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.
Abdominal Weakness  . . . . . . . . . . . See Abdomen
Achilles Rupture  . . . . . . . . . . . . . . . See Ankle
Ankle/Foot Swelling  . . . . . . . . . . . . . . See Compression Legwear
Arthritis  . . . . . . . . . . . . . . . . . . . . . . . . See Ankle, Joint, Knee, Wrist
Basal Joint Arthritis  . . . . . . . . . . . . . See Thumb
Bursitis  . . . . . . . . . . . . . . . . . . . . . . See Knee
Carpal Tunnel Syndrome  . . . . . . . . . . . . See Wrist
Chondromalacia  . . . . . . . . . . . . . . . . See Knee
Contusion  . . . . . . . . . . . . . . . . . . . . . See Ankle, Back, Elbow, Rib
Deep Vein Thrombosis  . . . . . . . . . . . . See Compression Legwear
Degenerative Joint Disease  . . . . . . . . . . . See Knee
DeQuervain’s Tenosynovitis  . . . . . . . . . . See Wrist
Diabetic Foot  . . . . . . . . . . . . . . . . . . . . See Footcare
Dislocation  . . . . . . . . . . . . . . . . . . . . . See Knee
Economy Class Syndrome  . . . . . . . . . . . See Compression Legwear
Epicondylitis  . . . . . . . . . . . . . . . . . . . . See Elbow
Fat Pad Atrophy  . . . . . . . . . . . . . . . . See Footcare
Fracture  . . . . . . . . . . . . . . . . . . . . . . See Ribs, Wrist
Gamekeeper’s Thumb  . . . . . . . . . . . . . . . See Thumb
Golfer’s Elbow  . . . . . . . . . . . . . . . . . . . See Elbow
Heel Pain/Heel Spurs  . . . . . . . . . . . . . See Footcare
Hernia  . . . . . . . . . . . . . . . . . . . . . . . . . See Specialty Supports
Intercostal Strain  . . . . . . . . . . . . . . . . See Ribs
Ligament Tears  . . . . . . . . . . . . . . . . . . . See Knee
Lumbar Disc Dysfunction  . . . . . . . . . . . . See Back
Lumbar Instability  . . . . . . . . . . . . . . . . . . See Back
Lumbar Spine Sprain  . . . . . . . . . . . . . . See Back
Lymphedema  . . . . . . . . . . . . . . . . . . . . . See Compression Legwear
Maternity  . . . . . . . . . . . . . . . . . . . . . . . . See Specialty Supports
Meniscal Injuries  . . . . . . . . . . . . . . . . . . See Knee
Metatarsalgia  . . . . . . . . . . . . . . . . . . . . . . See Footcare
Neuroma  . . . . . . . . . . . . . . . . . . . . . . . . . See Footcare
Osgood-Schlatter Disease  . . . . . . . . . . . . . See Knee
Osteoarthritis  . . . . . . . . . . . . . . . . . . . . See Joint
Patellar Subluxation  . . . . . . . . . . . . . . . . . . See Knee
Plantar Fasciitis  . . . . . . . . . . . . . . . . . . . . See Ankle, Footcare, Plantar Fasciitis
Phlebitis  . . . . . . . . . . . . . . . . . . . . . . . . . See Compression Legwear
Posture  . . . . . . . . . . . . . . . . . . . . . . . . . . See Specialty Supports
Pregnancy  . . . . . . . . . . . . . . . . . . . . . . . . . See Specialty Supports
Quadriceps Tendonitis  . . . . . . . . . . . . . . . . . . See Knee
Sacral Contusion  . . . . . . . . . . . . . . . . . . . . . See Back
Sacroiliac Sprains/Strains  . . . . . . . . . . . . . See Back
Skier’s Thumb  . . . . . . . . . . . . . . . . . . . . . . . See Thumb
Spider Veins  . . . . . . . . . . . . . . . . . . . . . . . . . See Compression Legwear
Sprains  . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . See Ankle, Back, Knee, Wrist
Strains  . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . See Abdomen, Ankle, Back, Knee, Wrist
Tendonitis  . . . . . . . . . . . . . . . . . . . . . . . . . . . . See Knee, Wrist, Ankle, Elbow
Tennis Elbow  . . . . . . . . . . . . . . . . . . . . . . . . . . . See Elbow
Thrombo-Emolic Disease  . . . . . . . . . . . . . . . . . See Compression Legwear
Tired, Aching Legs  . . . . . . . . . . . . . . . . . . . . . . . . . See Compression Legwear
Varicose Veins  . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . . See Compression Legwear

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.
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).

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.
### SELECTION GUIDE

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

<table>
<thead>
<tr>
<th>Condition</th>
<th>22-150 Soft Suede Finish Wrist Brace</th>
<th>22-450 ProLite® 8” Wrist Splint</th>
<th>22-470 ProLite® Low Profile 6” Wrist Splint</th>
<th>22-560 Soft Form® Wrist Support</th>
<th>75891 ProLite® Airflow 8” Wrist Brace</th>
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<td>After Cast Removal</td>
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### 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 XSSmall - 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 XS Small - 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 XS Small - 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.
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.

**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.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Prolite® Neoprene Pull-On Thumb Support 25-130</th>
<th>Soft Fit Thumb Spica 25-120</th>
<th>Prolite® Deluxe Thumb Splint 25-170</th>
<th>ProLite® Airflow Wrist Brace w/Abducted Thumb 75718</th>
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<tbody>
<tr>
<td>Basal Joint Arthritis</td>
<td>Neoprene provides soothing warmth and uniform</td>
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<td>wrists. Ideal for Arthritis of the thumb</td>
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<td>joints. Comfortable design allows for full</td>
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<td>hand use. Fits right or left.</td>
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<td>DeQuervain's Syndrome</td>
<td>Soft fit foam with self-wicking liner to</td>
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<td>absorb perspiration. Anatomically designed</td>
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<td>to ensure a comfortable fit. Closure straps</td>
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<td>are stretchable for easy application and</td>
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<td>removal. Fits right or left.</td>
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<td>Gamekeeper’s Thumb</td>
<td>Made of breathable foam to increase comfort.</td>
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<td>Medial thumb stay for immobilization and</td>
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<td>thumb abduction.</td>
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<td>Skier’s Thumb</td>
<td>Semi-rigid foam thumb spica is contoured to</td>
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<td>give support, immobilization and thumb</td>
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<td>abduction. Designed to protect the thumb</td>
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<td>from impact or shock without any binding or</td>
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<td>stitch seams. Great for conditions of both</td>
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<td>the wrist and thumb.</td>
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**PROLITE® NEOPRENE PULL-ON THUMB SUPPORT 25-130**
- Small - X-Large
- Beige or Black
- HCPCS Code A4466

**SOFT FIT THUMB SPICA 25-120**
- Universal
- Black/Navy
- HCPCS Code L3999

**C3™ DELUXE THUMB SPLINT 25-170**
- Universal
- Black
- HCPCS Code L3923

**PROLITE® WRIST SPLINT WITH ABDUCTED THUMB 22-460**
- X-Small - X-Large
- Black
- HCPCS Code L3908

**PROLITE® AIRFLOW 8” WRIST BRACE WITH ABDUCTED THUMB 75718**
- Small/Medium, Large/X-Large
- Black
- HCPCS Code L3907

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.

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.

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.

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, retinaculum, 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.
## SELECTION GUIDE

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

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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.

**SAFE-T-SPORT® LATERAL KNEE STABILIZER WITH “J” BUTTRESS**

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® KNEE BRACE**

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.

**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.

**OA / ARTHRITIS KNEE BRACE**

37-150/151, Beige  
XSmall - 3XLarge  
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 hinged 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 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.

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.

SAFE-T-SPORT® 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.

POWERCENTRIC™ 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.
### 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
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.

INNER LOK™ 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.

ANZLE GUARD
40-411
2XS - 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.

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® 3D ANKLE SUPPORT
75889
XS - 2XL
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.

PROLITE® DYNAMIC ANKLE BRACE
79927
XS - 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.

NEOPRENE ANKLE SUPPORT
40-701
Small - Xlarge
Navy or Black
HCPCS Code A4466

Neoprene ankle 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.

HEALWELL® CUB™ PLANTAR FASCIITIS RESTING COMFORT SLIPPER™
58-500/58-501
Small - Xlarge
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


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

**Selection Guide**

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

<table>
<thead>
<tr>
<th>Lateral Epicondylitis</th>
<th>19-400 ProLite® Knit Elbow Support</th>
<th>19-500 GelBand® Tennis Arm Band</th>
<th>19-600 EpiSport® Epicondylitis Clasp</th>
<th>19-601 Neoprene Elbow Sleeve</th>
<th>75890 ProLite® 3D Elbow Support</th>
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<tr>
<td>Medial Epicondylitis</td>
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<td>Elbow Contusion</td>
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**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 XSmall - 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.
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.

<table>
<thead>
<tr>
<th>Lumbar Disc Dysfunction</th>
<th>Lumbar Instability</th>
<th>Lumbar Spine Sprain</th>
<th>Lumbar Strain</th>
<th>Muscle Strain/Cramp</th>
<th>Post-Op Rehabilitation</th>
<th>Sacral Contusion</th>
<th>Sacroiliac Sprain/Strain</th>
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<tr>
<td>31-205 Ventilated Lumbar Support</td>
<td>31-208 Lumbar Sacral Support w/ Overlapping Abdominal Belt</td>
<td>31-550 Soft Form® Lumbar Sacral Support w/ Flexible Stays</td>
<td>31-560 Soft Form® Contoured Stays</td>
<td>31-750 Thermal Lumbar Support</td>
<td>31-701 Cool/Lightweight Lumbar Sacral Support</td>
<td>74563 ProLite® LO-Plus™ Lumbar Support</td>
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<td>31-208 Universal, Small - 2XLarge White, HCPCS Code A4466</td>
<td>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.</td>
<td>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.</td>
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<td><strong>SOFT FORM® LUMBAR SACRAL SUPPORT, 11&quot;</strong></td>
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<td>31-205 Small - 2XLarge White</td>
<td>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.</td>
<td>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.</td>
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<tr>
<td>31-750 Small - XLarge Black</td>
<td>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.</td>
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<td>31-750 Small - XLarge Black</td>
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<td><strong>PROLITE® LO-PLUS™ LUMBAR SUPPORT</strong></td>
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<tr>
<td>74563 Small - XXXLarge Black</td>
<td>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.</td>
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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.

<table>
<thead>
<tr>
<th>Condition</th>
<th>31-208 Lumbar Sacral Support w/Absdominal Support</th>
<th>34-201 Elastic Rib Belt, Universal, Men's</th>
<th>34-202 Elastic Rib Belt, Universal, Women's</th>
<th>34-301 Elastic Rib Belt, Sized, Men's</th>
<th>34-302 Elastic Rib Belt, Sized, Women's</th>
<th>34-4100 Two-Panel 6&quot; Surgical Rib Belt, Men's</th>
<th>34-4200 Two-Panel 6&quot; Surgical Rib Belt, Women's</th>
<th>34-510 Elastic Sided Abdominal Binder, 10&quot;</th>
<th>34-630 Three-Panel 9&quot; Surgical Abdominal Binder</th>
<th>34-640 Four-Panel 12&quot; Surgical Abdominal Binder</th>
<th>34-710 Universal Abdominal Binder</th>
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</thead>
<tbody>
<tr>
<td>Abdominal Strain</td>
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<td>Intercostal (Rib) Strain</td>
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<td>Rib Contusion</td>
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<td>Rib Fracture</td>
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**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.
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.

<table>
<thead>
<tr>
<th>15-20 mmHg* (Moderate)</th>
<th>20-30 mmHg* (Firm)</th>
<th>30-40 mmHg* (Extra firm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Minor varicosities</td>
<td>Moderate to severe varicosities</td>
<td>Severe varicosities</td>
</tr>
<tr>
<td>Minor varicosities during pregnancy</td>
<td>Postsurgical</td>
<td>Severe edema</td>
</tr>
<tr>
<td>Tired, aching legs</td>
<td>Moderate edema</td>
<td>Lymphatic edema</td>
</tr>
<tr>
<td>Minor ankle, leg and foot swelling</td>
<td>Postsclerotherapy</td>
<td>Manages active venous ulcerations</td>
</tr>
<tr>
<td>Postsclerotherapy</td>
<td>Helps prevent recurrence of venous ulcerations</td>
<td>Helps prevent recurrence of venous ulcerations</td>
</tr>
<tr>
<td></td>
<td>Moderate to severe varicosities during pregnancy</td>
<td>Chronic venous insufficiency</td>
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<tr>
<td></td>
<td>Superficial thrombophlebitis</td>
<td>Helps prevent postthrombotic syndrome</td>
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<tr>
<td></td>
<td></td>
<td>Manages manifestations of PTS</td>
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<tr>
<td></td>
<td></td>
<td>Orthostatic hypotension</td>
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<tr>
<td></td>
<td></td>
<td>Postsurgical</td>
</tr>
</tbody>
</table>

* Mean compression for an average ankle size.
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, light-weight 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.
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.

THERAPY CHOICES FOR CASUAL OCCASIONS
Backed by a Total Satisfaction Guarantee, JOBST® quality materials and advanced design deliver trusted fit and therapy.
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.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Compression Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tired, Aching Legs</td>
<td>9-12 mmHg</td>
</tr>
<tr>
<td>Mild Ankle/Foot Swelling</td>
<td>15-20 mmHg</td>
</tr>
<tr>
<td>Deep-Vein Thrombosis**</td>
<td>20-30 mmHg</td>
</tr>
<tr>
<td>Economy Class Syndrome</td>
<td>30-40 mmHg</td>
</tr>
<tr>
<td>Mild Edema</td>
<td>18 mmHg</td>
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<tr>
<td>Embolism**</td>
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<tr>
<td>Lymphedema**</td>
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<tr>
<td>Phlebitis**</td>
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<tr>
<td>Spider Veins</td>
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<tr>
<td>Thrombo-Embolic Disease*</td>
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<tr>
<td>Varicose Veins</td>
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</tbody>
</table>

### ULTRA-SHEER LITE SUPPORT
Lightweight Graduated Compression, 9-12 mmHg*

- **H11** PANTYHOSE, Lightweight Control Top
  - Colors: Suntan, Black

### SHEER THERAPY® SUPPORT
Lightweight Graduated Compression, 15-20 mmHg*

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

- **H13** KNEE HIGH
  - Colors: Beige, 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,

- **H30** KNEE HIGH, CLOSED TOE
  - For Men & Women
  - Beige, Small - 4XLarge

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

---

*9-12 mmHg: 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.*
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
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.

ANTI-EMBOLISM STOCKINGS
Graduated Compression, 18 mmHg **
H520 THIGH HIGH, Closed Toe Beige
H59 THIGH HIGH, Open Toe Beige
H541 THIGH HIGH, Closed Toe White
H53 KNEE HIGH, Closed Toe Colors: White, Beige
H521 THIGH HIGH, Inspection Toe White
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
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.

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.

<table>
<thead>
<tr>
<th>Arch Support</th>
<th>F11</th>
<th>F13</th>
<th>F14</th>
<th>F15</th>
<th>F21</th>
<th>F22</th>
<th>F25</th>
<th>F26</th>
<th>F35</th>
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<th>F64</th>
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<td>Diabetic Foot</td>
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</table>

### 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® 3/4 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.
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

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 INSOLVES
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 INSOLVES
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

VISCOLAS® FULL INSOLVES
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 INSOLVES
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
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® 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® 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.

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

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.
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

HCPCS Code L4466
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.

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
XSsmall - 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.

<table>
<thead>
<tr>
<th>TYPE OF RISK ASSESSED</th>
<th>RECOMMENDED CUSHION</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. NO IMMEDIATE RISK</td>
<td>• ALL (Depending on Individual Preference)</td>
</tr>
<tr>
<td>Individual can ambulate but temporarily or occasionally uses a wheelchair for easier mobility.</td>
<td></td>
</tr>
<tr>
<td>2. LOW RISK</td>
<td>• ALL (Depending on Individual Preference)</td>
</tr>
<tr>
<td>Individual uses a wheelchair for mobility and requires assistance to transfer. Reduced ability to shift weight.</td>
<td></td>
</tr>
</tbody>
</table>
| 3. MEDIUM RISK*        | • Miracle Memory Cushion  
• GelFoam™ Cushion  
• GelCell™ Contour Cushion  
(As recommended with Professional Consultation - See Below) |
| Individual uses a wheelchair for mobility and requires assistance to transfer. Reduced ability to shift weight. |
| 4. HIGH RISK*          | • GelCell™ Contour Cushion  
(As recommended with Professional Consultation - See Below) |
| 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. |

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
  - Non-Slip Bottom
  - Cover Meets CAL 117

**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
  - Cover Meets CAL 117
  - Non-Slip Bottom

**POSTURA® GELCELL™ CONTOUR SERIES**
- HCPCS Code E2607
  - 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

**POSTURA® GEL-CELL™ 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

**SPECIALTY SUPPORTS**
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 undo 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® MATURETY 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.
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.

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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.