<table>
<thead>
<tr>
<th>INDEX</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Actimove® SPORTS EDITION</strong></td>
</tr>
<tr>
<td><strong>Wrist</strong></td>
</tr>
<tr>
<td>Actimove® Wrist Support Adjustable</td>
</tr>
<tr>
<td>Actimove® Wrist Support Elastic Wrap Around</td>
</tr>
<tr>
<td>Actimove® Wrist Stabilizer Removable Metal Stay</td>
</tr>
<tr>
<td><strong>Thumb</strong></td>
</tr>
<tr>
<td>Actimove® Thumb Stabilizer Extra Stays</td>
</tr>
<tr>
<td><strong>Knee</strong></td>
</tr>
<tr>
<td>Actimove® Patella Strap Adjustable</td>
</tr>
<tr>
<td>Actimove® Dual Knee Strap Adjustable</td>
</tr>
<tr>
<td>Actimove® Knee Support Closed Patella</td>
</tr>
<tr>
<td>Actimove® Knee Support Open Patella</td>
</tr>
<tr>
<td>Actimove® Knee Support Open Patella Adjustable</td>
</tr>
<tr>
<td>Actimove® Knee Stabilizer, Adjustable Horseshoe and Stays</td>
</tr>
<tr>
<td>Actimove® Knee Brace, Wrap Around, Simple Hinges, Condyle Pads</td>
</tr>
<tr>
<td>Actimove® Knee Brace, Wrap Around, Polycentric Hinges, Condyle Pads</td>
</tr>
<tr>
<td>Actimove® Knee Brace, Adjustable Horseshoe, Simple Hinges, Condyle Pads</td>
</tr>
<tr>
<td>Actimove® PF Knee Brace – Lateral Support, Simple Hinges, Condyle Pads, J-shaped Buttress</td>
</tr>
<tr>
<td><strong>Ankle</strong></td>
</tr>
<tr>
<td>Actimove® Ankle Support</td>
</tr>
<tr>
<td>Actimove® Ankle Support, Adjustable</td>
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<tr>
<td>Actimove® Ankle Support, Elastic Wrap Around</td>
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<tr>
<td>Actimove® Ankle Stabilizer, Criss-Cross Straps</td>
</tr>
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<td><strong>Back</strong></td>
</tr>
<tr>
<td>Actimove® Back Support 4 Stays, Adjustable Double Layer Compression</td>
</tr>
<tr>
<td>Actimove® Back Stabilizer, Rigid Panel with Pressure Pads, SMART Easy-Closing-Pulley-System</td>
</tr>
<tr>
<td><strong>Elbow</strong></td>
</tr>
<tr>
<td>Actimove® Elbow Strap, Hot/Cold Pack</td>
</tr>
<tr>
<td>Actimove® Elbow Support Adjustable</td>
</tr>
<tr>
<td><strong>Shoulder</strong></td>
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<tr>
<td>Actimove® Shoulder Support, Extra Pocket for Optional Hot/Cold Pack</td>
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<td><strong>Thigh</strong></td>
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### Actimove® EVERYDAY SUPPORTS

#### Wrist
- Actimove® Wrist Stabilizer, Carpal Pre-shaped Metal Stay

#### Knees
- Actimove® Mild Knee Support
- Actimove® Knee Support Closed Patella
- Actimove® Knee Support Closed Patella, 2 Stays
- Actimove® Knee Support Open Patella, 4 Stays

#### Ankle
- Actimove® Mild Ankle Support
- Actimove® Ankle Support

#### Back
- Actimove® Back Support, High-Density Foam Panel, Adjustable Double Layer Compression

#### Elbow
- Actimove® Mild Elbow Support
- Actimove® Elbow Support
- Actimove® Elbow Support Pressure Pads and Strap

### Actimove® ARTHRITIS CARE

#### Wrist
- Actimove® Wrist Support

#### Hands
- Actimove® Arthritis Gloves

#### Knee
- Actimove® Knee Support

#### Ankle
- Actimove® Ankle Support

#### Elbow
- Actimove® Elbow Support

### Actimove® KIDS

#### Wrist
- Actimove® Wrist Stabilizer, Removable Metal Stay

#### Knee
- Actimove® Knee Support Open Patella

#### Ankle
- Actimove® Ankle Support

#### Elbow
- Actimove® Elbow Support Adjustable
Whether your patients are running a marathon, recovering from an injury, overcoming daily arthritis or movement–pain related challenges, they can rely on Actimove® to help them with pain relief and provide them with the support they need.

Actimove offers a broad portfolio of medically engineered braces & supports, designed for easy self-selection. Addressing the individual needs of your varied patients, we have developed five new ranges of high–quality orthopedic products designed for functionality, comfort, and help to relieve pain, with special features such as COOLMAX® AIR*:

**Actimove Sports Edition**, **Actimove Everyday Supports**, **Actimove Arthritis Care** and **Actimove Kids** give patients the confidence to overcome physical limitations and pain–related issues to continue taking on their daily life challenges.

Actimove is a brand of Essity, a leading hygiene and health company dedicated to improving well–being through products and solutions. Essity prides itself on providing medical devices, drawing from 80 years of experience in non–invasive orthopedics¹ in hospitals with market leading brands like ORTHO–GLASS® and Lightplast Pro®.

The result is excellent quality products that are reliable and thoroughly tested that will suit your patients’ medical needs and lifestyle.

**Actimove. Feel good. Move better.**

¹ In the market since 1940: the leading Plaster of Paris brand Gypsona®.
² COOLMAX® AIR is a trademark of The LYCRA company
Actimove®
SPORTS EDITION

Younger, sporty people often wear neoprene braces & supports after sports injuries or to prevent re-injury. A major complaint about these is that they are too hot to wear and cause excessive sweating.¹

Actimove Sports Edition aids with pain relief and healing through balanced warmth and medical compression. They offer great comfort from excellent moisture management and skin-friendly materials.

- Made with COOLMAX® AIR² technology, Actimove Sports Edition is engineered for quick drying and exceptional breathability to keep people cool and dry.

- The perforated performance material of Actimove Sports Edition is neoprene-free, latex-free, and friendly to the skin.

- Furthermore, validated compression properties for support and stability help reduce swelling and manage pain relief.

¹ Essity End-User Validation Research 10/2012; n= 400 OSG shoppers in USA
² COOLMAX® AIR is a trademark of The LYCRA company
Actimove® Wrist Support

Adjustable

Durable, adjustable support for weak or injured wrists

- Pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Adjust the level of support for comfort no matter the activity.
- Allows for comfortable, dry hands based on the open palm design.
- Universal sizing.
- Can be worn left or right.

Fields of application:
- Weak or injured wrist
- Overuse syndromes
- Mild sprains and strains
- Arthritis
- Support during everyday activities

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Actimove® Wrist Support
Elastic Wrap Around

Firm and adjustable support, padded for comfort for aching and fatigued wrists

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Firm and adjustable support from powerful elastic strap no matter the activity.
- Comfortable to wear because of terrycloth padding.
- Universal sizing.
- Can be worn left or right.
- Contains latex.

Fields of application:
- Weak, aching and fatigued wrists
- Support during sports

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Actimove® Wrist Stabilizer
Removable Metal Stay, Left or Right

Anatomically shaped stay for secure stabilization, managing sprains and strains

- Pain relief and healing are supported through balanced warmth and medical compression.
- Comfort and good breathability through neoprene-free performance material.
- Stabilizes wrist through an anatomically shaped removable stay for left and right hand application.
- Quick and easy to fit with slip-on design and individually adjustable straps.
- Special comfort in a premium soft material and seamless design.
- Can be easily worn under clothing due to low profile.
- Three sizes available.
- Can be worn left or right.

Fields of application:
- Tendonitis
- Sprains, strains, soft tissue injuries
- Osteoarthritis
- Rheumatoid arthritis
- Post-operative care
- After cast removal

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Actimove® Thumb Stabilizer

Extra Stays

Anatomically shaped stays, managing thumb injuries, keeping finger dexterity

- Pain relief and healing are supported through balanced warmth and medical compression.
- Comfort and good breathability through neoprene-free performance material.
- Stabilization of the thumb through two integrated anatomically shaped stays.
- Comfortable to wear because of premium quality soft material.
- Firm and adjustable wrist support from powerful elastic strap.
- Full finger movement and hand dexterity from special open design.
- Two sizes available.
- Comes in black or beige.

Fields of application:
- Mild to moderate strains and sprains (e.g., skier’s thumb)
- Inflammation
- Onset of osteoarthritis
- Thumb pain from repetitive motion activities, like texting or gaming

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Actimove® Patella Strap

Adjustable

Targeted patella pain relief that stays in place

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Targeted pain relief by increased pressure on patella tendon from the high density EVA shaped insert.
- Stays in place under activity due to silicone dot lining.
- Adjust the level of support, for comfort no matter the activity.
- Universal sizing.
- Can be worn left or right.

Fields of application:
- Patella tendonitis
- Patellofemoral pain syndrome
- Chondromalacia patella
- Osgood–Schlatter disease

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Actimove® Dual Knee Strap

Adjustable

Dual strap design for additional stability and patella pain relief

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Additional stability from dual strap design supporting the painful patella.
- Targeted pain relief by increased pressure on patella tendon from the high density EVA shaped insert.
- Adjust the level of support, for comfort no matter the activity.
- Four sizes.
- Can be worn left or right.

Fields of application:
- Patella and quadrizeps tendonitis
- Patellofemoral pain syndrome
- Chondromalacia patella
- Osgood–Schlatter disease

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Actimove® Knee Support

Closed Patella

Fast, easy and secure protection for minor knee injuries

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Feel secure as knee is protected by a snug fit that stays in place.
- Fast & easy slip-on style.
- Seven sizes available.
- Available in black or navy.

Fields of application:
- Painful knee injuries and prevention
- Slight strains, sprains and contusions
- Minor meniscal damages
- Joint swelling

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Actimove® Knee Support

Open Patella

Fast, easy and secure protection, relieving patella pain in minor knee injuries

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Helps to relieve patella pain. Knee cap pressure is reduced by open design.
- Feel secure as knee is protected by a snug fit that stays in place.
- Fast & easy slip-on style.
- Seven sizes available.
- Available in black or navy.

Fields of application:
- Painful knee injuries and prevention
- Slight strains, sprains and contusions
- Minor meniscal damages
- Joint swelling

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Actimove® Knee Support

Open Patella Adjustable

Adjustable and secure protection, relieving patella pain in minor knee injuries

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Supports ease of application with wrap-around style for sore knees.
- Adjust the level of support for comfort no matter the activity.
- Helps to relieve patella pain. Knee cap pressure is reduced by open design.
- Universal sizing.
- Can be worn left or right.

Fields of application:
- Painful knee injuries and prevention
- Slight strains, sprains and contusions
- Minor meniscal damages
- Joint swelling

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Actimove® Knee Stabilizer

Adjustable Horseshoe and Stays

Sleeve design with adjustable horseshoe for improved patellar tracking

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Manage patellar pain syndrome with an adjustable horseshoe.
- Added knee support from medial and lateral spiral stays.
- Stays in place with improved fit through elastic hook and loop support strap.
- Easy application with convenient finger-loops.
- Improved patellar tracking through increased pressure by adjusting the horseshoe either inferiorly, superiorly, medially or laterally.
- Seven sizes available.
- Can be worn left or right.

Fields of application:
- Patellar pain syndrome
- Patellar tracking and subluxation
- Patellar instability
- Chondromalacia patella
- Patellar tendonitis

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Actimove® Knee Brace

Wrap Around, Simple Hinges, Condyle Pads

Pain–free application through front wrap closure system, simple hinges for extra stability

- Pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Manage knee pain from soft tissue, ligament injuries or osteoarthritis through extra stability from medial and lateral hinges.

• Supports pain–free application through front wrap closure system.
• Stays in place with improved fit through elastic hook and loop support strap.
• Seven sizes available.
• Can be worn left or right.

Fields of application:
- Light to moderate ACL, LCL, MCL, PCL sprains and tears
- Medial / lateral meniscal tears
- Osteoarthritis (OA)
- Knee joint instability

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Actimove® Knee Brace

Wrap Around, Polycentric Hinges, Condyle Pads

Pain-free application through front wrap closure system, polycentric hinges for improved gait

- Pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Manage knee pain from soft tissue, ligament injuries or osteoarthritis through extra stability from medial and lateral hinges.

- Supports pain-free application through front wrap closure system.
- Stays in place with improved fit through elastic hook and loop support straps.
- Seven sizes available.
- Can be worn left or right.

Fields of application:
- Light to moderate ACL, LCL, MCL, PCL sprains and tears
- Medial / lateral meniscal tears
- Osteoarthritis (OA)
- Knee joint instability

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<td>7311806</td>
<td>XXXL</td>
<td>24” – 26”</td>
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</table>
Actimove® Knee Brace

Adjustable Horseshoe, Simple Hinges, Condyle Pads

Hinged knee sleeve for extra stability, adjustable horseshoe for improved patellar tracking

- Pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Manage knee pain from soft tissue and ligament injuries through extra stability with medial and lateral hinges.
- Optional patellar support with an adjustable horseshoe.
- Stays in place with improved fit through elastic hook and loop support strap.
- Easy application with convenient finger-loops.
- Improved patellar tracking through increased pressure by adjusting the horseshoe either inferiorly, superiorly, medially or laterally.
- Seven sizes available.
- Can be worn left or right.

Fields of application:
- ACL, LCL, MCL, PCL sprains and tears
- Medial/lateral meniscal tears
- Patellar instability
- Patellar tendonitis
- Chondromalacia patella
- Osgood-Schlatter disease

<table>
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</tr>
<tr>
<td>7568753</td>
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<tr>
<td>7568756</td>
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<td>24” – 26”</td>
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</table>
Actimove® PF Knee Brace – Lateral Support

Simple Hinges, Condyle Pads, J-shaped Buttress

Sleeve design with special lateral patellar femoral support, simple hinges for extra stability

- Pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Lateral patellar support and stabilization using special angled straps combined with the “J” shaped buttress.
- Supports side-to-side knee stability through medial and lateral hinges.
- Easy application with convenient finger-loops.
- Seven sizes available.

Fields of application:
- Chondromalacia patella
- Lateral pressure syndrome pain
- Patellar instability
- Lateral dislocation
- Lateral patellofemoral mal alignment

<table>
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<td>Left</td>
<td>XXXL</td>
<td>24” – 26”</td>
<td>Black</td>
</tr>
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</table>
Actimove® Ankle Support

Slim fit sleeve for every shoe

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Fast & easy slip on style.
- Comfortable slim-fit with flat seams for every shoe.
- Four sizes available.
- Can be worn left or right.
- Available in black or navy.

**Fields of application:**
- Painful ankle injuries & prevention
- Mild sprains
- Weak ankles
- Swelling and tenderness

<table>
<thead>
<tr>
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<th>Color</th>
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</table>
Actimove® Ankle Support

Adjustable

Stays in place through conforming heel loop, adjustable for stability

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Comfort and good breathability through neoprene-free performance material.
- Stays in place with conforming elastic heel loop.
- Adjust the level of support, for comfort no matter the activity.
- Universal sizing.
- Can be worn left or right.

Fields of application:
- Painful ankle injuries & prevention
- Mild sprains
- Weak ankles
- Swelling and tenderness

<table>
<thead>
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Actimove® Ankle Support
Elastic Wrap Around

Ultra slim fit, extra thin, yet durable, adjustable for stability

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Increased comfort and good breathability with ventilated elastic strap design.
- Ultra slim fit due to extra thin but durable material.
- Adjust the level of support for comfort, no matter the activity.
- Three sizes available.
- Can be worn left or right.
- Contains latex.
- Available in black.

Fields of application:
- Painful ankle injuries & prevention
- Mild sprains
- Weak ankles
- Swelling and tenderness

<table>
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<td>7341482</td>
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<td>9” – 10”</td>
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</table>
Actimove® Ankle Stabilizer

Criss-Cross Straps

Simulating sports taping, increased stability for ankle and arch of foot

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Increased stability around the ankle and arch of foot with criss-cross straps simulating sports taping.
- Stays in place during athletic activity with extra support from circular strap.
- Universal sizing.
- Can be worn left or right.

Fields of application:
- Mild and moderate ankle sprains
- Sports injuries
- Helps to avoid re-injuries and chronic ankle instabilities

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<tr>
<td>7561130</td>
<td>Universal</td>
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</table>
Actimove® Back Support, 4 Stays
Adjustable Double Layer Compression

Advanced support and pain relief with comfort

- Pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Advanced support and pain relief from adjustable, circumferential double-layer compression.
- Comfortable to wear, even when sitting, as flexible stays maintain positioning.
- Five sizes available.

Fields of application:
- Acute and chronic back pain
- Lumbar strains
- Muscular insufficiency
- Provides support during sports

<table>
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<td>7554123</td>
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<td>41” – 45”</td>
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<tr>
<td>7554124</td>
<td>XXL</td>
<td>45” – 49”</td>
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</tbody>
</table>
Actimove® Back Stabilizer

Rigid Panel with Pressure Pads
SMART Easy–Closing–Pulley–System

Easy to apply and adjust, relieving massage for lower back pain

- Pain relief and healing are supported through balanced warmth and medical compression.
- Comfort and good breathability through neoprene-free perforated performance material.
- Easy and simple to apply and adjust the compression with just one thumb using the SMART Easy–Closing–Pulley–System.
- Additional strength and stability for the lumbar region through rigid back panel.
- Relieving massage effect through prominent, removable pressure pads.
- Four sizes available.

Fields of application:
- Acute and chronic lower back pain
- Degenerative back problems (e.g., spondylosis)
- Lumbar instabilities (e.g., muscular insufficiencies)
- Post–operative care and rehabilitation

<table>
<thead>
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<td>7553513</td>
<td>2XL/3XL</td>
<td>45” – 49”</td>
<td>Black</td>
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</table>
Actimove® Elbow Strap
Hot/Cold Pack

Extra pain relief and secure fit for tennis and golfer's elbow

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Comfort and good breathability through neoprene-free performance material.
- Extra pain relief supported by a removable therapeutic hot/cold pack.
- Silicone dot lining for secure fit.
- Universal sizing.
- Can be worn left or right.

Fields of application:
- Tennis, golfer’s elbow (epicondylitis)

<table>
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<td>7574230</td>
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<td>11” – 15¾”</td>
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</table>
Actimove® Elbow Support

Adjustable

Slip–on design with easy application and adjustment

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Universal sizing.
- Can be worn left or right.
- Comfort and good breathability through neoprene–free performance material.
- Quick and easy to fit with slip–on design and individually adjustable straps.
- Can be worn left or right.

Fields of application:
- Painful elbow injuries & prevention

<table>
<thead>
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<th>Ref / BNR</th>
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<tbody>
<tr>
<td>7561730</td>
<td>Universal</td>
<td>7½” – 14½”</td>
<td>Black</td>
</tr>
</tbody>
</table>
Actimove® Shoulder Support

Extra Pocket for Optional Hot/Cold Pack

Adjustable support and protection for shoulder injuries and painful conditions

- Pain relief and healing are supported through balanced warmth and medical compression.
- Comfort and good breathability through neoprene-free performance material.
- Extra pain relief when optional hot/cold therapy pack is placed in build-in pocket.
- Supports and protects the shoulder while allowing flexibility.

- Adjustable chest and arm closure for a custom fit.
- Three sizes available.
- Can be worn left or right.

Fields of application:
- Slight shoulder instabilities
- Degenerative shoulder conditions
- Tendomyopathies
- Shoulder sprains / strains
- After arthroscopy

<table>
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<tr>
<td>7557311</td>
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<tr>
<td>7557312</td>
<td>L</td>
<td>51” – 61”</td>
<td>Black</td>
</tr>
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</table>
Actimove® Thigh Support

Adjustable

Adjustable, accommodating fit that stays in place for strains and contusions

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Feel secure as thigh is protected by an accommodating fit that stays in place.
- Adjust the level of support for comfort, no matter the activity.
- Universal sizing.
- Can be worn left or right.

Fields of application:
- For slight to moderate strains & contusions of the quadriceps or hamstring muscles

<table>
<thead>
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</table>
Actimove®
EVERYDAY SUPPORTS

With age, patients frequently suffer from chronic degenerative joint diseases, impacting how they are able to move. They are looking for stability to support their mobility.

Actimove Everyday Supports provide medical compression that helps to reduce edema and aids with pain relief. Its enduring comfort is combined in a range of reliable and durable supports.

- **Validated compression** properties provide support and stability which helps to reduce swelling and manage pain relief.
- The **unique helix design** is inspired by physiological taping and the supports are anatomically shaped for stability.
- Made from **soft, latex-free** yarns, Actimove Everyday Supports have special comfort zones for sensitive areas.
Actimove® Wrist Stabilizer Carpal

Pre-shaped Metal Stay

Anatomical shape for correct positioning, full finger movement and hand dexterity

- Pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Helps to manage pain by stabilizing wrist with anatomically shaped stay for correct positioning.
- Provides relief as hand can rest on palmar pad supported by rigid, angled stay.
- Full finger movement and hand dexterity from unique open design.
- Universal sizing.
- Can be worn left or right.

Fields of application:
- Symptomatic relief of carpal tunnel syndrome, e.g., while using a computer

<table>
<thead>
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<tr>
<td>7571420</td>
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</table>
Actimove® Mild Knee Support

Lightweight design, easy to apply

- Mild support and easy application due to lightweight design.
- Knitted design supports good fit while maintaining flexibility.
- Soft yarns, latex-free for comfort.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Slightly swollen and aching knees

<table>
<thead>
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<tr>
<td>7558023</td>
<td>XL</td>
<td>20¾” - 24”</td>
<td>White</td>
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</table>
Actimove® Knee Support
Closed Patella

Firm compression, reliable, durable support for everyday mobility, functional helix design

- Firm compression to help manage pain from knee conditions.
- Reliable, durable support for everyday mobility.
- Seamless anatomical shape supported by a patterned helix design for a good fit.
- Soft, smooth Motion-Comfort-Zone in the popliteal area.
- Reinforced edges for long lasting wear.
- Soft, latex-free and cotton-free yarns for enduring comfort.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Degenerative knee conditions
- Overuse or repetitive use syndromes
- Chronic knee pain

<table>
<thead>
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<tr>
<td>7557539</td>
<td>XL</td>
<td>18” – 20½”</td>
<td>Beige</td>
</tr>
</tbody>
</table>
Actimove® Knee Support
Closed Patella, 2 Stays

Firm compression, added stability, durable support, functional helix design

- Firm compression to help manage pain from knee conditions.
- Added stability through two spiral stays.
- Reliable, durable support for everyday mobility.
- Anatomical shape supported by a patterned helix design for a good fit.
- Soft, smooth Motion-Comfort-Zone in the popliteal area.
- Reinforced edges for long lasting wear.
- Soft, latex-free and cotton-free yarns for enduring comfort.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Degenerative knee conditions
- Overuse or repetitive use syndromes
- Chronic knee pain

<table>
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<tr>
<td>75575-30</td>
<td>L</td>
<td>16 1/4” – 18”</td>
<td>Beige</td>
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<tr>
<td>75575-31</td>
<td>XL</td>
<td>18” – 20 1/2”</td>
<td>Beige</td>
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</tbody>
</table>
Actimove® Knee Support
Open Patella, 4 Stays

Firm compression, extra stability, reduced patella pressure, durable support, functional helix design

- Firm compression to help manage pain from knee conditions.
- Helps to relieve patella pain. Knee cap pressure is reduced by open design.
- Added stability through four spiral stays.
- Reliable, durable support for everyday mobility.
- Anatomical shape supported by a patterned helix design for a good fit.
- Soft, smooth Motion-Comfort-Zone in the popliteal area.
- Reinforced edges for long lasting wear.
- Soft, latex-free and cotton-free yarns for enduring comfort.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Degenerative knee conditions
- Overuse or repetitive use syndromes
- Chronic knee pain

<table>
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<td>7557522</td>
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<td>16¼” – 18”</td>
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<td>XL</td>
<td>18” – 20½”</td>
<td>Beige</td>
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</table>
Actimove® Mild Ankle Support

Lightweight design, easy to apply

- Mild support and easy application due to lightweight open heel design.
- Knitted design supports good fit while maintaining flexibility.
- Soft yarns, latex-free for comfort.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Slightly swollen and aching ankles.

<table>
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</tbody>
</table>
Actimove® Ankle Support

Firm compression, reliable, durable support for everyday mobility

- Firm compression to help manage pain from ankle conditions.
- Reliable, durable support for everyday mobility.
- Seamless anatomical shape supported by a patterned helix design for a good fit.
- Reinforced edges for long lasting wear.
- Soft, smooth Motion-Comfort-Zone in the instep.
- Soft, latex-free and cotton-free yarns for enduring comfort.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Degenerative ankle conditions
- Overuse or repetitive use syndromes
- Chronic ankle pain

<table>
<thead>
<tr>
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<th>Color</th>
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<td>Beige</td>
</tr>
<tr>
<td>7560823</td>
<td>XL</td>
<td>10¾” – 11¾”</td>
<td>Beige</td>
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</tbody>
</table>
Actimove® Back Support
High-Density Foam Panel
Adjustable Double Layer Compression

Relieving massage effect, stability for the lumbar region

- Pain relief and healing are supported through balanced warmth and medical compression.
- Comfort and good breathability through neoprene-free perforated performance material.
- Provides strength and stability for the lumbar region incorporating a tapered high-density foam panel.
- Relieving massage effect through prominent pressure pads.
- Easy to apply and adjustable compression, thanks to the finger pockets and loops.
- Two sizes available.

Fields of application:
- Acute and chronic lower back pain
- Degenerative back problems (e.g. spondylosis)
- Lumbar instabilities (e.g. muscular insufficiencies)
- Post-operative care and rehabilitation

<table>
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<th>Measurements</th>
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Actimove® Mild Elbow Support

Lightweight design, easy to apply

- Mild support and easy application due to lightweight design.
- Knitted design supports good fit while maintaining flexibility.
- Soft yarns, latex-free for comfort.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Slightly swollen and aching elbows

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<td>White</td>
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<tr>
<td>7561623</td>
<td>XL</td>
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</table>
Actimove® Elbow Support

Firm compression, reliable, durable support for everyday mobility

- Firm compression to help manage pain from elbow conditions.
- Reliable, durable support for everyday mobility.
- Seamless anatomical shape supported by a patterned helix design for a good fit.
- Reinforced edges for long lasting wear.
- Soft, latex-free and cotton-free yarns for enduring comfort.
- Soft, smooth Motion-Comfort-Zone in the elbow crease.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Degenerative elbow conditions
- Overuse or repetitive use syndromes
- Chronic elbow pain

<table>
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<td>7561433</td>
<td>XL</td>
<td>11½” – 12½”</td>
<td>Beige</td>
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</tbody>
</table>
Actimove® Elbow Support

Pressure Pads and Strap

**Firm compression, adjustable pressure, durable support for added pain relief**

- Firm compression to help manage pain from elbow conditions.
- Two shaped pressure pads create a massage effect for added pain relief.
- Targeted pain relief by adjusting pressure on forearm tendon by extra elastic strap.
- Reliable, durable support for everyday mobility.
- Seamless anatomical shape supported by a patterned helix design for a good fit.

- Soft, smooth Motion–Comfort–Zone in the elbow crease.
- Reinforced edges for long lasting wear.
- Soft, latex–free and cotton–free yarns for enduring comfort.
- Four sizes available.
- Can be worn left or right.

**Fields of application:**
- Degenerative elbow conditions
- Overuse or repetitive use syndromes
- Chronic elbow pain

<table>
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<td>7561441</td>
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Actimove®
ARTHRITE CARE

Elderly people suffering from chronic, painful osteoarthritis or rheumatoid arthritis are on a quest to find lasting pain relief\(^1\) to help them live their daily lives.

Actimove Arthritis Care supports aid pain relief and increase joint mobility through soothing warmth and compression.

- Actimove Arthritis Care is made with special ceramic yarns which retain and reflect body heat.
- Validated compression properties provide support and stability, helping to reduce swelling, increase joint mobility and help to manage pain.
- The skin friendly materials are soft and comfortable and latex-free.

\(^1\) Essity Internal Shopper Study
Actimove® Wrist Support

Soothing warmth for wrists from heat-retaining ceramic fibers

- Unique ceramic fibers retain and reflect body heat for soothing warmth to help relieve pain.
- Four-way stretch provides light, comfortable compression to reduce swelling for improved mobility.
- Therapeutic warming promotes circulation around the wrist for faster return to daily activities.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Painful arthritis of the wrist joint

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<tr>
<td>7577923</td>
<td>XL</td>
<td>7½” – 8¼”</td>
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</table>
Actimove® Arthritis Gloves

Balanced warmth and medical compression, comfortable from outer seams

- Pain relief and healing are supported through balanced warmth and medical compression.
- Comfort and good breathability through neoprene-free performance material.
- Provides light compression to help reduce swelling for improved finger and hand mobility.
- Comfortable to wear because of premium soft material and outside seams.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Arthritis
- Aching fingers and hands
- Overuse or repetitive use syndromes

Ref / BNR | Size | Measurements | Color
---|---|---|---
7578320 | S | 7” – 8” | Beige
7578321 | M | 8” – 9¼” | Beige
7578322 | L | 9¼” – 10½” | Beige
7578323 | XL | 10½” – 11¾” | Beige
Actimove® Knee Support

Soothing warmth for knees from heat-retaining ceramic fibers

• Unique ceramic fibers retain and reflect body heat for soothing warmth to help relieve pain.

• Four-way stretch provides light, comfortable compression to reduce swelling for improved mobility.

• Therapeutic warming promotes circulation around the knee for faster return to daily activities.

• Four sizes available.

• Can be worn left or right.

Fields of application:
- Painful arthritis of the knee joint

<table>
<thead>
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<th>Ref / BNR</th>
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<td>75781-24</td>
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Actimove® Ankle Support

Soothing warmth for ankles from heat-retaining ceramic fibers

- Unique ceramic fibers retain and reflect body heat for soothing warmth to help relieve pain.
- Four-way stretch provides light, comfortable compression to reduce swelling for improved mobility.
- Therapeutic warming promotes circulation around the ankle for faster return to daily activities.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Painful arthritis of the ankle joint

<table>
<thead>
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<td>7578024</td>
<td>XXL</td>
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</table>
Actimove® Elbow Support

Soothing warmth for elbows from heat-retaining ceramic fibers

- Unique ceramic fibers retain and reflect body heat for soothing warmth to help relieve pain.
- Four-way stretch provides light, comfortable compression to reduce swelling for improved mobility.
- Therapeutic warming promotes circulation around the elbow for faster return to daily activities.
- Four sizes available.
- Can be worn left or right.

Fields of application:
- Painful arthritis of the elbow joint

<table>
<thead>
<tr>
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<td>7578222</td>
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<td>7578223</td>
<td>L</td>
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<tr>
<td>7578224</td>
<td>XL</td>
<td>11½” – 12¾”</td>
<td>Beige</td>
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</table>
**Actimove® KIDS**

Many children suffering from play or sport injuries may not like to wear supports, because most available neoprene-made options may be too hot.

Actimove Kids offers pain relief and healing through balanced warmth and medical compression. Kids will enjoy great comfort from skin-friendly materials offering excellent moisture management.

- Made with COOLMAX® AIR technology, Actimove Kids is engineered for quick drying and exceptional breathability to keep children cool and dry.
- The perforated performance material of Actimove Kids is neoprene-free, latex-free, and skin friendly.
- Furthermore, validated compression properties for support and stability help reduce swelling and manage pain relief.

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1 COOLMAX® AIR is a trademark of The LYCRA company
Actimove® Wrist Stabilizer
Removable Metal Stay, Left or Right

Anatomically shaped stay for secure stabilization, managing sprains and strains

- Pain relief and healing are supported through balanced warmth and medical compression.
- Comfort and good breathability through neoprene-free performance material.
- Stabilizes wrist through an anatomically shaped removable stay for left and right hand application.
- Quick and easy to fit with slip-on design and individually adjustable straps.
- Special comfort in a premium soft material and seamless design.
- Can be easily worn under clothing due to low profile.
- Pediatric sizes, ages 2 – 7.

Fields of application:
- Tendonitis
- Sprains, strains, soft tissue injuries
- Post-operative care
- After cast removal

<table>
<thead>
<tr>
<th>Ref / BNR</th>
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<tr>
<td>7572930</td>
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</tbody>
</table>
Actimove® Knee Support

Open Patella

Fast, easy and secure protection, relieving patella pain in minor knee injuries

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Helps to relieve patella pain. Knee cap pressure is reduced by open design.
- Feel secure as knee is protected by a snug fit that stays in place.
- Fast & easy slip-on style.
- Two sizes, suitable for ages 6 – 7 and 8 – 12.

Fields of application:
- Painful knee injuries and prevention
- Slight strains, sprains and contusions
- Joint swelling

<table>
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<th>Size</th>
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<tr>
<td>7558511</td>
<td>Youth</td>
<td>12” – 14”</td>
<td>Navy</td>
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</tbody>
</table>
Actimove® Ankle Support

Slim fit sleeve for every shoe

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Great comfort with exceptional breathability through quick drying perforated performance material.
- Neoprene-free, made with COOLMAX® AIR technology.
- Fast & easy slip-on style.
- Comfortable slim-fit with flat seams for every shoe.
- Two sizes, suitable for ages 6 –15. and 11 – 15.

Fields of application:
- Painful ankle injuries & prevention
- Mild sprains
- Weak ankles
- Swelling and tenderness

<table>
<thead>
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<td>Youth</td>
<td>7½” – 8½”</td>
<td>Navy</td>
</tr>
</tbody>
</table>
Actimove® Elbow Support
Adjustable

Slip-on design with easy application and adjustment

- Enjoy sports, as pain relief and healing are supported through balanced warmth and medical compression.
- Comfort and good breathability through neoprene-free performance material.
- Quick and easy to fit with slip-on design and individually adjustable straps.
- Pediatric sizes, ages 5 – 7.

Fields of application:
- Painful elbow injuries & prevention

<table>
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