankles rolled in) can lead to this condition.



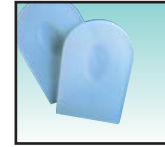


SELECTION GUIDE

Use this chart to find the support that is right for you.

	F11	F13	F14	F15	F35	F21	F22	F25	F26	F45	F54	F64	58-50X
	Soft Point® Heel Pads	Soft Point® Heel Cushions	Soft Point® ¾ Insoles	Soft Point® Full Insoles	Soft Point® Leather Orthotic Insoles	Viscolas® Heel Pads	Viscolas® Heel Spur Cushions	Viscolas® Full Insoles	Viscolas® Sports Full Insoles	PressureLite® Moldable/Diabetic Insoles	Soft Point® ¾ Semi-Rigid Orthotics	Soft Point® ¾ Flexible Cork Orthotics	HealWell® Cub™ Resting Comfort Slipper™
Arch Support					•				•		•	•	
Diabetic Foot										•			
Fat Pad Atrophy		•	•	•		•					•	•	
Foot Pain			•	•	•			•	•				
Heel Pain	•	•				•	•				•	•	•
Heel Spurs	•	•			•	•	•						
Metatarsalgia			•	•									
Neuroma			•	•									
Plantar Fasciitis	•	•					•		•		•	•	•
Shin Splints			•	•	•			•	•		•	•	

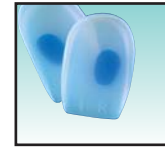
SOFT POINT®



SOFT POINT® HEEL PADS

F11, Small - Large, HCPCS Code L3485

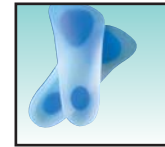
- HOLLOWED center relieves pressure on heel
- Easy and comfortable to wear



SOFT POINT® HEEL CUSHIONS

F13, Small, Large, HCPCS Code L3510

- Blue spot is a softer durometer profile for enhanced comfort
- Helps relieve pressure and pain



SOFT POINT® ¾ INSOLES

F14, XSmall - XLarge, HCPCS Code L3510

- Blue spots are a softer durometer profile to relieve pressure and pain
- Gives arch support and heel stabilization



SOFT POINT® FULL INSOLES

F15, Small - XLarge, HCPCS Code L3510

- Blue spots are a softer durometer profile to relieve pressure and pain
- Gives arch support with tapered toe



HEALWELL® CUB™ PLANTAR FASCIITIS RESTING COMFORT SLIPPER™

58-500 Right, 58-501 Left

Small - Large, HCPCS Code L4396

Comfortably positions the foot to provide a gentle stretch to the plantar fascia and Achilles tendon.

YOUR FEET (cont.)

SOFT POINT® Silicone footcare products are made of medical grade silicone for long-lasting support and comfort. Silicone gives optimal absorption of the shock generated from everyday and high-impact heel strike. The impact and force on the heel, joints and back are thereby reduced, helping to relieve pain and discomfort. Non-irritating and odor free, silicone will always remain soft and retain its shape. It is the ideal footcare material.

SOFT POINT® VISCOLAS® footcare products are made of the original Viscolas® viscoelastic polymer for superior cushioning. Viscoelastic is unique because it not only dissipates the shock generated from everyday and high-impact heel strike but also prevents the skeletal reverberations. The impact on the heel, joints and back is thereby reduced helping to relieve pain and discomfort. The viscoelastic has a natural tacky surface to keep the product in place. The fabric cover helps keep the foot dry and comfortable and is resistant to fungal and bacterial growth.

DELUXE LEATHER ORTHOTIC INSOLES BY SOFT POINT®

F35

Sizes: B - F

HCPCS Code L3060

The Deluxe Leather Orthotic Insoles combine the comfort of premium leather and high-density cushioning foam with semi-rigid arch support and motion control. Unique tri-layer design has many features to help relieve and prevent common foot problems.

- Fine Leather Top Cover
- Cool and Breathable
- Superior Cushioning and Rigid Arch Support
- Gel Heel Pad and Movable Metatarsal Pad
- Easy to Wear and Move from Shoe-to-Shoe



SOFT POINT®



VISCOLAS® HEEL PADS

F21, A - D

HCPCS Code L3480

- Low profile design is ideal for most shoe types
- Extremely easy and comfortable to wear



VISCOLAS® HEEL SPUR CUSHIONS

F22, A - D

HCPCS Code L3480

- Removable plug creates a cavity beneath area of greatest discomfort
- Extra cushioning on the medial side of plantar fascia for additional relief



VISCOLAS® FULL INSOLES

F25, A - D

HCPCS Code L3510

- Slim toe area for comfortable, non-binding fit
- Extra padding at the heel for increased shock absorption



VISCOLAS® SPORTS FULL INSOLES

F26, A - D

HCPCS Code L3510

- Lightweight, closed cell foam with viscoelastic polymer inserts for superior cushioning
- Provides arch support and heel stabilization; Ideal for athletic shoes

PressureLite

SensiFoot™

Diabetic Sock

Diabetic Foot problems can be painful, but most conditions are preventable with the proper footwear. Diabetics experience nerve damage, poor circulation and a weakened resistance to infection. When the nerves are damaged, there is a lessened or complete loss of feeling in the foot, which can lead to minor injuries such as scrapes, blisters, calluses and pressure sores that may go unnoticed. Since poor circulation impairs the healing process and the ability to fight infections, more serious complications can occur if left untreated. Proper footcare can prevent these minor injuries.



PRESSURELITE® MOLDABLE DIABETIC INSOLES

F45

XSmall - XLarge

HCPCS Code A5512

Insoles have a deeply cupped, stabilizing heel and moderate longitudinal arch. Dual layer design provides relief to insensitive feet. The natural heat and pressure of the foot molds the top layer for a conforming fit, and the bottom layer is supportive and absorbs shock. Insole can be trimmed to fit any shoe. Can also be heat set.



SENSIFOOT™ DIABETIC SOCK

XSmall - XLarge

Colors: White, Black, Navy and Brown

SensiFoot™ offers these features and benefits: Non-irritating, smooth toe seam. Extra padding in the foot, heel and toe for extra comfort and protection. Antibacterial, antifungal finish. Non-constricting, mild compression: Helps keep the sock in place to prevent sliding and bunching.



PRESSURELITE® PRESSURE RELIEVING DIABETIC SOCKS

H63

Small - XLarge

Extra padding in key areas of the foot without the added bulk, so they fit comfortably into any shoe. The socks absorb the friction and pressure created when rubbing against the foot and shoe, limiting skin injury and pain. Socks do not bind because of the extra cross-stitch of the design. Seamless interior and moisture-absorbing fibers help guard against bacteria. Ideal for Diabetes sufferers and those with sensitive feet. Perfect for casual or dress wear. Color: White.



PRESSURELITE® LIGHT ENERGIZING DIABETIC SOCKS

H61 - Crew Length / H62 - Over

the Calf Length

Small - XLarge

Socks are completely seamless so they fit close to the skin without wrinkling or bunching in the shoe. The four-way stretch material is smooth and soft, and antibacterial fibers wick moisture away to help prevent the growth of bacteria. Non-restrictive top keeps socks in place, no matter what size or shape leg. Perfect for people with Diabetes. Color: White or Black.



PRESSURELITE® EDEMA/BANDAGE SUPER SOCKS

H64

Medium - XLarge

Ideal for those with oversized feet and lower leg up to 25" in circumference. Socks are padded in high pressure areas and antibacterial fibers wick moisture away to protect against bacteria. Socks fit with virtually no binding and won't bunch up or slide down. The super size stretch material fits well over bandages, wraps and casts. Perfect for serious edema, enlarged feet and legs and post-surgical/post-casting wear for added comfort, protection and warmth. Color: White.

ARTHRITIS

ARTHRITIS

YOUR JOINTS

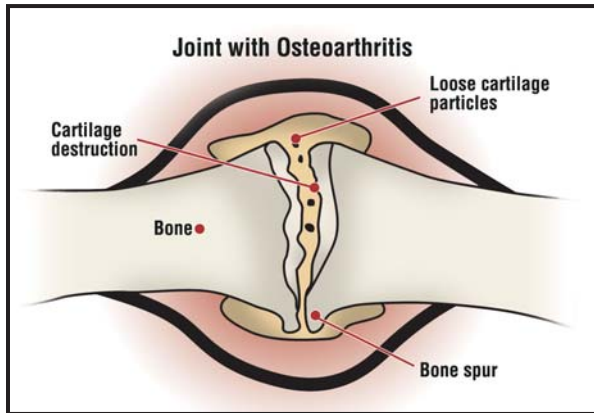
A healthy joint has cartilage surrounding the ends of the bones. Arthritis slowly destroys the cushioning cartilage around a joint. The cartilage begins to break down, causing the bones in the joint to come into contact with one another. This causes inflammation, pain and stiffening as bones rub against one another.

Rheumatoid Arthritis is an autoimmune disease in which the immune system attacks healthy joints causing inflammation and damage.

Osteoarthritis is a chronic, degenerative form of arthritis where cartilage between the bones in a joint breaks down, causing friction (bone rubbing on bone) and pain. It is the most common form of arthritis. Osteoarthritis typically affects more than one joint and is most often in the weight bearing joints such as the hips, knees and lower back. The neck, fingers, thumb joints, feet and the big toe can also be affected. Wrists, elbows, shoulders and ankles are usually affected only in cases of injury or overuse.

- **Primary osteoarthritis** is associated with aging or “wear and tear”
- **Secondary osteoarthritis** is caused by a specific condition or event that damaged the joint, such as an injury or obesity.

Osteoarthritis develops gradually and starts with stiffness or soreness and moderate pain that does not interfere with daily tasks. As it progresses, cartilage loses elasticity and is more easily damaged by repetitive use or injury. Cartilage breakdown causes the ends of the bones near the joint to change and deform – bone may thicken and growths called bone spurs may develop. Small fragments of cartilage or bone may break off and float in the space around the joint leading to pain and irritation. The lining of the joint may become inflamed resulting in further damage. Damage to cartilage in the joint and the surrounding tissues leads to instability, weakness, pain, and stiffness.



Osteoarthritis cannot be attributed to a single/specific cause; however, several risk factors exist that increase the risk of its development:

- **Wear and Tear**
- **Increased Age**
- **Heredity**
- **Obesity**
- **Injury**
- **Muscle Weakness / Lack of Physical Activity**



Therall™ PREMIUM ARTHRITIS PRODUCTS

Therall™ premium arthritis products help relieve arthritis symptoms, such as pain and inflammation, while maintaining an active lifestyle.

JOINT WARMING SUPPORTS

Light compression with ceramic fibers to penetrate body heat deep into the joints and tissues for long-lasting pain relief.

Ankle Support, 53-902, S-XXL, Beige

Knee Support, 53-702, S-XXL, Beige

Elbow Support, 53-202, S-XL, Beige

Wrist Support, 53-402, S-XL, Beige

Back Support, 53-537, S-XL, Beige

HCPCS Code L4466



ARTHRITIS GLOVES

Neoprene material retains the body's natural heat to soothe aching wrists, fingers and hands.

Arthritis Gloves, 53-350, S-XL, Beige



MOIST HEAT PAD & THERAPY MITT

Therapeutic moist heat for soothing relief.

Moist Heat Pad, 53-1500, 9" x 12"

Moist Heat Therapy Mitt, 53-2000,
Universal



FOOT WARMERS

Microwavable foot warmers provide soothing warmth and pain relief to tired, aching feet.

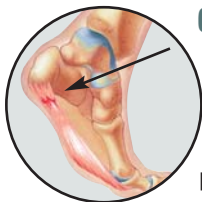
Foot Warmers, 53-425, S-XL, Black



PLANTAR FASCIITIS

PLANTAR FASCIITIS

Plantar Fasciitis is the most common cause of localized heel pain and is the most common foot problem seen in medical practices. It is an inflammation of the plantar fascia, a ligament structure that supports the arch of the foot. The plantar fascia is a tough, fibrous band of connective tissue that runs from the heel bone to the ball of the foot. When the plantar fascia ligament stretches beyond its normal extension, the soft tissue tears near the heel bone, leading to inflammation and heel pain.



CAUSES OF PLANTAR FASCIITIS

In active, young and middle aged adults, plantar fasciitis is typically caused from running, jumping, or walking on hard surfaces. Runners, tennis players and basketball players are often affected by plantar fasciitis. Those people with high arches, flat feet, or tight Achilles tendons are susceptible to developing the condition as well. Other factors, including inward twisting of the ankle and being overweight, can contribute to plantar fasciitis. The body's tendons, ligaments and muscles start to lose the normal elasticity and resilience during the course of aging, making them more prone to strain during normal daily activities.

SYMPTOMS

Generally the first sign of plantar fasciitis is heel pain during the first steps after getting out of bed or sitting for a long period of time. The degree of heel pain can sometimes lessen with activity, leading to a false sense of relief. The pain often returns after prolonged rest or extensive walking. Pain often progresses if the condition is left untreated and can become excruciating and persistent as the ligament is more severely strained. Heel pain is usually located on the medial (inside) area of the heel. Other common symptoms include:

- Pain that starts as dull or intermittent in the heel or arch, progressing to a sharp, persistent pain
- A sharp pain and/or inflammation through the heel and foot that usually occurs in the morning or after resting and gradually disappears with walking
- Tightness in calf muscles or Achilles tendon
- Noticeable heel pain after long periods of standing or walking
- Heel pain that worsens when climbing stairs or standing on the toes
- Heel pain that lessens with activity but returns during rest

TREATMENT

Most cases of plantar fasciitis can be treated with relatively simple conservative methods such as a combination of night splints, rest and ice, orthotics and stretching exercises. The most effective treatment involves the use of night splints, which have been proven to speed healing and reduce the associated heel pain and inflammation from plantar fasciitis.

NIGHT SPLINTS

Plantar fasciitis splints are typically called ‘night splints’ because they are worn at night during sleep or during rest after activity. The position of the feet and ankles in sleep promotes cramping of the fascia and calf muscles. When feet are pointed under the weight of blankets the plantar fascia is contracted (shortened). Those first steps in the morning are painful because the fascia which has been contracted all night is suddenly stretched and pulled.

Night splints are designed to comfortably position the foot in a controlled amount of dorsiflexion to provide a gentle stretch to the plantar fascia and Achilles tendon. This gentle stretch helps reduce the muscle contracture, inflammation and associated heel pain and helps promote healing of plantar fasciitis.



HEALWELL® CUB™ PLANTAR FASCIITIS NIGHT SPLINT RESTING COMFORT SLIPPER™

58-500 - Right, **58-501** - Left
Small - Large
Black
HCPCS Code L4396

Comfortably positions the foot in a controlled amount of dorsiflexion to provide a gentle stretch to the plantar fascia and Achilles tendon. Adjustable hinge can be positioned from 0°-10° depending on the amount of stretch required or desired. Lightweight, breathable “slipper” is easy and comfortable enough to sleep in. Specify right or left.



HEALWELL® PLANTAR FASCIITIS NIGHT SPLINT

58-409
Small - 2XLarge
Black/Blue
HCPCS Code L4396

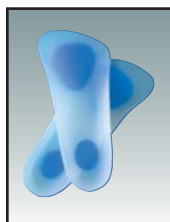
Adjustable bilateral dorsiflexion straps enable prolonged stretch to the soft tissues of the Plantar Fascia and the Achilles tendon. Heel orientation and padded straps are easy to adjust and use with push lock buckles. Made of high-density plastic with ventilated calf area for comfort and breathability. Soft liner is removable and washable. Removable foam toe wedge provides additional toe extension. Fits right or left.



SOFT POINT® HEEL CUSHIONS

F13
Small, Large
Blue
HCPCS Code L3170

The blue spot in the heel has a softer durometer profile for enhanced comfort. The shape of the cushion and the medial position of the soft, blue spot help relieve pressure and pain on the most sensitive area of the plantar fascia. One pair.



SOFT POINT® 3/4 INSOLES

F14
XSmall - XLarge
Blue
HCPCS Code L3510

The blue inserts in the heel and metatarsal areas have a softer durometer profile for enhanced comfort and help relieve pressure and pain on the most sensitive areas of the foot. The shape gives slight arch support and has a tapered, lower profile at the toes for an improved fit. One pair.

SEATING & POSITIONING WHEELCHAIR CUSHIONS



Individual needs and abilities must be taken into consideration when selecting a wheelchair cushion, including degree of mobility, sensory perception, ability to shift weight, skin breakdown risk and seating goals. A cushion may consist entirely of one material, such as foam, or a combination of materials, such as foam and gel.

SELECTING THE PROPER CUSHION

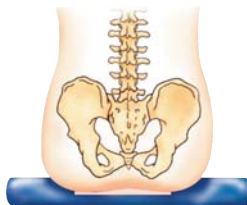
- Degree of Mobility
- Sensory Perception
- Skin Breakdown Risk
- Cushion Size
- Cushion Cover
- Ability to Shift Weight

Cushion size can affect patient transfers, as well as the height of the seated position in the chair, the chair back, the armrest positions, the length of foot rests and the ability to propel. Covers can protect against incontinence and perspiration and may also be flame resistant. Slippery cover material will allow for easier transfers, and likewise, those less slippery may prevent a user from sliding around too easily. A removable and washable cover, handles and lightweight cushion help make a cushion more manageable.

COMMON CUSHION GOALS

- Comfort
- Protection
- Positioning

Ambulatory individuals have less protective and positioning needs and should seek a cushion providing comfort. Individuals with greater protection needs, due to loss of sensory perception or inability to reposition themselves, should select a cushion that redistributes pressure away from “at-risk” areas. Gel layers or inserts protect against pressure ulcers by allowing bony prominences to “sink” farther into the cushion. Contours also allow pressure to be distributed away from bony prominences.



TYPE OF RISK ASSESSED

RECOMMENDED CUSHION

1. NO IMMEDIATE RISK

Individual can ambulate but temporarily or occasionally uses a wheelchair for easier mobility.

- **ALL**
(Depending on Individual Preference)

2. LOW RISK

Individual uses a wheelchair for mobility and requires assistance to transfer. Reduced ability to shift weight.

- **ALL**
(Depending on Individual Preference)

3. MEDIUM RISK*

Individual uses a wheelchair for mobility and requires assistance to transfer. Reduced ability to shift weight.

- **Miracle Memory Cushion**
- **GelFoam™ Cushion**
- **GelCell™ Contour Cushion**
(As recommended with Professional Consultation - See Below)

4. HIGH RISK*

Individual uses a wheelchair or geriatric chair. Greater reduced ability to transfer or shift weight. Red areas on skin and/or color changes in skin, notably over bony prominences, signal high risk.

- **GelCell™ Contour Cushion**
(As recommended with Professional Consultation - See Below)

Use this chart to find the right cushion based on the risk of skin breakdown.

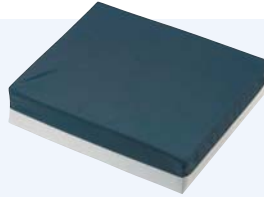
* Medium to High Risk patients should always consult a physician or rehabilitation specialist for the proper cushion for their indications.



POSTURA® ECONOMY LITE SERIES

C1350 - 18" x 16" x 3", HCPCS Code E2601
C1450 - 18" x 16" x 4", HCPCS Code E2603

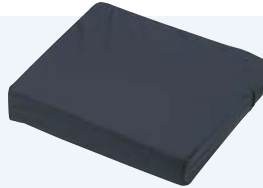
- Fluid Resistant Cover - Nylon
- Viscoelastic Foam Top
- Dual Firmness Foam
- Cover Meets CAL 117



POSTURA® STANDARD ECONOMY SERIES

C1359 - 18" x 16" x 3", HCPCS Code E2601
C1459 - 18" x 16" x 4", HCPCS Code E2603

- Fluid Proof Cover - Polyester
- Dual Firmness Foam
- Viscoelastic Foam Top
- Cover Meets CAL 117
- Non-Slip Bottom



POSTURA® MIRACLE MEMORY CUSHION

C1255 - 18" x 16" x 2", HCPCS Code K0669

- Fluid Proof Cover - Polyester
- Slow Recovery Viscoelastic Foam
- Micro-Cell Foam Conforms to the Body
- Contoured Sitting Surface
- Low Profile
- Cover Meets CAL 117
- Convex Seat Bottom
- Non-Slip Bottom



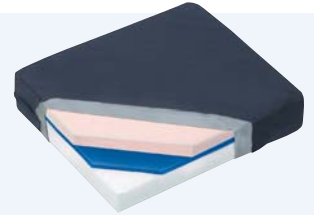
POSTURA® GEL-FOAM™ SERIES

HCPCS Code E2603

Viscoelastic Foam Top

C2335 - 16" x 16" x 3.5"
C2355 - 18" x 16" x 3.5"
C2375 - 20" x 16" x 3.5"

- Fluid Proof Cover - Polyester
- Dual Firmness Foam/Gel Combination
- Viscoelastic Foam Top
- Soft, Continuous Gel Middle Layer
- Cover Meets CAL 117
- Non-Slip Bottom

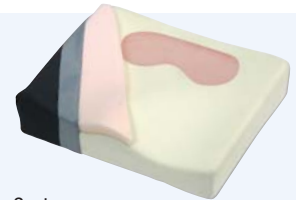


POSTURA® GELCELL™ CONTOUR SERIES

HCPCS Code E2607

C3410 - 16" x 16" x 4"
C3450 - 18" x 16" x 4"
C3480 - 20" x 18" x 4"

- Fluid Proof Cover - Nylon/Spandex
- High Resilience Foam Base
- Viscoelastic Foam Top Layer
- Anatomically Positioned Viscoelastic Gel Insert
- Dual Firmness Foam
- Positioning Contours
- Non-Slip Bottom



POSTURA® SOLID SEAT INSERT

C0050 - 18" x 16", HCPCS Code E0992

- Prevents Hammocking of a Sling Seat
- Improves Posture and Increases Comfort
- Strong, Rigid Board is Lightweight and Durable
- Slim Profile Will Not Affect Sitting Height
- Fits Standard 18" x 16" Wheelchair Seat



HERNIA SUPPORT

A hernia is a general term that refers to a protrusion of an organ or tissue through an abnormal opening in your body. Most hernias are the result of a part of intestine slipping through a weakness in the abdominal wall. Hernias develop most commonly around weak areas such as the navel and in the groin (inguinal hernias) or around previous incisions. Inguinal hernias are most common in men, primarily because of the unsupported space left in the groin after the testicles descend into the scrotum.

SYMPTOMS OF A HERNIA

A hernia can be both seen and felt as a lump in your abdomen or groin that may or may not disappear when you lie down. A reducible hernia usually disappears when you lie down and can be pushed back into the abdominal cavity. Discomfort is usually experienced – especially when you cough, lift something heavy, or stand for a long time. A large increase in pain may indicate that the hernia is worsening, and a physician should be consulted immediately. Limiting activity, eliminating excess weight and wearing a hernia support may provide temporary relief. However, the **ONLY CURE IS SURGERY**. Consult your physician or visit internet reference sites such as www.herniainfo.com.

IMPORTANT INFORMATION

Use hernia support products only under the supervision of your physician and **only for REDUCIBLE hernias** (those that can be pushed back). **Always see a physician for a hernia.** A hernia should be inspected daily to ensure it is not becoming infected or developing into a more serious non-reducible hernia. Your hernia support should be removed and the area checked frequently.

A non-reducible hernia can be “strangulated” in the opening. This can lead to dangerous complications such as obstruction of the flow of intestinal contents or blood, leading to tissue death and gangrene. The symptoms of intestinal obstruction are nausea, vomiting, loss of appetite, or increased abdominal pain. **A strangulated hernia is an emergency situation that usually requires immediate surgery.**

MATERNITY SUPPORT

Pregnancy is tough on your body. The added weight from the baby throws off the natural alignment of your spine and places stress on the lumbar region of the back. Lower back pains and discomfort are common occurrences with pregnancy. Maternity supports can help alleviate the stress on your body by providing orthopedic support to the lower lumbar region, abdomen and hip area. To help reduce backache and improve your general health during pregnancy, follow these suggestions:

- Wear comfortable, low-heeled shoes
- Avoid lifting and bending from the waist
- Exercise (*consult your physician)
- Wear a Maternity Support (*consult your physician)

POSTURE CONTROL



Posture is essentially how you hold your body, and it is important to have good posture to avoid undue stress on your back and joints. Poor posture increases the stress on your body's structure and can lead to pain and stiffness in the neck, back and legs. It is a result of faulty body positioning or structural deformity. To maintain correct posture, keep your head centered above your shoulders, your chest up and your shoulders down and back. Posture control braces limit the forward and downward movement of the shoulders (slouching) and minimize a "stooped" posture often associated with mild osteoporosis. Posture control braces also encourage proper posture while standing or seated for long periods of time.



SOFT FORM® HERNIA BELT 67-350

Small - Large
Beige, HCPCS Code L8300/L8310

Removable foam compression pads give gentle, gradual pressure to help reduce inguinal hernias (single or double). Lightweight material with a plush elastic waistband and soft elastic perineal straps. Completely adjustable without the use of uncomfortable metal snaps or buckles; simple hook and loop closure allows you to control how tight the belt fits. Hides well under clothing. Always see a physician for a hernia.



SOFT FORM® HERNIA BRIEF 67-500

Small - 2XLarge
White, HCPCS Code L8310

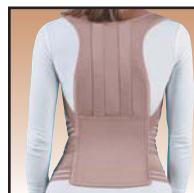
Hernia pad pockets are sewn into the brief and eliminate the need to wear an undergarment and truss. Flexible foam cushions provide gentle, focused compression. Either pad can be removed to treat a single hernia. Hook and loop straps easily adjust for a comfortable, customized fit without bulk or binding. Low profile design with polyester/spandex fabric and a plush waistband. Always see a physician for a hernia.



SOFT FORM® MATERNITY BELT 31-570

Small, Medium (Universal), Large
Beige, HCPCS Code A9270

Helps alleviate lower back pain due to pregnancy by supporting the abdominal and lumbar regions. Fully adjusts to accommodate abdominal growth throughout pregnancy. Multi-layered laminate with a cotton/nylon lining. Built-in stays hold the support in place and prevent it from rolling. Sizing is based on pre-pregnancy dress size.



SOFT FORM® POSTURE CONTROL BRACE 16-900

Small - 2XLarge
Beige, HCPCS Code A4466

Designed to correct poor posture by gently holding the shoulders back in proper position. Elastic side panels provide support and compression to stabilize the abdominal and lumbar regions for improved posture and alignment. May be worn comfortably beneath clothing, while sitting, or during activity to correct and control poor positioning or posture.

For more information regarding the products listed here, please contact Customer Service Department at 1-800-327-4110.

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Activa®, C3™, CarpalMate®, Epi-Sport®, FLA Orthopedics®, FlexLite®, GelBand®, GelCell™, GelFoam®, HealWell®, JOBST®, Postura®, PowerCentric™, PressureLite®, ProLite®, Sheer Therapy®, Soft Form®, Tether®.

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Dri-*release*® is an Optimer Inc. trademark for its microblend performance fabric. US PATENT #5,888,914.

Please refer to the product label and/or package insert for full instructions on the safe use of these products.

HCPCS Codes shown are recommended codes for the product and represent existing knowledge at the time of printing. The provider is responsible for accuracy of submissions depending upon patient diagnosis and medical procedures used.



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Always consult a physician when encountering persistent pain, discomfort, inflammation or swelling. The information contained herein is for consumer education only and not intended for self-diagnosis or treatment.

WARNING:

Some products listed here contain neoprene. Contact of this material with skin may cause irritation. Persons with a known susceptibility to dermatitis or with broken skin should avoid contact with this material. Anyone who develops skin irritation from contact with this material should discontinue its use immediately and consult a physician. Should not be worn by persons with phlebitis or circulatory disorders unless indicated for that purpose. The added compression hosiery products are indicated for circulatory disorders. Not recommended to be worn while sleeping.