



NOW

THREE-IN-ONE ACTION
FOR IMPROVED MOBILITY

NEW EpiTrain®



- RELIEVES SYMPTOMS
- SUPPORTS MOBILITY
- SUPPORTS THE HEALING PROCESS

NOW

IS THE TIME FOR THE BEST MEDICAL TREATMENT WITH BAUERFEIND

In general,

9 OUT OF 10

patients who wear the supports are satisfied¹

SUPPORTS HELP (A LOT)

according to 4 of 5 patients¹

12.5 HOURS EACH DAY

is the average period
for which arm supports are worn¹



THE NEW EPITRAIN HAS AN EXTENSIVE AND SELECTIVE EFFECT ON ELBOWS!

"It provides extensive compression therapy for the muscular area and has a targeted effect on the transitions from tendon to muscle and tendon to bone."

Christian Teusch,
Specialist in orthopedics and trauma surgery

EXTENSIVE COVERAGE

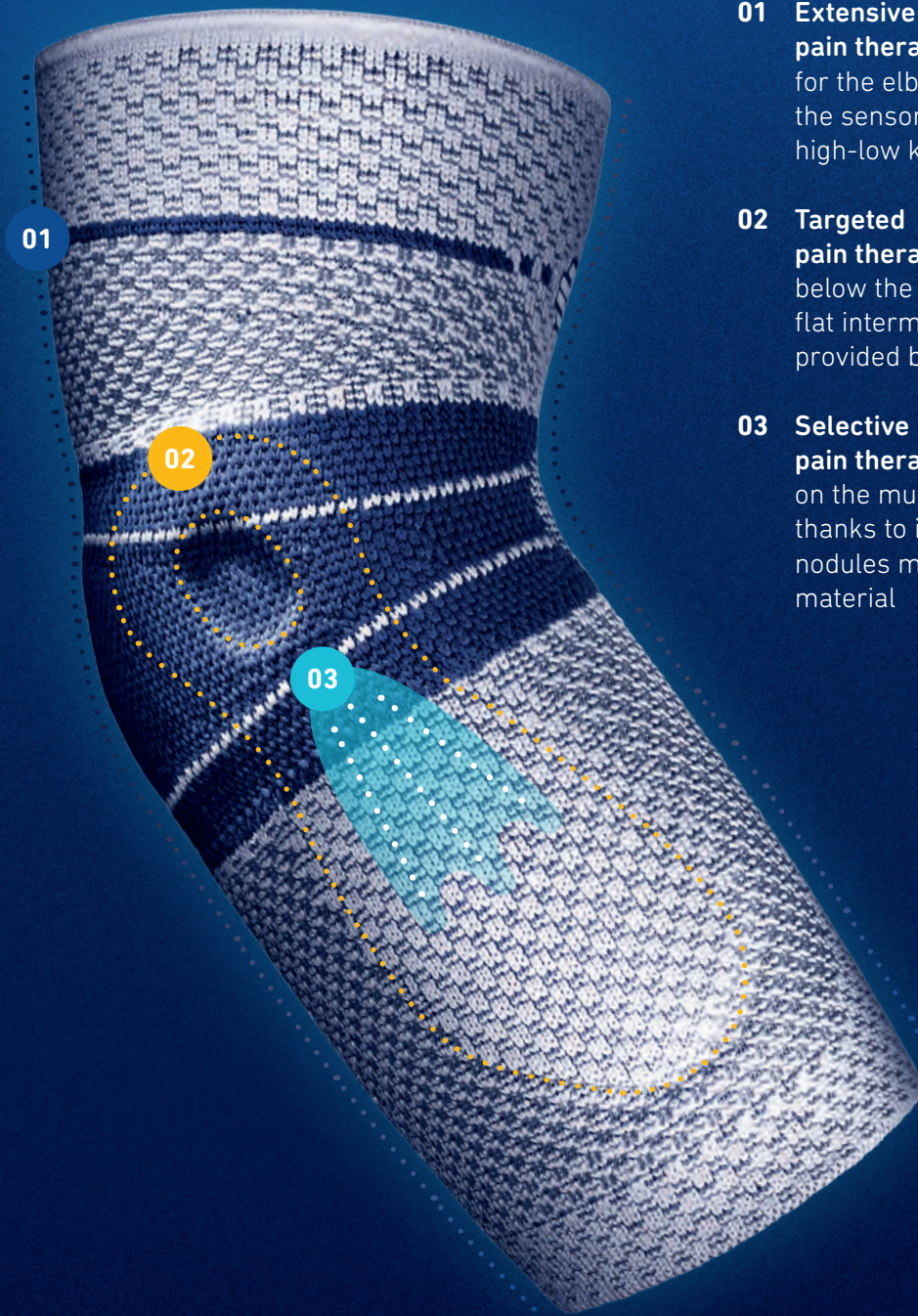
TARGETED

SELECTIVE

STUDIES SHOW THAT: EPITRAIN SIGNIFICANTLY REDUCES PAIN²

PAIN THERAPY WITH MULTIPLE EFFECTS

NEW EPITRAIN



**01 Extensive
pain therapy**

for the elbow joint thanks to the sensorimotor effect of the high-low knitted fabric

**02 Targeted
pain therapy**

below the epicondyle with flat intermittent compression provided by the Epicon+ Pads

**03 Selective
pain therapy**

on the muscle-tendon junction thanks to integrated massage nodules made from firmer material

¹ Representative survey conducted by the Allensbach Institute for Public Opinion Research on behalf of eurocom e.V., 2019

² Valle-Jones J-C, Hopkin-Richards H; Controlled trial of an elbow support (EpiTrain) in patients with acute painful conditions of the elbow: a pilot study Cum. Med. Res. Opin., 12,224 – 233, (1990)



NOW

INNOVATIVE FUNCTIONAL DESIGN FOR YOUR ELBOW THERAPY

“TARGETED USE OF THE
TWO MATERIAL COMPONENTS HAS
A POSITIVE INFLUENCE ON MUSCLES
AND FASCIAE AND REDUCES TENDON
IRRITATION AND SHIN SPLINTS.”

Joshua Schirm — (Sports) Physiotherapist



REINFORCED EFFECT

THE PERFECT ANATOMICAL FIT OF THE EPITRAIN



THE TRAIN KNIT IS HIGHLY ELASTIC AND ANATOMICALLY CONTOURED.
THIS MEANS IT FITS PERFECTLY AND WORKS TO MAXIMUM EFFECT.

+ STRONG COMPLIANCE

- Elbow area with a particularly soft and breathable zone provides additional comfort
- Secure positioning with epicondyle cutouts in the Epicon+ Pads
- Perfect hold, optimized by a long upper arm knit up to the muscle belly

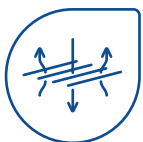


STIMULATES THE SENSORIMOTOR SYSTEM

THE NEW HIGH-LOW KNITTED FABRIC

+ EFFECTIVE: FUNCTIONAL DESIGN WITH MULTIPLE EFFECTS

- The high-low knitted fabric with a highly textured surface activates the muscles and stabilizes the joint.
- The highly elastic Train knit stimulates the mechanosensors, providing pain relief.
- The wide spaces in the knitted fabric provide pleasant conditions for the skin and ensure breathability



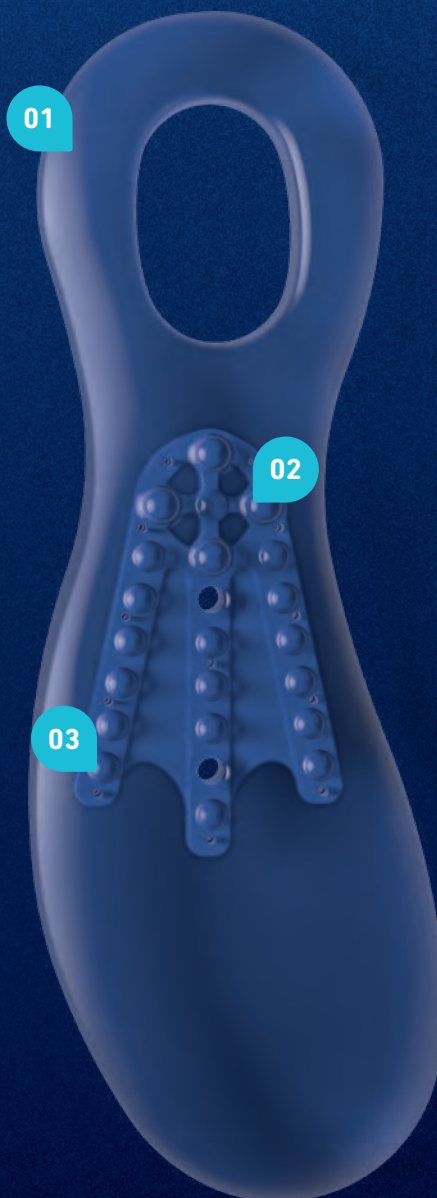
EFFECTIVE PAIN REDUCTION NEW EPICON+ PADS

NEW EPITRAIN

**+ A WORLD FIRST IN
ELBOW SUPPORTS:
THE TWO-COMPONENT PAD
HAS LONG-LASTING EFFECTS**

INNOVATIONS

- 01** Epicon+ Pads with two material components promote targeted healing in the lateral and medial symptom areas of the elbow
- 02** A nubbed cross with large nubs provides high impact potential for the particularly painful muscle-tendon insertion
- 03** Fan-shaped nubbed fingers stimulate the wrist extensors and flexors along the muscle fibers



NOW

A POWERFUL EFFECT FOR HEALTHY ELBOWS

TREATMENT EXAMPLES

THIS IS HOW YOU CAN INCORPORATE
THE EPITRAIN INTO THE COURSE OF
TREATMENT.

FRACTURE OF THE HEAD OF THE RADIUS, NON-SURGICAL

Week 1

- Upper arm plaster cast in right-angle and supination position
- Follow-up X-ray in cast
- Physiotherapy of free joints

Weeks 1 to 4

- Removal of cast (day 10–14, depending on pain)
- Upper arm compression glove
- Follow-up X-ray
- Functionally active physiotherapy, no passive post-extension
- Occupational therapy
- Do not provoke any maximum resistance (impact)
- Follow-up X-ray

Week 5

- Build-up of loading
- **Use of an elbow support**
- Active and passive physiotherapy
- Continued occupational therapy if appropriate

Week 6

- Follow-up X-ray
- Physiotherapy
- Transverse massages following consolidation

Week 7

- Rest only after seven weeks

EPICONDYLITIS HUMERORADIAL JOINT, SURGICAL

Day 1

- Upper arm hand splint (plaster or synthetic) for two weeks in a central position or upper arm interim compression glove

From day 3

- Elbow flexion and extension up to pain threshold
- Careful pronation and supination out of shell

From week 3

- Release flexion and extension
- Active and passive pronation and supination permitted
- **Use of an elbow support**

From week 8

- Resistance exercises
- Rehabilitation can take up to six months!

PROVEN: LESS PAIN AND MORE STABILITY¹

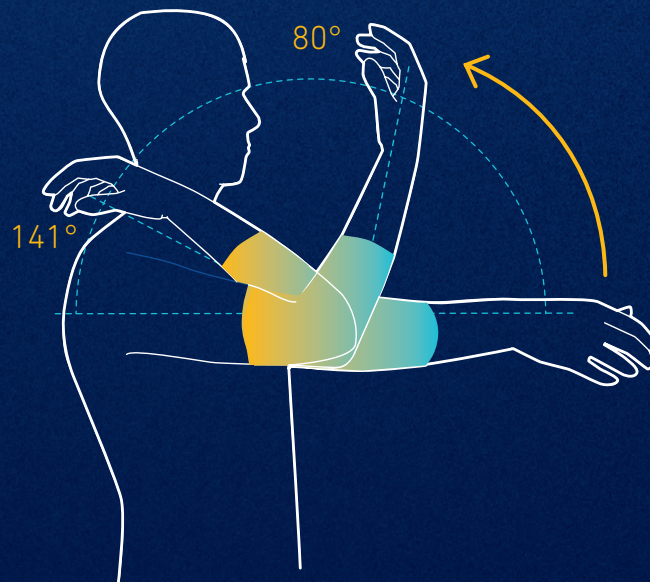
STABILIZATION, COORDINATION, AND PHYSIOLOGICAL MOVEMENT SEQUENCES

The highly flexible Train knit fabric stimulates the mechanosensors in order to improve neuromuscular stability and movement perception.



REDUCE OVERLOADING

The EpiTrain with the two Epicon+ Pads aims to even out muscular imbalances for healthy movement.



INCREASE MOBILITY

With EpiTrain, active load bearing of the elbow joint increases from 80° to 141° within two weeks in patients with acute painful symptoms in the elbow joint.¹

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NEW SIZING SYSTEM

MEASURE THE CIRCUMFERENCE AT THE
THICKEST PART OF THE FOREARM

EpiTrain®

Sizes	0	1	2	3	4	5	6
Forearm circumf. in cm	21–23	23–25	25–27	27–29	29–31	31–33	33–35

Item number 110 6160 40*0 00°

* = Color (1) nature, (7) black, (8) titan ° = Sizes (0 – 6)

Optional: additional strap can be ordered separately

+ INDICATIONS

- Post-traumatic or post-operative irritation, e.g. epicondylitis
- Osteoarthritis/arthritis (joint wear/inflammation)
- Tendinopathy (degenerative tendon condition)
- Tendomyopathy (muscle-tendon condition)
- Prevention/relapse prevention

NEW MEASURING POINT

- + SIZING SYSTEM
- + ORDER NUMBERS

BECAUSE **NOW** YOUR
PATIENTS HAVE NO MORE
TIME FOR ELBOW PAIN

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