Bauerfeind supports and orthoses relieve pain, provide optimal stability and allow for full range of motion for ultimate performance. They are ideal for aiding in injury prevention, treating acute pain and providing support during functional therapy. All Bauerfeind braces and supports are developed and made in Germany, with an unrivaled commitment to excellence that is the driving force behind the constant innovative developments and new product concepts.

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Contents

8 MalleoTrain®
Active support for muscular stabilization of the ankle

10 MalleoTrain® S / MalleoTrain® S open heel
Active support for increased ankle stability and security during movement

12 MalleoTrain® Plus
Active support for increased ankle stability and security

20 AchilloTrain®
Active support for relieving the Achilles tendon

22 AchilloTrain® Pro
Active support with high-reaching friction pad

24 ValguLoc®
Stabilizing orthosis for big toe correction

25 ErgoPad®
Sports Insoles

26 ValguLoc® II
Stabilizing orthosis for big toe correction

28 ViscoHeel® / ViscoHeel® K
Viscoelastic heel cushions for relieving tendons, ligaments, and joints

29 ViscoSpot®
Viscoelastic heel cushions for the treatment of heel spurs

30 ViscoBalance®
Viscoelastic heel cushion for equalizing leg length differences

31 ViscoPed®
Viscoelastic foot orthoses for reducing pressure peaks
The perfect concept

for many indications

Ligament instability
Treatment recommendation Pages 8, 10, 12, 14

Lateral collateral ligament injury
Treatment recommendation Pages 8, 10, 12, 14, 16

Fractured ankle
Treatment recommendation Pages 14, 16

Heel spur/plantar fasciitis
Treatment recommendation Page 27

Achillobodynia
Treatment recommendation Pages 18, 20, 26, 28

Achilles tendon tear
Treatment recommendation following surgery Pages 18, 20

Hallux valgus
Treatment recommendation Pages 22, 24

Osteoarthritis of the upper/lower ankle joint
Treatment recommendation Pages 8, 26, 27
Proprioceptors in muscles, tendons and joints transmit an awareness of the body’s posture, position and strength of movement. These sensory receptors trigger motor responses via sensorimotor feedback, also known as proprioception.

If the proprioceptors are damaged, this can cause coordination problems, pain and, over a long period of time, joint wear. Superficial mechanoreceptors in the skin also play a role in proprioception when the skin is stretched or compressed during movement, or when the skin experiences outside pressure or vibration.

MalleoTrain helps to stimulate the neuromuscular feedback process by stabilizing and relieving the ankle, thereby reducing pain.

Neuromuscular joint stabilization
Bauerfeind supports cover a large surface area of the skin and, therefore, a large number of receptors. During movement, the constant intermittent compression of the knit stimulates receptors in the skin, muscles and soft tissue. The enhanced perception of stimuli also intensifies the perception of the position of the joint in the motor centers of the central nervous system, thereby activating the stabilizing muscles. This improves coordination and corrects improper joint movement.

The stimulating effect of the compression is more effective if continuous contact is maintained between the support and the skin. The better the positioning of the support and adjustment to body movements, the better it can stabilize the joint by boosting proprioception. The precision fit of the support thus influences its therapeutic effect.

How it works
Using the MalleoTrain as an example

Train active knit
A three-dimensional flat knit for anatomically contoured supports with a compression effect

Train active support
e.g. MalleoTrain®, excellent fit
- Adapts to the anatomy of the ankle, especially during movement
- Large area of surface contact with the skin
- Positive effect on proprioception
- Neuromuscular joint stabilization
- Outstanding medical effectiveness

MalleoTrain®

Support for the ankle

Indications

• Post-operative and post-traumatic irritation (e.g. after sprains, ligament ruptures)

• Joint effusions and swellings resulting from osteoarthritis and arthritis

• Tendomyopathies

• Ligament weakness

Study of the MalleoTrain®

A controlled trial on patients with acute ankle injuries (without injury to the bone) or severe ligament injuries to investigate the clinical effectiveness of the MalleoTrain ankle support with regard to reducing pain and promoting movement.

Study design:
randomized, controlled parallel group study

Number of patients:
n (total) = 220
with the MalleoTrain = 118
without the MalleoTrain = 102

Results:

• Patients with the MalleoTrain become pain-free more quickly than patients without a Train active support

• Patients with the MalleoTrain regained normal foot mobility more quickly than patients without the MalleoTrain

Mode of action

Train active knit

Enhanced joint perception
• Activates the muscles
• Improves stability

Targeted intermittent compression massage
• Reduces pain
• Helps edemas and effusions reduce more quickly

MalleoTrain® pads

Targeted intermittent compression massages the soft tissue around the malleoli
• Helps edemas and effusions reduce more quickly
• Reduces pain

MalleoTrain® S / MalleoTrain® S open heel

For ankle stability and security

**Indications**

- Chronic, post-traumatic, or post-operative irritation of soft tissue in the ankle area
- Early functional treatment of capsular ligament strain in the upper/lower ankle
- Ligament insufficiency
- Supination prophylaxis, particularly during sporting activities
- Post-operative rehabilitation

**Treatment concept**

The MalleoTrain S guides the foot with a 3-level strap system. The support protects against lateral distortion, improves proprioception during movement, and provides a feeling of security.

The anatomically shaped, breathable knit of the supports adapts perfectly to the foot. The gentle compression supports circulation and activates the surrounding muscles. The support stabilizes the foot without restricting its movement and is therefore particularly suited to sport. The MalleoTrain S can be worn in any type of sports shoe and the version with the cut out has especially proven its worth in barefoot sports.

**Mode of action**

Increased stability, just like a functional tape bandage

- Works like a functional tape bandage
- Stabilizes the ankle’s planes of movement
- Counteracts supination
- Binds the midfoot with the distal lower leg with a vertical figure of eight

3-level strap system

- Elastic, inelastic, semi-elastic

**Construction and function**

- Three-dimensional Train active knit for a perfect fit
- High elasticity makes the support easy to put on and take off
- Reduced pressure at the edges prevents constriction
- Breathable Train active knit gentle on the skin and extremely comfortable to wear
- 3-level strap system creates stability
- Reduced pressure at the edges prevents constriction

MalleoTrain® S open heel

Version with a cut out for barefoot sports
MalleoTrain® Plus

*Increased ankle stability*

**Indications**

- Chronic, post-traumatic, or post-operative irritation of soft tissue in the ankle area
- Early functional treatment of capsular ligament strain in the upper/lower ankle
- Ligament insufficiency

**Study of the MalleoTrain® Plus**

The effect of the MalleoTrain Plus support on test subjects with healed ankle injuries and ankle instability was investigated in comparison with a tape bandage with regard to joint stabilization and physical capability.

**Study design:** randomized, three-arm crossover study

**Number of test subjects:**

- n (total) = 116
- female = 78
- male = 38

**Results:**

- MalleoTrain Plus stabilizes just as effectively as a professional tape bandage without restricting plantar flexion.
- MalleoTrain Plus offers the stabilizing effect of a compression bandage in a figure of eight combined with maximum freedom of movement and physical capability.

**Strength measurement**

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Median Jump (cm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>No treatment, unexpected</td>
<td>1250</td>
</tr>
<tr>
<td>Tape</td>
<td>1150</td>
</tr>
<tr>
<td>MalleoTrain Plus</td>
<td>1200</td>
</tr>
</tbody>
</table>

Fig.: maximum jumps on a ramp with a sliding seat at a 40°/50° angle to the wall with a 13°/15° slope, pushing off with both legs and landing on one leg.

**Indications**

- Chronic, post-traumatic, or post-operative irritation of soft tissue in the ankle area
- Early functional treatment of capsular ligament strain in the upper/lower ankle
- Ligament insufficiency

**Supination prophylaxis, particularly during sporting activities**

**Post-operative rehabilitation**

**Construction and function**

- **Three-dimensional active knit** for a perfect fit
- **MalleoTrain® pads** for quick reduction of edemas and effusions
- **3-level strap system** creates stability
- **Reduced pressure at the edges** prevents constriction
- **High elasticity** makes the support easy to put on and take off
- **Breathable materials** gentle on the skin and extremely comfortable to wear

**Mode of action**

The figure of eight strap system allows considerable freedom of movement in terms of plantar flexion and dorsal extension.

**3-level strap system** (elastic, inelastic, semi-elastic)

- Works like a functional tape bandage
- Stabilizes the ankle’s planes of movement
- Counteracts supination
- Binds the midfoot with the distal lower leg with a vertical figure of eight

**Source:** H. Gharavi; Leistungsfähigkeit von Bandagen mit Zügeln vs. Tape bei Sprunggelenksverletzungen (Performance of supports with straps vs. tape for ankle injuries), internal data, Bauerfeind AG, (2011).
**AirLoc®**

*Cushioned stabilization of the ankle*

**Indications**
- Acute capsular ligament injuries of the ankle
- Chronic instability
- Post-operative rehabilitation
- Relapse prevention

**Anatomically contoured plastic shells**
for the ideal fit and to support the sensorimotor system, prevent the foot from twisting, and stabilize the lateral capsular ligaments of the upper ankle joint.

**Inflatable air cushions**
for excellent adaptation to the respective degree of swelling.

**Elastic shell connector**
for optimal adaptation to the individual foot width and the degree of swelling.

**Four individually adjustable Velcro straps**
make the orthosis easy to put on.

**Mode of action**
The AirLoc’s main feature is the patented plastic shell connector with its subcalcaneal elastic strap. This removes the need to adjust the orthosis to the degree of swelling and any variations, meaning that it is always perfectly adapted during the healing process.

**CaligaLoc®**

*Secures the upper and lower ankle joint*

**Indications**
- Conservative treatment of torn ankle ligaments
- Post-operative protection after ligament reconstruction
- Temporary stabilization for post-traumatic tarsal sinus syndrome and decompensated instability of the subtalar joint
- Permanent stabilization for chronic instability of the upper and/or lower ankle joint where surgery is contraindicated

**Anatomically contoured velour straps**
make the orthosis easy to put on.

**Very flat fastenings**
fasten securely and do not slip upward.

**Narrow frame design**
fits easily into a comfort shoe.

**Soft, anatomically contoured pad**
covers the entire inside.

**Cut out in the lateral malleolus area**
for cutting out the pad in the event of severe swelling.

**Integrated pronation wedge**
raises the hindfoot and relieves the lateral ligaments.

**Straps and splints secure the upper and lower ankle joint**
regardless of footwear.

**Mode of action**
The right-angled plastic splint extends over the base of the fifth metatarsal bone and is attached to the foot with straps. It significantly reduces forward displacement of the talus and restricts the foot's active range of movement as much as is necessary, but not completely, to safely support functional treatment.

The integrated pronation wedge under the heel raises the hindfoot slightly, relieving the lateral collateral ligaments to aid the healing process. The natural supination of the foot is also counteracted, ensuring optimal protection, even during the night.
**MalleoLoc®**

**Safety in early functional therapy**

**Indications**
- Early functional treatment of injuries of the lateral malleolar ligaments (and bifurcate ligaments)
- Post-operative protection after ligamental suturing/reconstruction
- Chronic ligament insufficiency

**Constructions and function**

- Conservative treatment of severe ankle sprains and ligament ruptures
- Capsular ligament strains
- Prevention of sprains

**Study of the MalleoLoc®**

An investigation into the MalleoLoc ankle orthosis with regard to its protection against damaging supination movements while walking on a flat surface with spontaneously occurring slopes.

The effect of the MalleoLoc was demonstrated using electromyography of the lower leg muscles, among other techniques (speed of muscle activation, muscle strength).

**Study design:**
controlled laboratory study

**Number of patients:**
n (total) = 15

Patients with functional instability of the ankle on one side

**Results:**
- MalleoLoc does not affect the normal gait.
- MalleoLoc reduces the degree of inversion by 13%.
- MalleoLoc reduces the speed of the inversion movement by 12%.

MalleoLoc stabilizes the ankle and reduces the risk of damaging supination movements.

**Breathable, anti-fatigue cushion**
for excellent wearing comfort

**Anatomically contoured shell with external frame**
stabilizes the upper ankle joint and counteracts supination, even without a shoe

**Velcro® strap system**
in a figure of eight makes the orthosis easy to put on

**Plantar guide**
stimulates the dorsiflexor muscles and supports the orthosis’s stabilizing effect and protection against supination

**Mode of action**

The MalleoLoc allows both plantar flexion and dorsal extension and also prevents forward displacement of the talus, enabling the patient to walk “normally.”

**Source:** Gollhofer et al. (2012), Funktion der Orthese MalleoLoc während simulierter Inversion des Sprunggelenks [Functioning of the MalleoLoc orthosis during simulated inversion of the ankle]; University of Freiburg Institute for Sport and Sport Science; unpublished data.
AchilloTrain®

To relieve the Achilles tendon

Indications
- Achillodynia (tendinosis, paratendinitis, bursitis subachillea, [Haglund’s deformity])
- Post-operative, e.g., for Achilles tendon ruptures

Treatment concept
Many physicians prescribe soft or firm heel cushions in the acute phase of achillodynia to provide some relief for the tendon. By raising the heel, the origin and attachment site of the calf muscles are brought closer together. The muscle and tendon system becomes slightly shorter, reducing tension in the tendon. This enables strain on the tendon to be reduced too.

Raising the heel also plays an important role in the post-operative follow-up treatment of Achilles tendon ruptures. In addition, the viscoelastic wedge has a shock-absorbing effect.

Massage effect
The integrated viscoelastic wedge relieves the Achilles tendon, and the pad that runs along both sides of it produces uniform application of pressure and a local massage effect during movement. This stimulates the metabolism in the area, reducing edemas.

The removable heel wedge (6 mm) relieves the Achilles tendon. A separate heel wedge is also provided for the unaffected leg to offset the length difference.

Mode of action
Pad
The Achilles tendon sits protected in the channel of the pad that runs along both sides of it. The pad massages the surrounding soft tissue during movement.

Heel wedge
The removable viscoelastic heel wedge (6 mm high) relieves the Achilles tendon. A separate heel wedge is also provided for the contralateral side to offset the length difference.
AchilloTrain® Pro

Friction massage for the Achilles tendon

Indications

- Achillodynia (tendinosis, paratendinitis, bursitis subachillaea, [Haglund’s deformity])
- Post-operative, e.g. due to chronic disorders of the Achilles tendon/its paratenon

Treatment concept

The AchilloTrain Pro is an active support for treating achillodynia and can also be used post-operatively e.g. following ruptures of the Achilles tendon. It uses a therapeutically effective combination of stabilization and mobility. Continuously alternating between compression and decompression (similar to a friction massage) accelerates the healing process thanks to the integrated silicone dots and aids the drainage of edemas through the longitudinal grooves. This improves the cooperation of nerves and muscles during movement.

Friction massage

Friction massage is a special, recognized traditional massage technique for painful tendon attachment sites that is performed as an intermittent massage of muscles, transitions between tendons, and transitions between tendons and bones. These transitions between tendons are very often affected by inflammation-like conditions (e.g. achillodynia) caused by chronic overloading or overloading during sport, which can be very painful. The treatment remedies the inflammation-like conditions, improves mobility (detaches adhesions), and promotes circulation.

Source:


Construction and function

Reduced pressure at the edges prevents constriction

Good elasticity makes it easy to put on and take off

Reduced pressure at the edges prevents constriction

Viscoelastic shaped insert

viscoelastic pad massages the soft tissue during movement, improves the metabolism, aids lymph drainage, reduces edemas, and guides the Achilles tendon in its natural path of movement

Three-dimensional Train active knit

for a perfect fit

Breathable materials gentle on the skin and extremely comfortable to wear

Friction massage for the Achilles tendon

Friction massage is a special, recognized traditional massage technique for painful tendon attachment sites that is performed as an intermittent massage of muscles, transitions between tendons, and transitions between tendons and bones. These transitions between tendons are very often affected by inflammation-like conditions (e.g. achillodynia) caused by chronic overloading or overloading during sport, which can be very painful. The treatment remedies the inflammation-like conditions, improves mobility (detaches adhesions), and promotes circulation.

Mode of action

Both wings of the pad extend to the point where the calf muscle meets the tendon and stimulate the upper third of the tendon and the nerve endings (postural receptors) of the transition between the muscle and tendon. The pad’s silicone dots that point inward provide a pain-relieving friction massage during movement, improving proprioception and therefore the pattern of movement. Grooves running down the length of the pad aid lymph drainage. The channel in the pad also guides the Achilles tendon in its anatomical path of movement.

Source:

ValguLoc®

**Indications**
- Hallux valgus – conservative and post-operative treatment

**Mode of action**
The anatomically contoured orthosis holds the toe in the correct axis under a low exertion of pressure and stretches shortened sections of the capsule or soft tissue.

ValguLoc works while your foot is resting: the anatomically contoured stabilizing orthosis supports the toe and is not suitable for use while walking.

---

ValguLoc® II

**Indications**
- Post-operative following hallux valgus surgery
- Conservative, functional treatment of big toe misalignment

**Mode of action**
In most cases, problems with the big toe (hallux) involve stiffness (hallux rigidus) or bunions (hallux valgus) on the toe.

The anatomically contoured orthosis holds the toe in the correct axis under a low exertion of pressure and stretches shortened sections of the capsule or soft tissue.
**ErgoPad® series**

For every pattern of movement the right foot orthotic.

- less muscle overload and cramps
- enhanced performance
- prevention of overload related injuries
- more comfort in sport shoes

**Uses/Indications**

Prevents and treats sports-related complaints experienced by patients with mild to severe arch decreased/splay foot or mild pes cavus

**Modification**

- Requires little modification
- Cutting along the line shown creates a 3/4 or short-sole version
- Complete thermoplastic molding is possible (oven set to 90°C/194°F, approx. 2 minutes)

**Care**

- Surfaces can be wiped clean using a mild cleanser and a sponge
- Do not expose to direct heat (heating, direct sunlight); leave to air dry
- We recommend that the functional properties be checked after a maximum of six months

**ErgoPad® run & walk**

Improve your running dynamics and cushion your step.

**Cushioning of the forefoot and hindfoot** — provides durable cushioning when the heel hits the ground and the toes push off

**Sensorimotor spots** — stimulate the foot muscles for improved ankle stability

**Weightflex® technology** — supports the natural movement of the feet when running or walking

**Antibacterial top cover** — inhibits odors

**ErgoPad® ball & racket**

Perfect grip for your feet on the court or on the field.

**Heel cup** — surrounds the heel and stabilizes the ankle during lateral movements

**Sensorimotor spots** — stimulate the foot muscles and improve motor function

**Weightflex® technology** — supports the natural movement of the feet

**Antibacterial top cover** — inhibits odors

---

**Item number**  
3 7850 0 0001

**Description**  
ErgoPad ski & skate, thermoregulating fabric (orange) with a PU coating

**Stock sizes**  
EU: 35-48
US/W: 4-14
US/M: 3-13

**Item number**  
3 7850 0 0002

**Description**  
ErgoPad ball & racket, antibacterial fabric (light blue) with a PU coating

**Stock sizes**  
EU: 35-48
US/W: 4-14
US/M: 3-13

**Item number**  
3 7850 0 0003

**Description**  
ErgoPad run & walk, antibacterial fabric (light blue) with a PU coating

**Stock sizes**  
EU: 35-48
US/W: 4-14
US/M: 3-13

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**Sizing System**

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</tbody>
</table>

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- The flexible high-performance orthotic core with weightflex technology is perfectly designed for the sport-specific loads and movement patterns. It supports the natural torsional movement of the foot.
- The integrated X-shaped component of the core (dark blue) has a positive effect on the dynamics and torsional stability of the feet. The side sections, which vary in elasticity, guide the forces that arise over two pivot points. The mutual exchange of force supports the natural heel-to-toe movement resulting in active foot guidance and gait correction.
- Orthotic core is partially coated in high-quality polyurethane soft foam.
ViscoHeel® / ViscoHeel® K

To relieve tendons, ligaments, and joints

Indications

ViscoHeel®
- Osteoarthritis in the joints of the lower leg (shock-absorbing effect)
- Achilles tendinitis
- Haglund's deformity - partial relief
- Leg length differences up to approx. 1 inch by wearing one cushion

ViscoHeel® K
- Varus or valgus alignment of the heel

Construction and function

Material that is visco-elastic and kind to skin reduces shock loads on the ankle, knee, hip, and spine and pressure discomfort

ViscoHeel®

Anatomically contoured wedge-shaped heel cushion provides noticeable relief for calf muscles and tendons

ViscoHeel® K

White zone
particularly soft to achieve targeted pressure relief in the problem area – in cases of heel spurs, for example

Slightly firmer blue zone
relieves both the attachment site and path of the inflamed plantar fascia and tendon structure

Firm gray zone
provides the hindfoot with the necessary support when you take a step

PowerWave® - The wave-like contouring ensures a smooth transition between the individual zones. This reduces pressure at the edges and makes it more comfortable to wear.

ViscoSpot®

For treating heel spurs

Indications

ViscoSpot®
- Heel spur (insertion tendopathy of the plantar aponeurosis)
- Osteoarthritis of the leg joints and for endoprostheses (relief)
- Achillodynia – tendomyopathy
- Haglund's deformity – partial relief
- Tarsal bone pain

Construction and function

PowerWave® - The wave-like contouring ensures a smooth transition between the individual zones. This reduces pressure at the edges and makes it more comfortable to wear.
ViscoPed®

To reduce pressure peaks

Indications

- Plantar pain caused by pressure
- Forefoot and toe deformities
- Pressure redistribution to prevent local pressure peaks
- Arthralgia

Construction and function

- Soft special cushion to reduce pressure peaks, particularly in the forefoot and heel areas
- Instep support to improve spine, knee, and hip joint symptoms caused by static strain
- Splay foot pad slightly raises the midfoot and reduces splay foot symptoms
- Viscoelastic material reduces shock loads on the ankle, knee, hip, and spine
# Product selection specifically based on optimal therapeutic effect

<table>
<thead>
<tr>
<th>Products</th>
<th>Description</th>
<th>Indications</th>
<th>Function</th>
<th>L-Code*</th>
</tr>
</thead>
<tbody>
<tr>
<td>MalleoTrain®</td>
<td>Active support for muscular stabilization of the ankle</td>
<td>Stabilization when the lower ankle joint is affected</td>
<td>Reduction of soft tissue irritation</td>
<td>A4466</td>
</tr>
<tr>
<td>MalleoTrain® S/ S open heel</td>
<td>Active support for increased ankle stability and security during movement</td>
<td>Early functional treatment of injuries of the lateral malleolar ligaments</td>
<td>Stabilization with supination prophylaxis</td>
<td>L1902</td>
</tr>
<tr>
<td>MalleoTrain® Plus</td>
<td>Active support for increased ankle stability and security</td>
<td>Post-operative protection e.g., after ligamental suturing/reconstruction</td>
<td>Stabilization with supination prophylaxis</td>
<td>L1902</td>
</tr>
<tr>
<td>AirLoc®</td>
<td>Stabilizing orthosis for stabilization of the ankle</td>
<td>Supination prophylaxis, particularly during sporting activities</td>
<td>Immediate post-traumatic care</td>
<td>L4350</td>
</tr>
<tr>
<td>MalleoLoc®</td>
<td>Stabilizing orthosis for stabilization of the ankle</td>
<td>Conservative treatment of capsular ligament injuries</td>
<td>Stabilization, including without footwear</td>
<td>L4350</td>
</tr>
<tr>
<td>CaligaLoc®</td>
<td>Stabilizing orthosis for partial immobilization of the ankle</td>
<td>Chronic instability of the ligaments</td>
<td>Stabilization of the upper and lower ankle joint</td>
<td>L1930</td>
</tr>
<tr>
<td>AchilloTrain®</td>
<td>Active support for relieving the Achilles tendon</td>
<td>Complex instability of the ligaments</td>
<td>Relieving the Achilles tendon</td>
<td>A4466</td>
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<tr>
<td>AchilloTrain® Pro</td>
<td>Active support with high-reaching friction pad</td>
<td>Osteoarthritis/ arthritis</td>
<td>Complex treatment of the muscle and tendon system</td>
<td>A4466</td>
</tr>
</tbody>
</table>

**Increasing stabilization**

<table>
<thead>
<tr>
<th>L-Code*</th>
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<tbody>
<tr>
<td>A4466</td>
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</tbody>
</table>
If you have any questions, ideas or requests, please contact us:

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Fax (770) 429 8477
E-mail info@bauerfeindusa.com

Motion is Life: www.bauerfeind.com