



SPORTS INJURY SOLUTIONS

NEW

Rebound® DUAL ST



For all of our sports injury products, visit ossur.com/injury-solutions.



WHAT IS SPORTS MEDICINE?

Sports medicine is an interdisciplinary sub-specialty of medicine that deals with injury prevention, treatment and rehabilitation of athletes — amateur and professional — as well as physically active people of all ages.

The sports medicine “team” may include specialty physicians and surgeons,

certified athletic trainers, physical therapists, certified orthotists and you, the athlete.

Due to the competitive nature of sports, a primary focus of sports medicine is the rapid recovery of patients. This is the driving force behind many state-of-the-art innovations in healing injuries.

HOW IS ÖSSUR INVOLVED IN SPORTS MEDICINE?

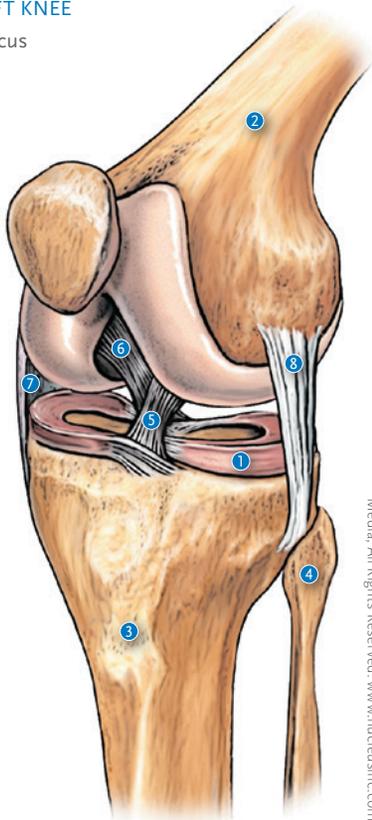
Össur partners with elite sports medicine professionals to develop the most functional products for every level of athletic pursuit. We understand the varied needs of athletes, whether professional or amateur. This is why, from low to high impact sports, our Injury Solutions are trusted to treat and prevent injuries among athletes of all ages, shapes, sizes, and abilities.

Össur’s innovative and reliable technologies are found supporting active knees, ankles and wrists around the globe, wherever sports are enjoyed. From the soccer fields of South America and the basketball courts of New York, to the ski resorts of Colorado and the hockey rinks of Canada, athletes trust Össur’s injury solutions.

HAVE YOU INJURED YOUR KNEE?

THE LEFT KNEE

- 1 Meniscus
- 2 Femur
- 3 Tibia
- 4 Fibula
- 5 ACL
- 6 PCL
- 7 MCL
- 8 LCL



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The knee is the largest joint in the body and is vital to mobility. Its stability relies on the delicate ligaments surrounding it. Due to the tremendous forces acting on the knee, injuries to these ligaments are common. Other common knee injuries are cartilage damage and dislocation of the knee cap. While each of these injuries is treatable with Össur products, it is essential to properly identify your specific injury, in consult with a health care professional, before selecting the best solution for you.

COMMON KNEE INJURIES

Sprain Overstretching or tearing one or more ligaments.

- Grade 1: mild
- Grade 2: moderate (partial tear)
- Grade 3: severe (complete tear)

Strain Overstretching a tendon/muscle.

Torn Meniscus A tear in the cartilage that functions as a cushion between the femur and the tibia.

THE LIGAMENTS OF THE KNEE

The **Medial Collateral Ligament (MCL)** is the most frequently injured ligament. The MCL runs along the inside of the knee. Many MCL injuries are caused by a blow to the outside of the knee while playing contact sports.

The **Anterior Cruciate Ligament (ACL)** is also frequently injured. The ACL is the first ligament to tighten when the knee is straightened. As a result, hyperextension (or straightening too far) is one of the most common mechanisms of injury. The ACL also controls rotation of the tibia. Therefore, the plant-and-twist motion common to sports like skiing, soccer and football results in a higher incidence of ACL injuries.

The **Posterior Cruciate Ligament (PCL)** is positioned at the back of the knee. Less frequently injured than the ACL or MCL, it is usually damaged by sudden, direct impact to the front of the tibia, such as with dashboard impact in a car accident.

The **Lateral Collateral Ligament (LCL)**, which runs along the outside of the knee, is rarely injured. However, injury usually occurs from a direct blow to the inside of the knee.

DO YOU HAVE PATELLOFEMORAL KNEE PAIN?

Patella tracking problems can be painful. This condition occurs when the knee cap is not aligned properly when you stand or walk. Treatment often requires both physical therapy and a brace to

help hold the knee cap in its proper position. Össur offers several solutions that might help you if you suffer from this condition (see page 21).

PLANTAR FASCIITIS

RANGING FROM MILD DISCOMFORT TO DEBILITATING PAIN, HEEL PAIN AFFECTS NEARLY 2 MILLION AMERICANS EVERY YEAR. PLANTAR FASCIITIS IS THE MOST COMMON CAUSE OF HEEL PAIN.

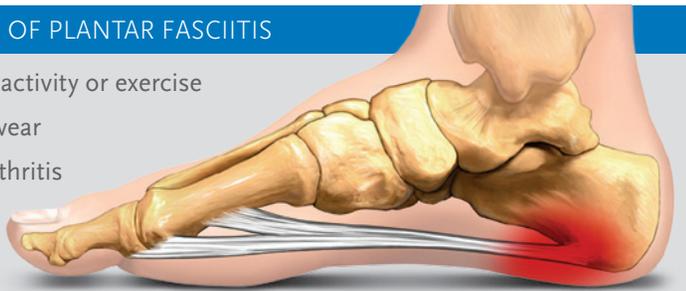
Common among runners, Plantar Fasciitis is often the result of excessive and/or repetitive stress to the plantar fascia ligament. This fibrous ligament runs along the bottom of the foot and stretches with every step. Plantar Fasciitis occurs when tears in the ligament result in pain and inflammation, usually near the intersection of the ligament with the heel bone (see illustration below).

Patients typically describe plantar fasciitis as a burning, stabbing, or aching pain in the heel. Often worse in the morning due to tightening of the plantar ligament during sleep, the pain usually decreases as the tissue warms up.

Surgery is rarely required. Rather, stretching, rest and/or the use of a night splint (see page 23) are usually sufficient.

COMMON CAUSES OF PLANTAR FASCIITIS

- Excessive physical activity or exercise
- Poorly-fitting footwear
- Certain types of arthritis
- Diabetes



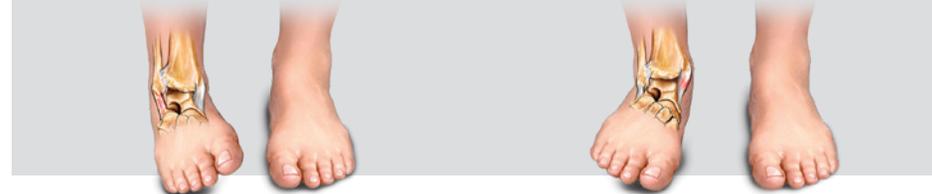
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ANKLE INJURIES

THE ANKLE IS ONE OF THE MOST FREQUENTLY INJURED JOINTS AMONG ATHLETES AND PHYSICALLY ACTIVE PEOPLE OF ALL AGES.

Inversion sprains stretch or tear ligaments on the outside of the ankle when the foot is turned in-ward. This injury is common as the ankle allows this motion and the affected ligaments are not strong.

Eversion sprains stretch or tear ligaments on the inside of the ankle when the foot is turned outward. This injury is less common as the affected ligaments are very tough.



ANKLE BRACES REDUCE INJURIES

In a recently-published research study of high school basketball players,* using a lace-up ankle brace like the Formfit® Ankle

with Speedlace (see page 25) reduced the incidence of acute ankle injuries by over 3 times!

* McGuire TA, Brooks A, Hetzel Scott: The Effect of Lace-up Ankle Braces on Injury Rates in High School Basketball Players. AJSM Preview, July 27, 2011.

- Included here is a sampling of our most popular products for the treatment of ligament instabilities, patellofemoral pain and ankle injuries. If you would like to see our complete product line, please visit us online at WWW.OSSUR.COM.



CUSTOM & PRE-FABRICATED LIGAMENT KNEE BRACES

WHETHER YOU NEED CUSTOM OR PRE-FABRICATED PRODUCTS, ÖSSUR OFFERS THE WIDEST VARIETY OF LIGAMENT BRACING DESIGN STYLES, SO YOU CAN CHOOSE THE BEST BRACE FOR YOUR UNIQUE REQUIREMENTS.

Össur manufactures a comprehensive line of ligament knee braces, including both custom fabricated and pre-fabricated options. We have developed the highest functioning custom ligament knee brace line in the industry, with products catering to the unique needs of every patient.

Custom braces account for subtle variations in anatomy, providing a brace fit that is truly individual. However, Össur also offers a broad line of pre-fabricated ligament braces, including CTi Pre-Fab, the off-the-shelf version of our flagship CTi Custom knee brace.



CTi® Custom



CTi® Pre-Fab



Rebound® DUAL



Paradigm®



Extreme®



Formfit® MCL

[Learn more at ossur.com/truly-custom](http://ossur.com/truly-custom)



CTi® CUSTOM

The CTi provides total knee ligament support and sets the standard for truly custom knee bracing. That's why CTi is demanded by top athletes and physicians around the world.

Truly Custom - handcrafted to a single, unique individual

- ✓ High contact/impact sports
- ✓ Extreme sports
- ✓ Physically demanding occupations

- Rigid carbon fiber frame
- Sensil padding for improved suspension
- Lifetime Warranty

OTHER FEATURES

- Non-corrosive frame is ideal for water sports
- PCL version available
- Available in 12 colors (page 16) and 3 models



CTi® PRE-FABRICATED

The CTi Pre-Fabricated substitutes elements of the rigid carbon fiber CTi custom frame with a flexible subshell to deliver an excellent out-of-the-box fit.

Pre-Fabricated in sizes XS-2XL

- ✓ High contact/impact sports
- ✓ Extreme sports
- ✓ Physically demanding occupations

- Sensil padding for improved suspension
- Rigid carbon fiber frame

OTHER FEATURES

- Non-corrosive frame is ideal for water sports
- PCL version available
- Color options: Matte Black



REBOUND® DUAL

The Rebound DUAL knee brace delivers functional support for ligament instabilities with a low-profile, versatile aluminum frame.

Custom and Pre-fabricated models available

- ✓ Low-to-high impact activities
- ✓ Sliding sports
- ✓ Activities of daily living

- Can provide unloading and pain management for Osteoarthritis
- Easy to wear underneath clothing

OTHER FEATURES

- Pre-fabricated available in XS-3XL
- Custom model available in 5 paint and 5 liner colors (page 16)
- Find a practitioner at www.ossur.com/soccer-brace

Also available
Rebound DUAL ST* (Step Through)

*ST supports ligament indications only



PARADIGM®

With a unique thigh shell contoured for comfort, the Paradigm is the perfect balance of control and comfort in a durable, snug-fitting brace.

Custom and Pre-fabricated models available

- ✓ Low-to-medium impact activities
- ✓ Activities of daily living

- Carbon fiber Triax® frame
- Ergonomic padding

OTHER FEATURES

- Pre-fabricated available in XS-2XL
- Custom model available in 12 colors (page 16)



EXTREME®

The Extreme carbon steel Poli-axial® hinge and Dynamic Force Strap® combine to provide excellent rotational control and proprioception for ligament instabilities.

Custom model available

- ✓ All activity levels
- ✓ Ideal for bilateral bracing or “saddle sports”

- Triax® shells are malleable, offering adaptability to changes in leg size
- Range-of-motion control option for post-surgical use
- Lifetime warranty

OTHER FEATURES

- Lateral hinge keeps the medial side free of obstruction
- Available in 12 colors (page 16)
- This product is only available in Canada



FORMFIT® MCL

The Formfit Knee MCL provides external stability in a unique, single hinged design. The Dynamic Force Strap aids in the resistance of valgus forces during knee extension, while the adjustable tibial strap improves suspension by minimizing slippage.

Pre-fabricated in sizes XS-XL

- ✓ Low-to-medium contact/impact activities
- ✓ Injury recovery
- ✓ Activities of daily living

- Hybrid wrap/sleeve design for easy application
- Lateral hinge keeps the medial side free of obstruction

OTHER FEATURES

- Cost-effective
- For moderate MCL or mild combined ligament injury
- Color options: Black

CUSTOM KNEE BRACE COLOR OPTIONS

CTi® and Paradigm Standard Colors



Want your custom knee brace to be color-coordinated to your other sports equipment? Choose from twelve (12) standard colors, in matte or gloss finish, when you order your custom ligament knee brace.

CTi® Custom Designs



For an extra fee, you may further personalize your CTi custom brace with custom paint. Combine team colors and non-copyrighted logos for a truly one-of-a-kind look. Visit www.ossur.com/cti-custom for details

Lime Green	Ocean Blue	Navy Blue
Champagne	Orange	Red
Pink	White	Silver
Yellow	Charcoal	Black



Rebound® DUAL Brace Colors

Black (default)	
Electric Blue	Metallic Silver
White	Red

Rebound® DUAL Liner Colors

Metallic Silver (default)	
Electric Blue	Yellow
Purple	Black

* Colors are only approximate. Matte finish is standard.

LIGAMENT KNEE BRACE ACCESSORIES

There are many accessories available to ensure your ligament brace works best for you. Ask your brace supplier what accessories are available for your knee brace.



Patella Cup



Motocross Kit



Sports Undersleeve



Padded Oversleeve



Anti-Migration System (AMS) Wrap



OA Smartdosing Kit



KNEE INJURY SOLUTIONS

Our wide range of knee injury solutions is designed to provide superior compression, comfort and warmth to aid rehabilitation. Providing stability as required, Össur knee injury solutions protect the user during daily activities.



REBOUND® KNEE BRACE

Featuring our unique, 3-layer Cooltech™ fabric, the Rebound Knee Brace is highly breathable, reduces heat retention and dries ultrafast for a premium-quality product that is unrivaled in the market.



- 1 3-layer Cooltech fabric is highly breathable
- 2 To minimize bunching behind the knee, the garment is assembled in a pre-bent state
- 3 Dual straps just below the knee cap enable cinching of the garment above the calf muscle to reduce product slippage

OTHER FEATURES

- Optional knee buttress with every sleeve



FORMFIT® KNEE BRACE

With six unique product variations to choose from, the Formfit hinged knee brace product line represents a comprehensive collection of high-quality knee supports designed to meet the needs of any user.



- 1 Available in 12" & 16" ROM (pictured) and 12" Polycentric
- 2 A removable, universal buttress is included with every sleeve version for additional support of the knee cap, if needed
- 3 Each brace features an open popliteal to prevent bunching behind the knee and is available in a sleeve or wrap



FX PATELLA STABILIZER

Don't let patellar pain stop you. FX combines control with a customizable fit to keep the knee cap tracking properly through the full range-of-motion. Its Y-shaped buttress is comfortable, yet rigid enough to transfer substantial forces. Also available in an Osgood-Schlatter version.



- 1 Detachable thigh strap provides customizable fit and security
- 2 Adjustable front straps secure the buttress, optimizing support of the knee cap
- 3 Straps ensure stability and correct positioning

OTHER FEATURES

- Breathable Coolflex®/Spandex® sleeve



PLANTAR FASCIITIS NIGHT SPLINTS

Plantar Fasciitis is the most common cause of heel pain in adults. While many treatment options exist, night splints are clinically-proven to reduce symptoms in approximately 80% of patients.

EXOFORM® NIGHT SPLINT

The Exoform Night Splint is a functional and comfortable solution designed to address the painful pressure points and slippage associated with other products.



- 1 Embedded aluminum stay maintains the proper angle of the foot (85-90°)
- 2 Flex Edge overmolding helps eliminate pressure points and discomfort
- 3 Calf and heel strapping locks foot in place

OTHER FEATURES

- Non-slip surface on plantar pad

ANKLE INJURY SOLUTIONS

Ankle injury solutions are designed to provide warmth, compression and support for mild-to-moderate ankle strains and sprains. Össur offers a wide range of products that provide additional support for the post-injured ankle. Each is designed to provide a personal fit for your level of injury and activity, whether you enjoy walking, or tennis.



FORMFIT® ANKLE WITH SPEEDLACE

Made from durable materials, the Formfit Ankle with Speedlace has a low profile, quick-lace design and fits easily into shoes. Removable semi-rigid stays provide additional support and the Figure 8 straps are designed for inversion/eversion control.



- 1 Quick-Pull closure straps
- 2 Figure-8 straps mimic athletic taping for inversion/eversion support
- 3 Circumferential elastic cuff provides support, compression and pain relief

Streamlined, low-profile design
fits comfortably in shoes



FORMFIT® ANKLE BRACE

A hybrid between a rigid ankle stirrup and a soft ankle support, the Formfit Ankle brace ensures a close fit which limits inversion, eversion, flexion and extension movements. The low profile design fits easily into shoes and the quick lace up feature makes it easy to don and doff.



- 1 Quick lace-up design
- 2 Aerospacer base material for breathability
- 3 Embedded stirrup structure provides excellent inversion/eversion support



Available with or without figure-8 heel lock strapping



COLD RUSH®

Cold Rush's holistic design features a durable motor, a stronger flow rate than the top selling units and an industry-leading ice-to-water ratio that ensures longer cooling times. Yet, it is whisper-quiet and compact, weighing just 4.6 lbs (2.1 kilograms).



COLD RUSH® COMPACT

Cold Rush Compact is convenient, quiet and easy-to-use, delivering cold therapy when and where you need it. The single flow setting and easy fill instructions make this motorized device perfect for use in the clinical setting, or home. *Only available in USA*



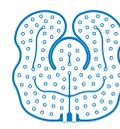
Knee Pad



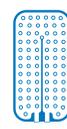
Foot & Ankle Pad



Shoulder Pad, Small or Large



Universal Pad



Rectangular Pad

OTHER ÖSSUR SPORTS MEDICINE PRODUCTS



Elbow Injury
Solutions



Shoulder Injury
Solutions



Walker
Boots



Wrist Injury
Solutions



Knee Osteoarthritis
Solutions

[Learn more at ossur.com/injury-solutions](http://ossur.com/injury-solutions)

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