

care/med/ortho



15:45<sup>hrs</sup>  
Getting  
back your  
active life



PUSH  
FOR  
FREEDOM

**10:15<sup>hrs</sup>**  
Getting  
back your  
active life



## CARE/MED/ORTHO

06 > ANKLE



12 > WRIST



15 > THUMB



16 > KNEE



20 > BACK



22 > NECK



24 > ELBOW



26 > SHOULDER



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# PUSH FOR FREEDOM

JOINT COMPLAINTS SHOULD NEVER STOP YOU FROM MOVING, which is great news for anyone who wants to do more of what they love to do. With Push, you get more freedom, and more of your active life.

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**PUSH FOR FREEDOM** is synonymous with moving freely, just like people want to move. And that is a lot easier than you might think. It's merely a matter of choosing the right medical aid. A good brace helps. By wearing a brace, you can increase the loading capacity of your joints, which in turn will increase their mobility. As well as their freedom of movement. You will rediscover your capabilities and forget your limitations. A pleasure for anyone who lives life to the full and wants to see more of the world.

# THREE PROFILES

**Freedom of movement** is a challenge faced daily by Push. What moves us? Call it the Push for freedom! And we really push it. We are constantly pushing boundaries in order to increase the ability of the locomotor apparatus to function under stress. Together with medical professionals and scientists, we are developing solutions, which will contribute to the quality of life. Of course, each brace undergoes extensive testing.

In our opinion, **freedom of movement** starts with comfort and ease. This means that users can depend on

a brace, which they can put on easily, fits like a glove and guarantees maximum support. New materials ensure effectiveness and durability. Acting as an extension to the body, a brace allows physical activity to be a pleasure once more.

Appearance is just as important, so Push has also paid particular attention to the design of the brace. With its attractive design, **freedom of movement** is there to be seen as an extra incentive to greater mobility and an active life.



PUSH CAN BE USED FOR A WIDE RANGE OF DIFFERENT INDICATIONS. WE HAVE AN ATTRACTIVE RANGE CLASSIFIED UNDER CARE, MED AND ORTHO.

## CARE

function retention

### FUNCTION RETENTION

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.

## MED

function recovery

### FUNCTION RECOVERY

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. Mechanical support, adjustable compression and a good fit combine to ensure this.

## ORTHO

function improvement

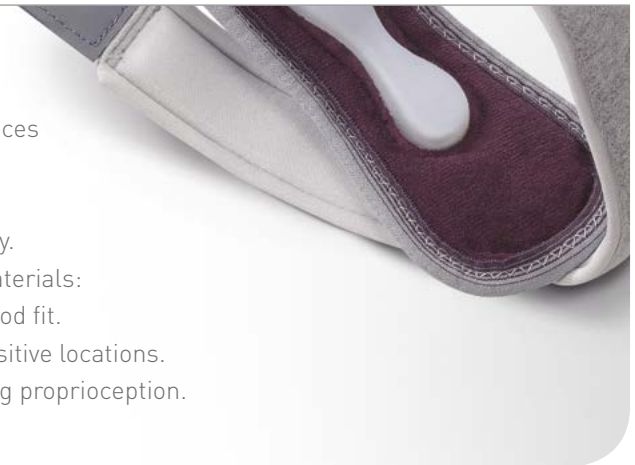
### FUNCTION IMPROVEMENT

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 thus compensating for loss of normal function.

## SYMPRESS™

Sympress™ stands for **Sympathetic Compression**. The lining that is so typical to Push braces is a micro-fibre with many beneficial properties:

- Firstly, its soft touch is unrivalled, giving the user a comfortable, protected feeling.
- Secondly, the excellent moisture wicking properties of this micro-fibre keep the skin dry.
- Thirdly, its elasticity and minimal thickness make it an ideal combination with other materials:
  - Sympress™ with Lycra guarantees an evenly distributed compression as well as a good fit.
  - Sympress™ used in combination with foams creates so-called comfort zones on sensitive locations.
  - Sympress™ with silicone inlays ensures good adhesion to the skin whilst encouraging proprioception.





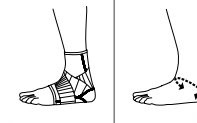
# CARE

## Ankle Brace

### > indications

- > Slight distortions
- > Slight capsule irritations
- > Slight ankle instability
- > Osteoarthritis without instability

Execution: left and right



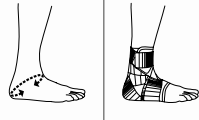
SIZE	CIRCUMFERENCE
1	26 - 29
2	29 - 32
3	32 - 35
4	35 - 38
5	38 - 41



The Push care Ankle Brace provides compression around the ankle joint, thus improving its stability. This compression can be adjusted as and when required. The ankle brace fits perfectly and can be worn in practically any shoe. So-called comfort zones made from padded material surround the vulnerable areas of the ankle.

Execution: left and right

SIZE	CIRCUMFERENCE
1	26 - 29
2	29 - 32
3	32 - 35
4	35 - 38
5	38 - 41



*integrated  
heel lock wrap*



The Push med Ankle Brace provides the ankle joint with support and can be used as long-term support for a wide range of indications and uses. The brace is based on the principle of how taping works. The degree of compression and pronation/supination limits is adjustable. An application of silicone on the inside of the brace ensures that the brace stays in the correct position. There are comfort zones around vulnerable parts of the ankle. The brace is comfortable and easy to wear.

# MED

## Ankle Brace

### > indications

- > Treatment of acute lateral ankle ligament lesions (alternative to taping)
- > Moderate (residual) instability
- > Treatment of stable ankle fractures (Weber type A)
- > Follow-up treatment of ankle fractures
- > Postoperative treatment of ligament injuries or fractures
- > Capsular irritation and tendonitis following ankle fracture or ligament lesions
- > Osteoarthritis with instability
- > Secondary prevention of ankle ligament lesions



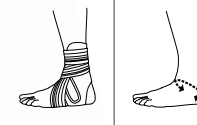
# MED

## Ankle Brace Aequi Flex

### > indications

- > Treatment of acute lateral ankle ligament lesions
- > Conservatively or operatively treated ankle fractures
- > Serious (residual) instability
- > Secondary prevention of ankle ligament lesions
- > Osteoarthritis with instability

Execution: left and right



SIZE	CIRCUMFERENCE
1	27 - 31
2	31 - 34
3	34 - 40



*strong support and  
maximum comfort*

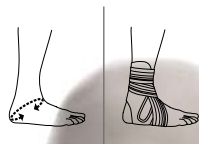


The Push med Aequi Flex provides stability to the ankle joint, during the functional treatment of (sub-)acute ankle injuries. Covering the injured area with padding and adjustable compressive straps, the patient can recover safely and comfortably. A medial stay holds a flexible adjustable strap which controls adverse movements. A secure and comfortable brace for functional treatment and prevention in after-treatment.



Execution: left and right

SIZE	CIRCUMFERENCE
1	27 - 31
2	31 - 34
3	34 - 40



The Push ortho Ankle brace Aequi is an effective ankle orthosis, which strikes a balance between strong mechanical support of an unstable ankle and maximum comfort. The medial rigid support acts as an anchor for an effective and integrated strap system. The lateral side is made from a flexible material, which adapts easily to the anatomy of the ankle. The inversion/eversion movement of the Push Aequi is restricted without hindering plantar/dorsal flexion. There is maximum stability when the brace is worn inside a (laced-up) shoe.

# ORTHO

## Ankle Brace

### Aequi

#### > indications

- > Treatment of acute lateral ankle ligament lesions
- > Serious (residual) instability (under high stress)
- > Conservatively or operatively treated ankle fractures
- > Osteoarthritis with instability without edema
- > Secondary prevention of ankle ligament lesions

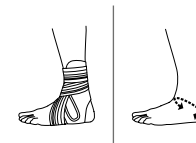


# ORTHO

## Ankle Brace Aequi Junior

### > indications

- > 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



CIRCUMFERENCE

23 - 27

SHOE SIZE

30 - 36



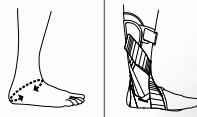
*Especially designed  
for children*



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 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.

Execution: left and right

SIZE	CIRCUMFERENCE	SHOE SIZE
1	27 - 31	36 - 41
2	31 - 34	39 - 44
3	34 - 40	42 - 47



The Push AFO offers excellent support in the case of loss of ability to lift the foot and problems in controlling the foot when walking. The innovative design allows for a natural gait and makes safe and efficient walking possible again. The Push ortho Ankle Foot Orthosis lifts the foot during the swing phase, controls the plantar flexion after heel strike and then allows unimpeded rolling of the foot. In addition, the orthosis offers lateral stability to the ankle joint.

# ORTHO

## Ankle Foot Orthosis AFO

### > indications

- > Loss of control of the ankle dorsiflexors during swing phase and during loading response (heelstrike / foot flat), possibly with ankle instability
- > Disorders possibly involving loss of the function of the ankle dorsiflexors are: CVA, hernia, multiple sclerosis, postpolio syndrome, muscular dystrophy, spinal cord injury, polyneuropathy

### CONTRA-INDICATIONS

- > Loss or lack of control of the calf muscles, moderate to severe spasticity, extreme pes equinus, foot deformity





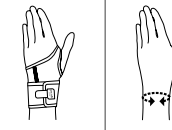
# CARE

## Wrist Brace

### > indications

- > Support for strained wrists
- > Slight residual instability
- > Slight distortions
- > Slight strain complaints in the wrist
- > Slight strain complaints in the wrist extensors
- > Osteoarthritis of wrist and hand
- > Slight rheumatoid complaints

Execution: left and right



SIZE	CIRCUMFERENCE
1	13 - 15
2	15 - 17
3	17 - 19
4	19 - 21

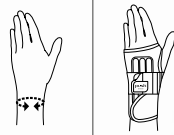


The Push care Wrist Brace provides compression around the wrist joint, thus improving its stability. This compression can be adjusted as and when required. The wrist joint is not immobilised thus allowing sufficient freedom of movement to retain functionality of the hand. The palm of the hand is kept free thus maintaining good grip. A so-called comfort zone made from padded material surrounds the ulnar area of the wrist.



Execution: left and right

SIZE	CIRCUMFERENCE
1	13 - 15
2	15 - 17
3	17 - 19
4	19 - 21



The Push med Wrist Brace offers 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 compression can be optimised with an elastic strap, which is easy to adjust. The brace can easily be fitted around the wrist with one hand. So-called comfort zones made from padded material surround the vulnerable areas of the wrist.

# MED

## Wrist Brace

### > indications

- > Residual instability
- > Moderate to serious distortions
- > Strain complaints in the wrist joint
- > Therapy resistant strain complaints to the wrist extensors
- > Tendonitis to the wrist extensors
- > Wrist fractures without dislocations
- > After-care for wrist fractures
- > Osteoarthritis with edema
- > Repetitive strain injury



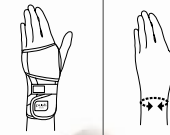
# MED

## Wrist Brace Splint

### > indications

- > Therapy resistant strain complaints of the wrist extensors
- > Moderate to serious rheumatoid complaints
- > Carpal tunnel syndrome
- > Repetitive strain injury

Execution: left and right



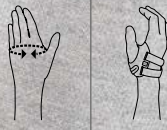
SIZE	CIRCUMFERENCE
1	13 - 15
2	15 - 17
3	17 - 19
4	19 - 21



The Push med Wrist Brace Splint allows the wrist joint to rest without restricting the functionality of the hand. The brace is easy to attach around the forearm, the wrist joint and hand with one hand. A circular non-elastic strap ensures that the post-forming splint closely follows the anatomy of the wrist joint. Consequently, palmary flexion is limited and the hand is supported in a functional position.

Execution: left and right

SIZE	CIRCUMFERENCE
1	16 - 19,5
2	19,5 - 22,5
3	22,5 - 26



*minimal intervention,  
maximal stability*

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.

# ORTHO

## Thumb Brace CMC

### > 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

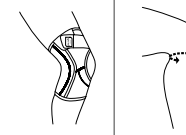


# CARE

## Knee Brace

### > indications

- > Osteoarthritis of the knee joint
- > Patellofemoral osteoarthritis
- > Retropatellar pain complaints
- > Patellofemoral pain syndrom
- > Patella instability
- > Rheumatic complaints
- > Residual functional instability



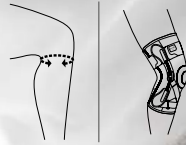
SIZE	CIRCUMFERENCE
1	28 - 31
2	31 - 34
3	34 - 37
4	37 - 41
5	41 - 45



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 compression 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 ensures the brace fits perfectly and also maintains its position.



SIZE	CIRCUMFERENCE
1	28 - 31
2	31 - 34
3	34 - 37
4	37 - 41
5	41 - 45



*effective support,  
natural flexion*

The Push med Knee Brace provides substantial support for the knee joint in the mediolateral 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 good anatomical fit and the silicone application help the position of the brace to be maintained when walking.

# MED

## Knee Brace

### > indications

- > Osteoarthritis
- > Rheumatic arthritis
- > Functional instability after ligament trauma
- > Residual instability after ligament trauma
- > Follow-up treatment after ligament surgery



# MED

## Patella Brace

### > indications

- > Patellofemoral pain syndrome
- > Tendonitis of the patella tendon
- > Apexitis patellae (jumper's knee)
- > Osgood-Schlatter disease
- > Subluxation/proximal hypermobility of the tibiofibular joint



One size



The Push med Patella Brace applies local pressure to the patellar tendon and supports the patella. This relieves the insertion of the thigh muscle and reduces the tractive force on the lower leg thus reducing pain. The pad consists of a skin-compatible and elastic polymer. The anatomical fit and the pad material ensure the brace remains in position when walking.

A hand holding a push brace, with the text 'STYLE MEETS MOBILITY' overlaid. The background features abstract shapes in shades of grey and teal. The word 'push' is visible on the brace, with 'braces' written below it.

# STYLE MEETS MOBILITY

At Push, function and design go hand in hand. Effectiveness and attractiveness are key to our team of designers. Dutch design is not only attractive, but also guarantees the right support. This is great news for anyone wanting to resume the activities they are dreaming about, but were unable to do.

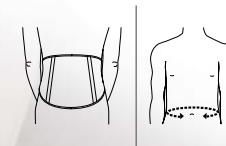
**PUSH FOR FREEDOM.**

# CARE

## Back Brace

### > indications

- > Chronic non-specific lower back complaints
- > For back-straining activities (secondary prevention)
- > Pseudoradicular complaints (sciatica)



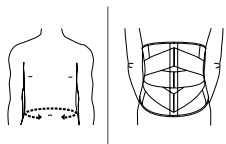
SIZE	CIRCUMFERENCE
1	65 - 75
2	75 - 85
3	85 - 97
4	97 - 110
5	110 - 125
6	125 - 145



The Push care Back Brace reduces pain in the lower back area by distributing even pressure. A moveable, comfortable pad with four pressure points, which is located on the lower back area, ensures a pleasant pressure sensation. The brace is comfortable to wear while either standing or sitting due to its design and choice of materials. The anatomical fit guarantees that it stays in place. The brace has a good body fit, is light and can be worn not noticeable under clothes.



SIZE	CIRCUMFERENCE
1	65 - 75
2	75 - 85
3	85 - 97
4	97 - 110
5	110 - 125
6	125 - 145



# MED Back Brace

## > indications

- > Spondylolisthesis
- > Spondylolysis
- > Lumbar osteoarthritis
- > Discopathy
- > Osteoporotic lumbar compression fractures
- > Postoperative treatment

The Push med Back Brace improves the position of the lumbar vertebral column and thus pain. Pressure is provided by the tightened elastic straps, which increase the support provided by the metal reinforcers. The reinforcers can be adjusted individually. The brace is comfortable to wear while either standing or sitting due to its design and choice of materials. The brace has a good body fit and can be worn not noticeable under clothes.



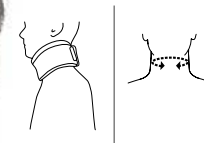
# CARE

## Neck Brace

### > indications

- > After-care to whiplash
- > Acute neck injuries
- > Minor cervical osteoarthritis

Execution: 8 cm and 10 cm height



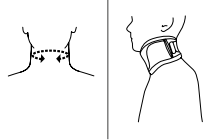
SIZE	CIRCUMFERENCE
1	27 - 36
2	36 - 46



The Push care Neck Brace provides support to the vertebral column with its anatomical shape and the use of semi-rigid foam. Functional support to the neck and head is provided between the jaw and collarbone, using a sufficiently rigid foam that does not restrict mobility. The anatomical fit, the rounded edges and the soft, wick lining ensure that it is comfortable to wear.

Execution: 8 cm and 10 cm height

SIZE	CIRCUMFERENCE
1	27 - 36
2	36 - 46



*comfortable due  
to anatomical fit*



The Push med Neck Brace provides support to the vertebral column with its anatomical shape and the use of semi-rigid foam. The neck brace has a detachable element for additional support. The brace can also be worn without the reinforcers if lighter support is needed. For example during the night or during the course of treatment. Fit and wicking materials ensure comfort.

# MED Neck Brace

## > indications

- > Follow-up treatment of whiplash
- > Acute neck injuries
- > Postoperative treatment after cervical vertebral surgery
- > Cervical hernia nucleus pulposus
- > Cervical osteoarthritis
- > Cervical osteoarthritis including pseudoradicular syndrome
- > Discopathy

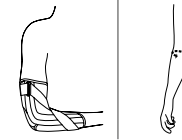


# MED

## Elbow Brace

### > indications

- > Impingement in the case of overstretching
- > Persistent complaints after elbow dislocations and/or fractures
- > Osteoarthritis of the elbow joint



SIZE	CIRCUMFERENCE
1	22 - 24
2	24 - 26
3	26 - 28
4	28 - 32
5	32 - 36



*continuously adjustable  
extension limiter*



The Push med Elbow Brace provides a continuously adjustable extension limiter for the elbow joint to prevent overstretching. The required degree of restriction can be easily adjusted with one hand. The strap system can withstand considerable tractive forces from different angles and is extremely functional. The anatomical fit and silicon application ensure that the brace remains in position when moving.





One size



The Push med Elbow Brace Epi reduces the pain caused by tennis or golfer's elbow. The pressure pad ensures that pressure is focused on the extensors (in the case of tennis elbow) or the flexors (in the case of the golfer's elbow) of the wrist. This relieves the tendon insertion of these muscles on the elbow. The pad consists of a skin-compatible and elastic polymer. The plastic reinforcer ensures evenly distributed pressure around the arm preventing blood flow restriction. The brace can easily be fitted around the forearm with one hand.

# MED

## Elbow Brace Epi

### > indications

- > Tennis elbow (lateral epicondylitis)
- > Golfer's elbow (medial epicondylitis)

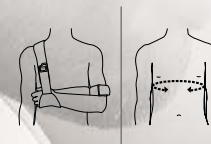


# MED

## Shoulder Brace Plus

### > indications

- > Clavicula fracture
- > Status after (sub)luxation
- > Postoperative treatment
- > Periarthritis humeroscapularis
- > Proximal humeral fracture



SIZE	CIRCUMFERENCE
1	55 - 75 cm
2	75 - 105 cm
3	105 - 140 cm

Execution: left and right

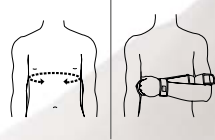
Push shoulder braces adequate good immobilisation of the shoulder joint without excessive strain to the neck and shoulders. The Push med Shoulder Brace Plus is equipped with an extra strap over the undamaged shoulder. This strap guarantees that the forearm remains in a fixed position by supporting the hand and wrist. This can be adjusted in height to prevent the accumulation of fluids.

SIZE

1  
2  
3

CIRCUMFERENCE

55 - 75 cm  
75 - 105 cm  
105 - 140 cm



# MED

## Shoulder Brace

### > indications

- > 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

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.





CARE  
MED  
ORTHO