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Push Braces | Three Profiles

CARE

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retention

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improvement

For many people, mobility is something that is taken for granted. For others, it is a luxury. People with a joint disorder quickly become aware of their limitations. So they seek your professional help and count on your support and expertise. A good brace guaranteeing freedom of movement may provide a solution.

Push is familiar with the wishes of those who issue prescriptions, as well as the professional trade and end-users. It continuously searches for the best solution to increase the ability of the locomotor apparatus to function under stress.

It exhaustively tests new braces under the guidance of physicians and scientists. It examines materials and focuses on design.

The result is a range of advanced Push braces, all applying a distinguished concept based on optimum support, compression and adhesion to the skin. They provide functional solutions, restoring the physical ability of the affected joints to function under stress. These solutions serve the user well.

Push braces are comfortable to wear and simple to use. These are essential aspects of the ultimate effectiveness of the product. New high-quality materials, such as Sympress&trade;, ensure a high degree of wearing comfort and durability. The attractive design of the braces enables the user to reintegrate into society, which also goes hand in hand with the improved mobility, of course.

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care | function retention

When do you choose Push care Braces?

Push care is intended for those whose everyday freedom of movement is restricted due to a slight injury or disorder. Each product has a high degree of effectiveness, comfort and quality. Push care guarantees pain relief and improves the sense of stability by adjusting compression. It is easy to use.

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med | function recovery

When do you choose Push med Braces?

Push med guarantees solutions for the treatment and prevention of injuries on the locomotor apparatus. Push med relieves possible pain, thus allowing an increase to the physical ability of the joint to function under stress.&nbsp; Mechanical support, adjustable compression and a good fit combine to ensure this.

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ortho | function improvement

When do you choose Push ortho Braces?

Push ortho is used for complaints or reduced function of the locomotor apparatus. Adequate mechanical support is key. Push ortho can play an important role in cases of repositioning and stabilisation&nbsp; thus compensating for loss of normal function.

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> Push ortho Thumb Brace CMC

The Push CMC stabilises the basal joint of the thumb (CMC-1) and places the thumb in a functional position. This guarantees optimal hand function and reduces such symptoms as pain and loss of strength. The selected materials and rounded...

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*CARE*

push care wrist brace

*MED*

push med wrist brace

push med wrist brace splint

The Push CMC stabilises the basal joint of the thumb (CMC-1) and places the thumb in a functional position. This guarantees optimal hand function and reduces such symptoms as pain and loss of strength.

The selected materials and rounded edges contribute to maximum comfort, the simple closing system enabling patients to fit the brace themselves without any effort. The product is antimicrobial, can be used in water, and can be dried easily.

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> Indications

Osteoarthritis of the CMC-1 joint

Postoperative treatment of the CMC-1 joint

Status after arthroplasty of the CMC-1 joint

Instability of the CMC-1 joint

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Wrist braces

> Push care Wrist Brace

The Push care Wrist Brace provides pressure around the wrist joint, thus improving its stability. This pressure can be adjusted as and when the need arises. The wrist joint is not immobilised, thus retaining the functionality of the hand. The palm of the hand is ...

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> Push med Wrist Brace

The Push med Wrist Brace provides a high measure of support and protection to the wrist joint without restricting the functionality of the hand. The anatomically shaped stiffeners limit palmary and dorsal flexion without obstructing it completely...

> Push med Wrist Brace Splint

The Push med Wrist Brace Splint allows the wrist joint to rest without restricting the functionality of the hand. The brace is easily fitted with one hand around the wrist. A circular non-elastic connection guarantees that the postforming splint closely...

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push ortho thumb brace cmc

The Push care Wrist Brace provides pressure around the wrist joint, thus improving its stability. This pressure can be adjusted as and when the need arises. The wrist joint is not immobilised, thus retaining the functionality of the hand. The palm of the hand is kept free, ensuring that a good grasp is maintained. There is a so-called comfort zone made from padded material around the ulnar area of the wrist.

Sympress&trade; Technology

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push care Wrist Brace is easy to apply and can be washed without any problem.

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Residual instability

Moderate to serious distortions

Strain complaintsin the wrist joint

Therapy resistant strain complaints to the wrist extensors

Tendinitis to the wrist extensors

Wrist fractures without dislocations

After-care for wrist fractures

Arthrosis with distension

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The Push med Wrist Brace provides a high measure of support and protection to the wrist joint without restricting the functionality of the hand. The anatomically shaped stiffeners limit palmary and dorsal flexion without obstructing it completely. The level of pressure can be optimised by an easy-to-apply elastic band. The brace is easily fitted with one hand around the wrist. So-called comfort zones of padded material have been created around vulnerable areas of the wrist.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Wrist Brace is easy to apply and can be washed without any problem.

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Therapy-resistant strain complaints of the wrist extensors

Tendinitis of the wrist extensors

*Wrist fractures without dislocations*

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The Push med Wrist Brace Splint allows the wrist joint to rest without restricting the functionality of the hand. The brace is easily fitted with one hand around the wrist. A circular non-elastic connection guarantees that the postforming splint closely follows the anatomy of the wrist joint. In this way, palmary flexion is limited and the hand supported in a functional position.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Wrist Brace Splint is easy to apply and can be washed without any problem.

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*Therapy-resistant strain complaints of the wrist extensors*

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Carpal tunnel syndrome

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Ankle braces

> Push care Ankle Brace

Your Push care Ankle Brace provides compression around the ankle, thus improving the sense of stability of the joint. This compression can be adjusted as needed. The ankle brace has a perfect fit and can be worn in practically any shoe. So-called comfort ...

*> Read more*

> Push med Ankle Brace

The Push med Ankle Brace provides for long-term support of the ankle joint and can be used for a wide range of cases and conditions. The brace is based on the principle of the functional tape bandage. The degree of pressure and pronation/supination limits is ...

> Push med Ankle Brace Aequi Flex

Push Aequi flex is very distinctive in its added flexibility and comprehensive compression of the affected area. The brace has an enlarged flexible shell covering the ankle ensuring evenly distributed compression. The Aequi flex is very effective in cases of ...

> Push ortho Ankle Brace Aequi

The Push ortho Ankle Brace Aequi is an effective ankle orthosis which strikes a balance between efficient mechanical support of a disabled ankle and good wearer comfort. The rigid support is situated exclusively on the medial side of the ankle and has a recess ...

> Push ortho Ankle Brace Aequi Junior

The Push ortho Ankle Brace Aequi Junior strikes a good balance between effective mechanical support and good wearer comfort for cases of (sub-)acute or chronic ankle injury. The brace was designed for children of 6 to 12 years of age (with shoe sizes of ...

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push ortho ankle brace aequi junior

Your Push care Ankle Brace provides compression around the ankle, thus improving the sense of stability of the joint. This compression can be adjusted as needed. The ankle brace has a perfect fit and can be worn in practically any shoe. So-called comfort zones of padded material have been created around vulnerable areas of the ankle.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push care Ankle Brace is easy to apply and can be washed without any problem.

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Minor distortions

Slight capsule irritations

Slight ankle instability (under light stress)

Arthrosis without instability

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The Push med Ankle Brace provides for long-term support of the ankle joint and can be used for a wide range of cases and conditions. The brace is based on the principle of the functional tape bandage. The degree of pressure and pronation/supination limits is adjustable and a silicone application ensures good position retention. There are comfort zones around vulnerable parts of the ankle, such as Achilles' tendon. The brace is comfortable to wear and easy to use, also due to the wide instep and an integrated heel-lock.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Ankle Brace is easy to apply and can be washed without any problem.

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Moderate (residual) instability

Treatment of acute lateral ankle ligament lesions (alternative to taping)

Treatment of stable ankle fractures (Weber type A)

After-care to ankle fractures (incl. Jones fract.)

Post-operative treatment of ligament injuries and fractures

Capsular irritation and tendonitis following ankle fracture or ligament lesions

Arthrosis with instability

Secondary prevention of ankle ligament lesions (under moderate stress with accumulation of fluid)

Impingement (capsular clamping; anterior and posterior)

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*push ortho ankle brace aequi junior*

The Push Aequi Flex is very distinctive in its added flexibility and comprehensive compression of the affected area. The brace has an enlarged flexible shell covering the ankle ensuring evenly distributed compression. The Aequi Flex is very effective in cases of treatment of acute ankle injuries. The rigid support is situated exclusively on the medial side of the ankle and has a recess for the malleolus.

The functional strap can easily be brought into position following the level of swelling in the (sub) acute phase. Additional compression to the joint can be provided by adjusting two elastic straps individually. As a result, the inversion &ndash; and eversion movement is properly restricted, while an adequate freedom of plantar/dorsal flexion is allowed. This means that during walking, normal movement patterns of the foot are not inhibited. The use of flexible materials guarantees optimal fit and comfort for the user.

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*> Indications*

Treatment of acute lateral ankle ligament lesions

Follow-up treatment of conservative or operated ankle fractures

Serious (residual) instability

Secondary prevention of ankle ligament lesions

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push ortho ankle brace aequi flex

*push ortho ankle brace aequi junior*

The Push ortho Ankle Brace Aequi is an effective ankle orthosis which strikes a balance between efficient mechanical support of a disabled ankle and good wearer comfort. The rigid support is situated exclusively on the medial side of the ankle and has a recess for the malleolus. The lateral side is made from preformed foam, which easily adapts to the individual anatomy.

The brace is fastened by means of a diagonal strap. Elastic straps apply pressure around the ankle. Inversion/eversion movement of the ankle is restricted while plantar/dorsal flexion is allowed adequate freedom. This means that no inhibition is felt during normal walking and running. The Push Aequi is worn over the sock, and optimal stabilisation can only be achieved if it is worn with a closed (laced-up) shoe.

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Serious (residual) instability (under high stress)

*Treatment of acute lateral ankle ligament lesions*

After-care of conservative or operated ankle fractures

Arthrosis with instability without accumulation of fluid

Secondary prevention of ankle ligament lesions (under heavy strain without accumulation of fluid)

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The Push ortho Ankle Brace Aequi Junior (or simply Aequi Junior) strikes a good balance between effective mechanical support and good wearer comfort for cases of (sub-)acute or chronic ankle injury. The brace was designed for children of 6 to 12 years of age (with shoe sizes of approximately 30-36 (EUR)). The Aequi Junior stabilises the ankle joint during inversion as well as eversion and in both neutral and flexed positions. The freedom of dorsal and plantar flexion is sufficiently maintained to allow normal walking. Optimal functioning of the brace is achieved when it is worn in a sturdy (lace-up) shoe.

The shell, which forms the basis of the brace, provides optimal support for the ankle in a simple and comfortable manner.Diagonal straps, made of non-elastic material, ensure adequate mechanical support, while elastic straps provide the correct compression.

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Acute ankle ligament lesions; both inversion and eversion trauma

Stabilisation of conservatively or operatively treated ankle fractures

(Residual) instability

*Secondary prevention of ankle ligament lesions*

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> Push care Knee Brace

The Push care Knee Brace provides pressure around the knee joint and improves its stability. The level of pressure around the knee and the thigh can be adjusted as and when the need arises. A pad applies pressure to the patellar tendon and supports ...

*> Read more*

> Push med Knee Brace

The Push Med Knee Brace provides substantial support for the knee joint in the medio-lateral direction. The knee is supported by two non-axial leaf spring hinges that follow the natural rotation movements of the knee in a unique way. This means that flexion ...

> Push med Patella Brace

The Push med Patella Brace applies local pressure to the patellar tendon and supports the patella. This relieves the insertion of the knee tendon and reduces the tractive force on the lower leg, thus reducing pain. The pad consists of a skin-compatible and ...

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The Push care Knee Brace offers compression around the knee joint and supports the patella which improves the sense of stability and users experience pain relief. The fasteners allow pressure to be individually adjusted. Users will be aware of the comfortable support this offers and thus be encouraged to attempt more active movement.

The use of high quality, elastic materials and silicone applications on the inner surfaces of the brace ensure the brace fits perfectly and also maintains its position.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push care Knee Brace is easy to apply and can be washed without any problem.

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Osteoarthritis of the knee joint

Patellofemoral osteoarthritis

Retropatellar pain complaints

Patellofemoral pain syndrom

Patella instability

Rheumatoid complaints

Residual functional instability

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The Push med Knee Brace provides substantial support for the knee joint in the medio-lateral direction. The knee is supported by two non-axial leaf spring hinges that follow the natural rotation movements of the knee in a unique way. This means that flexion and extension of the knee are not hindered. The band construction ensures that the hinges remain close to the joint. The good anatomical fit and the silicone application help the position of the brace to be maintained when walking. Due to its slim construction, the brace is not noticeable when worn under clothes.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Knee Brace is easy to apply and can be washed without any problem.

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*Arthrosis with hydrops*

Rheumatoid arthritis

Functional instability after ligament damage

Residual instability after ligament damage

Delay after-care treatment of knee ligament surgery

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[http://www.push.eu/products/knee-braces/push-med-patella-brace]

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The Push med Patella Brace applies local pressure to the patellar tendon and supports the patella. This relieves the insertion of the knee tendon and reduces the tractive force on the lower leg, thus reducing pain. The pad consists of a skin-compatible and viscoelastic polymer. The semi-riged cap inserted in the front part ensures even distribution of pressure. A proper anatomical fit and the pad material help the brace remain in place when walking.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Patella Brace is easy to apply and can be washed without any problem.

*> Search*

*> Indications*

Patellofemoral pain syndrome

Tendinitis of the patella tendon

Apexitis patellae (jumper's knee)

Osgood-Schlatter disease

Subluxation/proximal hypermobility of the tibiofibular joint

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> Push care Back Brace

The Push care Back Brace reduces pain in the lower area of the back through even distribution of pressure. A comfortable pad on the lower back area with four pressure points ensures a relieving pressure sensation. The pad is removable and the pressure ...

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> Push med Back Brace

The Push med Back Brace improves the position of the lumbar vertebral column and reduces pain. The tightening of elastic bands creates pressure, increasing the support of the metal reinforcements applied. The pressure is easily adjustable to suit personal ...

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The Push care Back Brace reduces pain in the lower area of the back through even distribution of pressure. A comfortable pad on the lower back area with four pressure points ensures a relieving pressure sensation. The pad is removable and the pressure can be easily adjusted to suit individual preferences.

The shape and material make the brace comfortable to wear when performing activities while standing or sitting, at home or at work. The anatomical fit makes it suitable for both men and women and guarantees good position retention. A good body fit ensures that the brace is not noticeable when worn under clothes.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push care Back Brace is easy to apply and can be washed without any problem.

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*> Indications*

Chronic non-specific lower back complaints

For back-straining activities (secondary prevention)

Pseudoradicular complaints (sciatica)

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*CARE*

The Push med Back Brace improves the position of the lumbar vertebral column and reduces pain. The tightening of elastic bands creates pressure, increasing the support of the metal reinforcements applied. The pressure is easily adjustable to suit personal preferences. Each individual reinforcing element can be adjusted. The shape and material make the brace comfortable to wear when performing activities while standing or sitting, at home or at work. The anatomical fit makes it suitable for both men and women and guarantees good position retention. A good body fit ensures that the brace is not noticeable when worn under clothes.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Back Brace is easy to apply and can be washed without any problem.

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Spondylolisthesis

Spondylolysis

Degenerative complaints to the lumbar vertebral column

Discopathy

Osteoporotic lumbar impression fracture

Post-operative treatment

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Neck braces

> Push care Neck Brace

The Push care Neck Brace provides support for the vertebral column through its anatomical shape and the use of semi-rigid foam. It ensures functional support of the neck and head between the jaw and collarbone. This is achieved by sufficiently rigid ...

*> Read more*

> Push med Neck Brace

The Push med Neck Brace provides support for the vertebral column through its anatomical shape and the use of semi-rigid foam. The neck brace includes a detachable element for additional support. This element rests on the breastbone and the jaw for ...

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The Push care Neck Brace provides support for the vertebral column through its anatomical shape and the use of semi-rigid foam. It ensures functional support of the neck and head between the jaw and collarbone. This is achieved by sufficiently rigid foam that does not restrict mobility. The anatomical shape, rounded edges and soft lining that keeps the skin dry ensure that the brace is very comfortable to wear.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push care Neck Brace is easy to apply and can be washed without any problem.

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After-care to whiplash

Acute neck injuries

Minor cervical arthrosis

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The Push med Neck Brace provides support for the vertebral column through its anatomical shape and the use of semi-rigid foam. The neck brace includes a detachable element for additional support. This element rests on the breastbone and the jaw for highly effective support. The brace can also be used without the reinforcement element if lighter support is desired. This may be the case when sleeping or as treatment progresses. A proper anatomical fit and the use of materials that keep the skin dry ensure that the brace is very comfortable to wear.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Neck Brace is easy to apply and can be washed without any problem.

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Post-operative after cervical vertebrae surgery

Cervical hernia Nucleus Pulposus

Cervical arthrosis

Cervical arthrosis with a pseudo-radicular syndrome

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Elbow braces

> Push med Elbow Brace

The Push med Elbow Brace provides for infinitely adjustable extension limitation of the elbow joint. This prevents overstretching. The degree of restriction desired can be easily adjusted with one hand. The strap system is very functional by virtue of withstanding ...

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> Push med Elbow Brace Epi

The Push med Elbow Brace Epi reduces the pain of tennis or golfer's elbow. The pressure pad ensures that pressure is directed to the extensors (in the case of tennis elbow) or the flexors (in the case of golfer's arm) of the wrist. This relieves the ...

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The Push med Elbow Brace provides for infinitely adjustable extension limitation of the elbow joint. This prevents overstretching. The degree of restriction desired can be easily adjusted with one hand. The strap system is very functional by virtue of withstanding strong traction forces at different angles. The good anatomical fit and the silicone application help the position of the brace to be maintained during movements. The brace is comfortable and light. A zipper makes it easy to put on and take off the brace.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Elbow Brace is easy to apply and can be washed without any problem.

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Impingement due to overstretching (capsular clamping)

Persistent complaints following elbow dislocations and/or fractures

Degenerative complaints to the elbow joint

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The Push med Elbow Brace Epi reduces the pain of tennis or golfer's elbow. The pressure pad ensures that pressure is directed to the extensors (in the case of tennis elbow) or the flexors (in the case of golfer's arm) of the wrist. This relieves the tendon insertion of these muscles on the elbow. The pad consists of a skin-compatible viscoelastic polymer. A c-shaped shell ensures evenly distributed pressure around the arm and prevents the restriction of blood flow. The good anatomical fit and the pad material help the position of the brace to be maintained during movements. The brace can easily be fitted with one hand around the forearm.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Elbow Brace Epi is easy to apply and can be washed without any problem.

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Tennis elbow (epicondylitis lateralis humeri)

Golfer's elbow (epicondylitis medialis humeri)

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Shoulder braces

> Push med Shoulder Brace

The Push med Shoulder Brace fixes the upper and lower arm in position during the treatment of shoulder injuries. The position of the shoulder brace can be selected in such a way as to fix the arm in a neutral position or at a slight adduction. The position ...

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> Push med Shoulder Brace Plus

The Push med Shoulder Brace Plus is fitted with an additional strap across the unaffected shoulder. This strap comfortably supports the hand and wrist, guaranteeing a fixed position of the lower arm. The angle at which the lower arm is positioned can be ...

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The Push med Shoulder Brace provides effective immobilisation of the arm during the treatment of a variety of shoulder injuries. It allows the arm to be fixed in a neutral or slightly adducted shoulder position. Applying the brace is simple and can easily be done by patients themselves.Each fixation point is individually adjustable. This ensures an optimal fit for the patient, without straining the shoulders or neck.

The brace is also indicated for immobilising the arm during the night in the case of hemiplegia. The 3 different sizes of the Push med Shoulder Brace offer a wide circumference range, and is identical for the left-hand and the right-hand side.

*Sympress&trade; Technology*

The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Shoulder Brace is easy to apply and can be washed without any problem.

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Clavicle fracture

Status after (sub)luxation

Post-operative shoulder joint status

Periarthritis humeroscapularis

Subcapital fracture in humerus

Immobiliser in the case of hemiparesis, for example at night

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Push shoulder braces provide effective immobilisation of the shoulder joint, without causing excessive strain on the neck and shoulders. The Push med Shoulder Brace Plus is fitted with an additional strap across the unaffected shoulder. This strap comfortably supports the hand and wrist, guaranteeing a fixed position of the lower arm. The angle at which the lower arm is positioned can be adjusted to prevent hyperaemia. Thus the weight of the arm is comfortably distributed across the breast and shoulder straps.

The 3 different sizes of the Push med Shoulder Brace Plus offer a wide circumference range, and come in different versions for the left-hand and right-hand side.

*Sympress&trade; Technology*

*The brace is made of Sympress&trade;, a high-quality comfortable material. The use of microfibres makes the inside feel soft and keeps the skin dry. The Push med Shoulder Brace is easy to apply and can be washed without any problem.*

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In this section you will find all kind of articles about injuries. On a regular basis, we publish a new topic written by professionals. Current articles are written by N. Koekebakker, a certified Hand Therapist and Dr F.J.G. Backx who is specialized in sports related medical issues. Are you interested in a specific topic? Please don't hesitate to send your suggestions.

> New research: Brace vs tape

&nbsp;Medical guidelines for general practitioners state that injury to ankle ligament should be treated for a period of six weeks with tape. However, new research now shows that an ankle brace is just as effective as tape. Professor in sports medicine at the Universitair Medisch Centrum Utrecht (UMCU), Frank Backx, compared the effect of an ankle brace with ankle tape in a scientific research project.

> Read the full article

> The benefit of a brace

&nbsp;Every year, many athletes injure themselves. Ankle injuries are a common occurrence.&nbsp; Indoor athletes run a higher risk. Stumbling, an incorrect push-off or an over-rotation can often lead to ligament damage. In order to prevent an ankle injury, a brace can be extremely beneficial. Explosive and sudden movements where the foot is perpendicular to the direction of movement can quickly lead to a ligament injury.

> CMC-1 osteoarthritis

CMC-1 osteoarthritis is a common disorder of the carpometacarpal joint of the thumb, also referred to as degenerative joint disease. The carpometacarpal joint of the thumb consists of the first metacarpal (os metacarpale) and the trapezium bone (os trapezium). Together, they constitute the saddle joint, the two planes of which do not fit together exactly. It is in fact an incongruent joint. If the ligament of this joint slackens, the joint may become unstable.&nbsp;

> Ankle Sprain

&nbsp;An ankle sprain is an overstretching or a (partial) tearing of the ankle ligaments. A person almost always sprains with the ankle towards the outside so that damage to the outer ankle ligaments may occur. After an ankle sprain a swelling often occurs on the outside of the ankle and a contusion may be noticed after some time. If an ankle is sprained more seriously, moving and loading the ankle joint may be painful or even impossible.&nbsp;

> Jumper's knee (patellar tendinopathy)

&nbsp;A jumpers knee is an overuse injury located at the insertion of the patellar tendon being attached on the lower edge of the kneecap (patella). The patellar tendon / ligament joins the kneecap (patella) to the shin bone (tibia). This tendon is extremely strong and allows the quadriceps muscle group to straighten the leg. The quadriceps actively straighten the knee in jumping to propel the individual off the ground as well as functioning in stabilizing their landing. So, it is not surprising that this overload injury has a high incidence in jumping and interval sports like volleyball, handball, korfball, althought it has a high frequency in soccer, tennis, field hockey and track-and-field also.

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New research: Brace vs tape

> User-friendly ankle brace just as effective as ankle tape

Medical guidelines for general practitioners state that injury to ankle ligament should be treated for a period of six weeks with tape. However, new research now shows that an ankle brace is just as effective as tape.

Professor in sports medicine at the Universitair Medisch Centrum Utrecht (UMCU), Frank Backx, compared the effect of an ankle brace with ankle tape in a scientific research project. The rationale behind this research was that questions were posed by athletes and doctors specialised in sports medicine. They wondered whether a brace just as much as tape, helps in the case of an acute injury to the ankle ligaments. For some time, they had no longer been using ankle braces solely with a preventive use as prescribed by medical guidelines.
Backx concluded that both treatment methods are just as effective if you look at residual complaints or the reoccurrence of ligament damage to the same ankle. In the case of both types of therapy, about a quarter still have residual complaints a year on. In 15% of patients, the injury has reoccurred. Sports professor Backx sees the difference in the ease of use: a brace for example can be removed before taking a bath or showering whereas tape cannot. A patient is not dependent on a physiotherapist who applies the tape. However, a brace is generally not reimbursed by health insurers, whereas tape is. New guidelines are being drafted.

> 600,000 injuries

In the Netherlands, about 3.5 million sports injuries every year occur. Each year, about 600,000 ankle injuries arrive on the doorsteps of general practitioners. This is half of the total number of ankle sprains in the Netherlands every year, varying from minor to serious. 'The ankle is anatomically a vulnerable joint', according to Backx. 'The muscles surrounding the ankle do the heavy work, however the amount of strain experienced by muscles has reduced over the years. Children no longer go out and play as much and therefore have weaker motor skills. And if they do participate in any sporting activities, it is usually not in suitable footwear. This causes weakened ankle muscles and more sprains. A brace is not a universal remedy, but it helps in moving correctly. You will still have to build up the condition of your muscles. It is however a misunderstanding that the use of ankle braces leads to a weakening of the ankle muscles.'

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Every year, many athletes injure themselves. Ankle injuries are a common occurrence. Indoor athletes run a higher risk. Stumbling, an incorrect push-off or an over-rotation can often lead to ligament damage. In order to prevent an ankle injury, a brace can be extremely beneficial.

Explosive and sudden movements where the foot is perpendicular to the direction of movement can quickly lead to a ligament injury. If your foot tilts too far inwards or outwards, you run a higher risk of rupturing ankle ligaments. These risks are even greater if you are only in moderate condition, haven't done a warm-up and aren't wearing the right shoes. Depending on the severity, the ankle ligaments (mostly the relatively weak outer ligaments) are stretched or torn. Pain and swelling around the ankle are the symptoms, followed by a bluish-purple discolouration.

> Exercises

Unfortunately after an injury, there is often (slight) instability to the ankle, as well as the likelihood of recurrence (repetition) being relatively large. The ankle can be strengthened with muscle strengthening, mobilising and coordinating exercises. Check out www.veiligheid.nl. On this site, you'll find lots of exercises, which have been developed by the Consumer Safety Institute for mobile phone applications.

> Tape or brace

Other ways to prevent recurrence are taping and bracing, which are applied prior to exercising in order to improve the stability of the ankle joint. Taping and/or bracing help to accelerate healing and reduce the risk of re-injury. It also helps to prevent unwanted movement and allow normal movements wherever possible.
Tape has the advantage that you can adapt it to your specific circumstances. It also requires very little space, for example in the shoe. Disadvantages include: allergic reactions to the skin, expertise (generally you can't apply it yourself) is required and the relatively rapid loss of stability.

A brace is easy to fit, can be worn frequently (washable), can easily be pulled tighter and is skin-friendly. There is a myth that a brace makes the joint stiffer and your muscles weak. A brace merely prevents unusual movements. According to the guideline 'Acute ankle sprain' from the Dutch GP Association (NHG - Standard Ankle distortion (Goudswaard AN, Thomas S., Van den Bosch WJHM, Van Weert HCPM, Geijer RMM. GP Act 2000; 43(1)), it is even advised to wear an ankle brace after a primary injury: 'After taping, engage in sports with a high risk of inversion injury (such as football, basketball, field hockey) only whilst wearing an ankle brace to prevent a second injury."

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CMC-1 osteoarthritis - N. Koekebakker, certified Hand Therapist

CMC-1 osteoarthritis is a common disorder of the carpometacarpal joint of the thumb, also referred to as degenerative joint disease.

The carpometacarpal joint of the thumb consists of the first metacarpal (os metacarpale) and the trapezium bone (os trapezium).
Together, they constitute the saddle joint, the two planes which do not fit together exactly. It is in fact an incongruent joint. If the ligament of this joint slackens, the joint may become unstable.

Incongruence and instability cause increasing stress on the joint. Such chronic stress on the joint may adversely affect the degenerative process.

There is wear of the surface of the cartilage that covers both ends of the bones that constitute the joint. The quality of the cartilage decreases and it may even disappear completely. Movements of the joint cause pain as the ends of the bones touch.
The joint may also thicken and joint distortions may occur in the form of bone spurs, the so-called &ldquo;osteophytes&rdquo;.
This wear is an irreversible process.

This type of wear often causes misalignment of the thumb. The carpometacarpal joint of the thumb slides and forms a distinct lump; the thumb aligns with the index finger and overstretches. This is called a zigzag deformity.

> Complaints

The primary complaints consist of pain in the ball of the thumb. Pain complaints initially occur in stressing thumb movements, such as daily pinching and twisting movements. These may include wringing out a tea cloth, opening jar or bottle caps, opening vacuum packaging, turning a key, using zippers or buttons, holding a book, writing, etc.

In a later stage, this pain may be more continuous and often occurs at night. The base of the thumb may be swollen and the joint may produce a crackling feeling/noise during movement. Stiffness of the joint and loss of strength in the joint may also occur in this stage.

> Causes of osteoarthritis

Osteoarthritis has various causes.

It is usually caused by normal wear, a natural process during ageing. It is more common in women than in men, and manifests itself in particular after the age of forty. 16-25% of postmenopausal women are affected by osteoarthritis of this joint. As age increases, it is found that 1 in every 4 women and 1 in every 12 men of 70 years and older is affected by osteoarthritis of the CMC-1 joint.
Overstressing caused by specific stressing activities or instability of the joint may play a role in the development of osteoarthritis. If the complaint is caused by previous injury of the joint, for example by a bone fracture extending through the joint, this is called posttraumatic osteoarthritis.

> Treatment

At the early stages of osteoarthritis, non-steroidal anti-inflammatory drugs (NSAIDs), a specific brace, and exercises prescribed by a hand therapist, may be used to control the complaints.

The essence of a brace is that it stabilises the carpometacarpal joint and places the metacarpal in a functional position. This creates the so-called &ldquo;thumb arch&rdquo;, which decreases the stress on the carpometacarpal joint. If the other joints of the thumb and the fingers remain free, this guarantees optimal hand functioning.

The hand therapist will focus on optimising thumb stability and strength, training a "functional thumb arch", and giving recommendations for daily use of the hand.

N. Koekebakker, active member of the Dutch Association of Hand Therapists, working at 4hands, a private hand therapy clinic in Amsterdam

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Ankle Sprain - prof.dr. F.J.G. Backx, sports physician

An ankle sprain is an overstretching or a (partial) tearing of the ankle ligaments. A person almost always sprains with the ankle towards the outside so that damage to the outer ankle ligaments may occur. After an ankle sprain a swelling often occurs on the outside of the ankle and a contusion may be noticed after some time. If an ankle is sprained more seriously, moving and loading the ankle joint may be painful or even impossible.

> Causes of this ankle injury

An ankle sprain may be caused by: 'stumbling' for example on a soft surface (in the wood!) or on the edge of the inner track; a wrong push-off or landing for example in the long jump or the hurdles. A sportsperson who has previously suffered this injury runs an increased risk of getting it again.

> How does one prevent an ankle injury?

In order to prevent an ankle injury, it is advisable to comply with the following 'prevention tips'. Warming-up. Always begin with a good warming up. Do a leisurely warming-up walk for at least 5 to 10 minutes and then perform a specific warming-up for the event which you are going to do. Good training structure. Make sure that you are in good shape and have a good technique for pushing off and landing.

Surface

Stay focused when practising your sport. Do not allow yourself to get distracted by your fellow-athletes and watch where you put down your feet, especially when walking on a soft or uneven surface. Make sure yourself that the circumstances are safe when you practise your sport. Example: fill up the 'landing hole' again after a long jump and check whether there are any shots just behind the beam in the shot-putting sector onto which you might step.

Sports shoes

Wear robust, well-fitting sports shoes. Balance training / muscle fortifying exercises. If you have weak ankles or have suffered ankle injuries before, it is advisable to do extra muscle-fortifying exercises for the muscles surrounding the ankle joint. After that, perform 'balance exercises' while standing on one leg. Tape. During practice and competitions it may be useful to support the ankle using a bandage, tape or an ankle brace. Have yourself advised by an expert about the purchase of such an ankle brace or the application of a bandage or tape.

Cooling-down

Always end your practice with a cooling-down, so that the waste substances of the exercise can be removed properly.

> What can you do about an ankle injury?

Once an ankle has been sprained, the important thing is to prevent 'worse' by: resting; do not walk or lean on the injured ankle; avoid moving the injured ankle and keep the leg up as much as possible. In this way a contusion, if any, remains as small as possible. Try to load the injured ankle as little as possible in the first 2 or 3 days after the spraining of the ankle occurred. If necessary, use elbow crutches in consultation with the attending professional.

> Bandaging and cooling

The occurrence of swelling must be avoided as much as possible. This can be achieved by applying a pressure bandage immediately after the accident. Cooling is also recommended, although this has recently been the subject matter of discussions. At any rate, cooling works well as a pain killer. In the Injuries Corner you will find several products with which you can cool the injury. You should, therefore, apply a pressure bandage immediately after the spraining of the ankle using an elastic bandage, and cool the ankle. The cooling must be maintained for at least 15 minutes. Continue to cool several times a day, alternating a period of 15 minutes of cooling with periods without cooling.

Next you may proceed with a tape or self-adhesive bandage. If you sprain your ankle repeatedly, it is advisable to use an ankle support or brace. In addition, you can fortify your ankle by doing specific exercises.

Prof. Dr. F.J.G. Backx, member of the medical committee of the KNKV (Royal Netherlands Korfball Federation), sports physician

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*The Push CMC stabilises the basal joint of the thumb (CMC-1) and places the thumb in a functional position. This guarantees optimal hand function and reduces such symptoms as pain and loss of strength.*

*The selected materials and rounded edges contribute to maximum comfort, the simple closing system enabling patients to fit the brace themselves without any effort. The product is antimicrobial, can be used in water, and can be dried easily.*

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