

# Actimove®

Feel good. Move better.



# Actimove®

## Product Catalogue





# Actimove® – for you and your patients' needs

Actimove offers a broad portfolio of medically engineered braces and supports, coming in five distinctive ranges. Actimove Professional Line, Actimove Sports Edition, Actimove Everyday Supports, Actimove Arthritis Care and Actimove Kids give patients the confidence to manage their pain and to take on their daily life challenges.

Drawing on over 80 years of experience in non-invasive orthopedics<sup>1</sup>, Actimove prides itself on providing medical devices that are reliable and thoroughly tested. Actimove braces and supports help to manage pain with excellent functional performance based on biomechanics. They are tested for biocompatibility, are comfortable and made from carefully chosen materials.

Actimove is a brand of Essity, a leading hygiene and health company dedicated to improving people's well-being. Actimove is proud to provide orthopaedic supports and braces that are reliable, thoroughly tested and tailored to meet patient's needs.

Whether users are running a marathon, recovering from an injury, overcoming daily arthritis, or movement pain-related challenges, they can rely on Actimove to help them manage pain and provide the support they need.

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

<sup>1</sup> In the market since 1940: the leading Plaster of Paris brand Gypsona®.

## Actimove® PROFESSIONAL LINE

Excellent functionality for pain relief



- For professional treatment of acute injuries, post-op use and rehabilitation of chronic orthopaedic conditions
- Control and guide joint movement
- Support – Stabilise – Immobilise

## Actimove® SPORTS EDITION

Keep cool and dry for great comfort



- Aids pain relief after acute injuries
- To help prevent re-injuries
- Neoprene-free material
- Made with COOLMAX® AIR Technology

## Actimove® EVERYDAY SUPPORT

Stability for daily mobility



- Aids pain relief in chronic degenerative joint diseases
- Medical compression to help reduce oedema
- Latex-free formular – Suitable for those sensitive to latex
- Made with COOLMAX® AIR Technology

## Actimove® KIDS

Especially for kids



- Designed for children
- Aids pain relief from acute injuries
- Neoprene-free material
- Made with COOLMAX® AIR Technology

## Actimove® ARTHRITIS CARE

Soothing warmth for pain relief



- Designed to help increase mobility
- Aids pain relief for chronic osteoarthritis and rheumatoid arthritis
- Latex-free formula – Suitable for those sensitive to latex

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# Hand and Wrist

## Actimove® PROFESSIONAL LINE

Excellent functionality for pain relief

- Actimove® Manus
- Actimove® Gauntlet
- Actimove® Rhizo Forte
- Actimove® AluFoam

## Actimove® SPORTS EDITION

Keep cool and dry for great comfort

- Actimove® Wrist Support, Elastic
- Actimove® Wrist Support, Adjustable
- Actimove® Wrist Stabiliser
- Actimove® Thumb Stabiliser

## Actimove® EVERYDAY SUPPORT

Stability for daily mobility

- Actimove® Wrist Stabiliser Carpal

## Actimove® KIDS

Especially for kids

- Actimove® Wrist Stabiliser

## Actimove® ARTHRITIS CARE

Soothing warmth for pain relief

- Actimove® Wrist Support
- Actimove® Gloves



Actimove®  
Manus



Actimove®  
Rhizo Forte



# Actimove® Manus

## Wrist stabiliser

- Anatomically shaped stay supports healing and offers pain relief
- Can be applied on the left or right hand as the palmar stay is removable
- Comfortable to wear due to the soft latex-free material and contoured strap ends
- Quick and easy to apply due to the slip-on sleeve and individually adjustable hook and loop fixings
- Hand washable

### Indications:

- Tendonitis
- Sprains, strains
- Osteoarthritis
- Rheumatoid Arthritis
- Post-operative care
- Post-traumatic care



LATEX  
FREE  
FORMULA

|  | Code     | Size    | Measurements  | NHS SC Code |
|--|----------|---------|---------------|-------------|
|  | 72348-50 | Small   | 13cm - 15cm   | GQV600      |
|  | 72348-51 | Medium  | 15cm - 17.5cm | GQV601      |
|  | 72348-52 | Large   | 17.5cm - 20cm | GQV602      |
|  | 72348-53 | X Large | 20cm - 23cm   | GQV603      |



# Actimove® Gauntlet

## Wrist and thumb stabiliser

- Anatomically shaped stays supports healing and offers pain relief
- MCP joint stabilisation through the thumb stay while allowing full finger movement
- Can be applied on the left or right hand as the palmar stay is removable
- Comfortable to wear due to the soft latex-free material and contoured strap ends
- Quick and easy to apply due to the slip-on sleeve and individually adjustable hook and loop fixings
- Hand washable

### Indications:

- Osteoarthritis of the thumb
- Irritation of the thumb
- Skier's thumb
- Sprains, strains
- Rheumatoid Arthritis
- Post-operative care
- Post-traumatic care
- DeQuervain's tendosynovitis



LATEX  
FREE  
FORMULA

|  | Code     | Size    | Measurements  | NHS SC Code |
|--|----------|---------|---------------|-------------|
|  | 72859-90 | Small   | 13cm - 15cm   | GQV604      |
|  | 72859-91 | Medium  | 15cm - 17.5cm | GQV605      |
|  | 72859-92 | Large   | 17.5cm - 20cm | GQV606      |
|  | 72859-93 | X Large | 20cm - 23cm   | GQV607      |



# Actimove® Rhizo Forte

## Thumb orthosis

- Clinically proven to help alleviate pain arising from osteoarthritis of the thumb<sup>1</sup>
- Supports pain relief by placing the thumb in a functional position and immobilising the carpometacarpal (CMC) and the first metacarpophalangeal (MCP1) joints
- A study has shown that Actimove Rhizo Forte can help decrease sleep disturbances often observed in symptomatic osteoarthritis of the thumb<sup>1</sup>
- Improved design for optimised fit and comfort around the thumb
- For everyday wear, as wrist and fingers are free to move while the thumb is effectively restricted
- Individually adjustable by moulding the aluminium core

### Indications:

- Thumb osteoarthritis
- Rheumatoid arthritis of the thumb
- Ulnar collateral ligament injuries of the MCP 1 joint (e.g., skier's thumb)
- Instability of the CMC joint
- Soft tissue injuries (sprains)
- Traumatic thumb dislocation
- Ligament instabilities
- Postsurgical and nonsurgical treatment



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FORMULA

|  | Code     | Size           | Measurements | NHS SC Code |
|--|----------|----------------|--------------|-------------|
|  | 76238-00 | Right - Small  | 6.8cm - 8cm  | GRZ5174     |
|  | 76238-02 | Right - Medium | 8cm - 9cm    | GRZ5179     |
|  | 76238-04 | Right - Large  | 9cm - 10cm   | GRZ5177     |
|  | 76238-01 | Left - Small   | 6.8cm - 8cm  | GRZ5175     |
|  | 76238-03 | Left - Medium  | 8cm - 9cm    | GRZ5176     |
|  | 76238-05 | Left - Large   | 9cm - 10cm   | GRZ5178     |

1) Essity/BSN medical GmbH, 2021, data on file, submitted for publication

# Actimove® AluFoam

## Aluminium finger splints

- Splints can easily be moulded to fit individual patients for secure immobilisation
- High density foam padding provides comfortable cushioning support and adjusts as swelling subsides
- Rounded edges along the length for patient comfort
- Can be cut to the required length
- Can be used with any adhesive tape

### Indications:

- Subungual haematoma
- Nail bed laceration
- Mallet finger
- Distal phalanx fracture
- FDP avulsion
- DIP joint dislocation



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FREE  
FORMULA

|  | Code     | Size         | Pack Qty   | NHS SC Code |
|--|----------|--------------|------------|-------------|
|  | 72956-00 | 1.3cm x 50cm | 12 splints | GQT1405     |
|  | 72956-01 | 1.9cm x 50cm | 12 splints | GQT1406     |
|  | 72956-02 | 2.4cm x 50cm | 12 splints | GQT1400     |



# Actimove® Wrist Support

## Elastic wrist joint wrap

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Contains latex
- Can be worn on the left or right hand



**Indications:**

- Weak, aching and fatigued wrists
- Support during sports



| Code     | Size      | Measurements |
|----------|-----------|--------------|
| 73416-80 | Universal | 14cm - 20cm  |



# Actimove® Wrist Stabiliser

## With removable metal stay allowing left or right wrist application

- Pain relief and healing supported through balanced warmth and medical compression
- Neoprene-free performance material provides comfort and good breathability
- Comfortable to wear due to the premium soft material and seamless design
- Quick and easy to apply with slip-on design and individually adjustable straps



**Indications:**

- Tendonitis
- Sprains, strains, soft tissue injuries
- Osteoarthritis
- Rheumatoid arthritis
- Post-operative care
- Support after cast removal



| Code     | Size   | Measurements |
|----------|--------|--------------|
| 75729-31 | Small  | 13cm - 16cm  |
| 75729-32 | Medium | 19cm - 23cm  |
| 75729-33 | Large  | 19cm - 23cm  |



# Actimove® Wrist Support

## Adjustable wrist joint support

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Comfortable to wear due to the open-palm design and thumb opening
- Can be worn on the left or right hand



| Code     | Size      | Measurements |
|----------|-----------|--------------|
| 75626-10 | Universal | 14cm - 20cm  |





# Actimove® Thumb Stabiliser

With anatomically shaped stays

- Pain relief and healing supported through balanced warmth and medical compression
- Stabilisation of the thumb through two integrated anatomically shaped stays
- Neoprene-free performance material provides comfort and good breathability
- Comfortable to wear due to the premium quality soft material
- Powerful elastic strap provides firm and adjustable wrist support
- Available in black or beige
- Can be worn on the left or right hand

**Indications:**

- 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



COOLMAX® PRO LATEX FREE FORMULA



| Code     | Size            | Measurements | Colour | NHS SC Code |
|----------|-----------------|--------------|--------|-------------|
| 75636-30 | Small / Medium  | 14cm - 19cm  | Black  | GRZ912      |
| 75636-31 | Large / X Large | 19cm - 23cm  | Black  | GRZ913      |
| 75636-32 | Small / Medium  | 14cm - 19cm  | Beige  | GRZ909      |
| 75636-33 | Large / X Large | 19cm - 23cm  | Beige  | GRZ915      |

# Actimove® Wrist Support

- The unique heat-retaining ceramic fibres retain and reflect body heat providing soothing warmth to help relieve pain
- Therapeutic warming promotes circulation around the wrist
- Four-way stretch material provides light, comfortable compression to reduce swelling for improved mobility
- Can be worn on the left or right hand

**Indications:**

- Painful arthritis of the wrist joint



LATEX FREE FORMULA



| Code     | Size    | Measurements |
|----------|---------|--------------|
| 75779-20 | Small   | 12cm - 15cm  |
| 75779-21 | Medium  | 15cm - 17cm  |
| 75779-22 | Large   | 17cm - 19cm  |
| 75779-23 | X Large | 19cm - 21cm  |

# Actimove® Arthritis Gloves

- Pain relief and healing supported through balanced warmth and medical compression
- Neoprene-free performance material provides comfort and good breathability
- Provides light compression to help reduce swelling for improved finger and hand mobility
- Comfortable to wear due to the premium soft material and outside seams
- One pair of gloves supplied in the pack

**Indications:**

- Arthritis
- Aching fingers and hands
- Overuse or repetitive use syndromes



LATEX FREE FORMULA



| Code     | Size    | Measurements  |
|----------|---------|---------------|
| 75783-20 | Small   | 18cm - 20cm   |
| 75783-21 | Medium  | 20cm - 23.5cm |
| 75783-22 | Large   | 23.5cm - 27cm |
| 75783-23 | X Large | 27cm - 30cm   |

# Actimove® Wrist Stabiliser Carpal

Pre-shaped metal stay

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Open design allows full finger movement and hand dexterity
- Hand can rest on the palmar pad supported by the rigid, angled stay to provide relief
- Can be worn on the left or right hand

**Indications:**

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



COOLMAX® PRO LATEX FREE FORMULA



| Code     | Size      | Measurements |
|----------|-----------|--------------|
| 75714-20 | Universal | 14cm - 20cm  |



# Actimove® Wrist Stabiliser

With removable metal stay allowing left or right wrist application

- Pain relief and healing supported through balanced warmth and medical compression
- Neoprene-free performance material provides comfort and good breathability
- Comfortable to wear due to the premium soft material and seamless design
- Quick and easy to apply due to the slip-on design and individually adjustable straps
- Latex-free

**Indications:**

- Tendonitis
- Sprains, strains, soft tissue injuries
- Osteoarthritis
- Rheumatoid Arthritis
- Post-operative care
- Support after cast removal

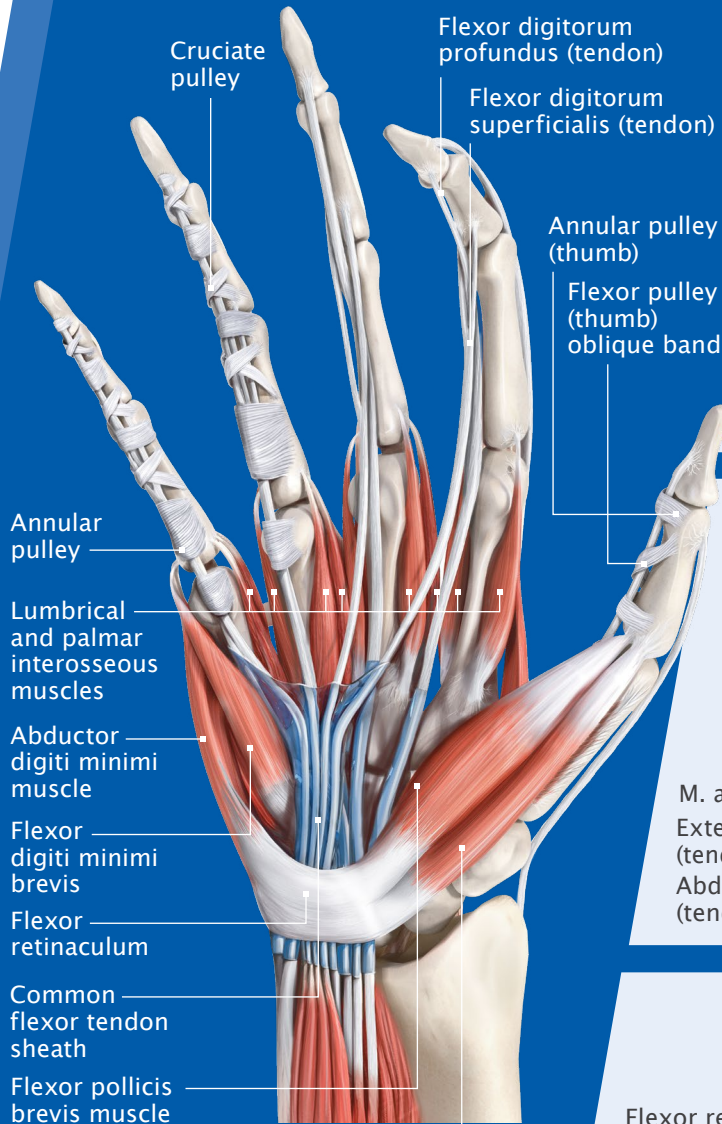


|                                                                                    | Code     | Size       | Measurements  | NHS SC Code |
|------------------------------------------------------------------------------------|----------|------------|---------------|-------------|
|  | 75729-30 | Paediatric | 11.5cm – 14cm | GRZ911      |
| Paediatrics approx. ages 2 – 7                                                     |          |            |               |             |

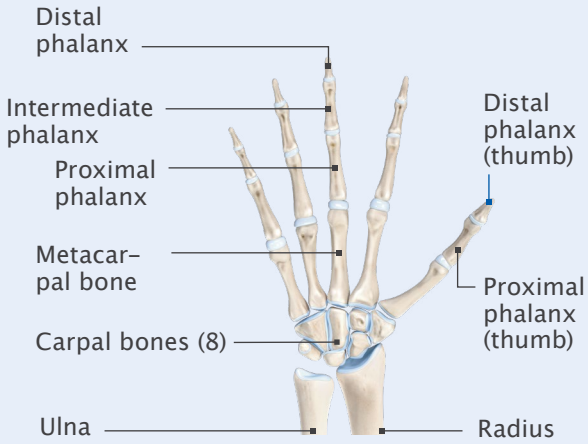


# Hand

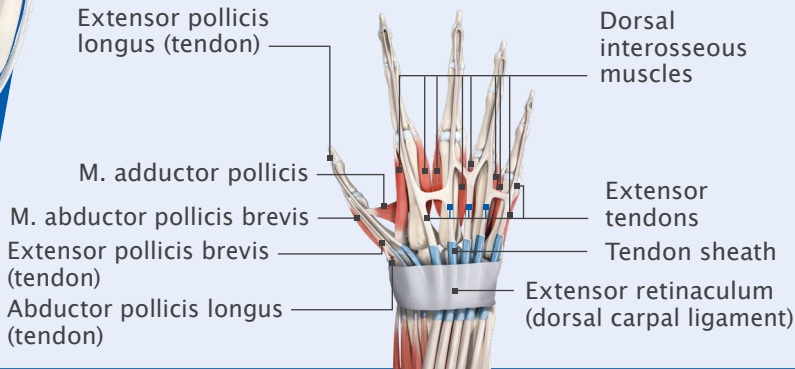
Muscles and flexor tendons – palmar view



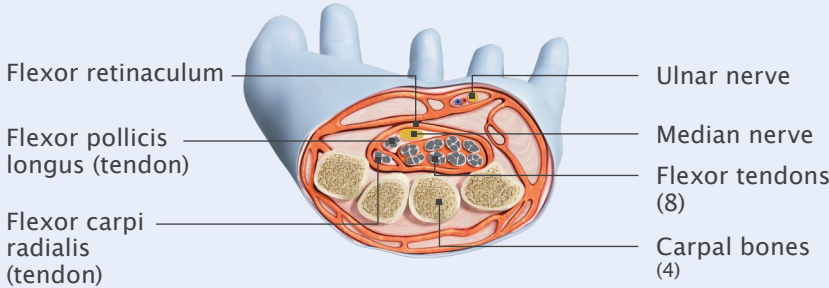
## Skeleton of the Hand (Palmar view)



## Extensor tendons of the Hand (Dorsal view)



## The Carpal Tunnel (Cross section)





# Arm & Shoulder

## Actimove® PROFESSIONAL LINE

Excellent functionality for pain relief

- Actimove® EpiSport
- Actimove® Sling
- Actimove® Sling Comfort
- Actimove® Mitella
- Actimove® Mitella Comfort
- Actimove® Umerus
- Actimove® Umerus Comfort

## Actimove® SPORTS EDITION

Keep cool and dry for great comfort

- Actimove® Elbow Strap
- Actimove® Shoulder Support

## Actimove® EVERYDAY SUPPORT

Stability for daily mobility

- Actimove® Elbow Support

## Actimove® KIDS

Especially for kids

- Actimove® Elbow Support
- Actimove® Sling for Kids
- Actimove® Mitella for Kids

## Actimove® ARTHRITIS CARE

Soothing warmth for pain relief

- Actimove® Elbow Support



Actimove®  
Umerus



Actimove®  
Elbow Strap



# Actimove® EpiSport

## Anatomically shaped epicondylitis brace

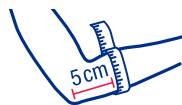
- Anatomically shaped clasp with a buckle closure system provides well-balanced and individual compression on the lower elbow muscles and tendons
- Aligns to the natural shape of the elbow for an optimal fit
- Soft non-slip inner liner ensure optimal fit and comfort
- Suitable for those sensitive to latex, as this product is not made with natural rubber latex
- Hand washable



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### Indications:

- Acute and chronic lateral epicondylitis (tennis elbow)
- Acute and chronic medial epicondylitis (golfer's elbow)
- Problems caused by repetitive use of the forearm



| Code     | Size    | Measurements | NHS SC Code |
|----------|---------|--------------|-------------|
| 73470-00 | X Small | 20cm - 23cm  | GQT487      |
| 73470-01 | Small   | 23cm - 25cm  | GQT1410     |
| 73470-02 | Medium  | 25cm - 28cm  | GQT1412     |
| 73470-03 | Large   | 28cm - 30cm  | GQT1414     |
| 73470-04 | X Large | 30cm - 34cm  | GQT488      |

# Actimove® Sling

## Arm sling

- Designed to support the arm, elbow and shoulder by limiting the range of motion in the shoulder and elbow joints
- Easy dispensing through the top opening system
- Easy sling application and removal without disturbing the hook and loop fixings
- 12x hook and loop fastenings included
- Radiolucent
- Metal-free
- Machine washable at 40°C



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FORMULA

### Indications:

- Fracture management such as clavicle, scapular, humeral, and greater tuberosity fractures
- Joint dislocations such as acromioclavicular and sternoclavicular dislocations and shoulder luxation
- Support while wearing a cast or splint
- Temporary arm stabilisation in emergency care

| Code     | Size       | Measurements  | NHS SC Code |
|----------|------------|---------------|-------------|
| 73425-12 | Adjustable | 3.6cm x 10.8m | GMB113      |

# Actimove® Sling Comfort

## Stable arm sling

- Designed to support the arm, elbow and shoulder by limiting the range of motion in the shoulder and elbow joints
- The wider 5.5cm sling provides comfort by reducing pressure on the back of the neck
- Dispenser box featuring a useful measuring guide aids easy application
- 28x T-tab hook and loop fastening included in dispenser box
- Radiolucent
- Metal-free
- Machine washable at 40°C



### Indications:

- Fracture management such as clavicle, scapular, humeral, and greater tuberosity fractures
- Joint dislocations such as acromioclavicular and sternoclavicular dislocations and shoulder luxation
- Support while wearing a cast or splint
- Temporary arm stabilisation in emergency care

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| Code     | Size       | Measurements | Pack Qty      | NHS SC Code |
|----------|------------|--------------|---------------|-------------|
| 72859-18 | Adjustable | 5.5cm x 12m  | 1 x 2 rolls   | ESM004      |
| 73466-00 |            |              | 1 x 14 Y-tabs |             |





# Actimove® Mitella

## Universal size stable arm support

- Soft thumb loop allows a stable and supported position of the forearm whilst still allowing full finger movement
- Hook and loop fastenings enable one-handed self-application
- Suitable for both the left and right arm and fitting the majority of patients
- Radiolucent
- Metal-free
- Machine washable at 40°C



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|                                                                                   | Code     | Size      | Measurements | NHS SC Code |
|-----------------------------------------------------------------------------------|----------|-----------|--------------|-------------|
|  | 73425-11 | Universal | One size     | GMB110      |

# Actimove® Mitella Comfort

## Stable arm support

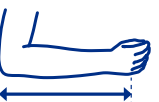
- The 5.5cm sling width provides comfort by reducing pressure on the back of the neck
- Soft thumb loop provides a stable and supported forearm position whilst still allowing full finger movement
- Hook and loop fastenings enable one-handed self-application
- Suitable for both the left and right arm application
- Radiolucent
- Metal-free
- Machine washable at 40°C



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FORMULA

### Indications for Mitella range:

- Post-operative support
- Fracture management such as clavicle, scapular, humeral, and greater tuberosity fractures
- Joint dislocations such as acromioclavicular and sternoclavicular dislocations and shoulder luxation
- Inflammatory diseases such as calcific tendonitis of the rotator cuff
- Minor instability of the shoulder
- Support for hemiplegic patients
- Support while wearing a cast or splint
- Temporary arm stabilisation in emergency care

|                                                                                     | Code     | Size    | Measurements | NHS SC Code |
|-------------------------------------------------------------------------------------|----------|---------|--------------|-------------|
|  | 72819-61 | Small   | < 37cm       | GMB106      |
|                                                                                     | 72819-62 | Medium  | 37cm - 40cm  | GMB107      |
|                                                                                     | 72819-63 | Large   | 40cm - 43cm  | GMB108      |
|                                                                                     | 72819-64 | X Large | > 43cm       | GMB109      |

# Actimove® Umerus

## Shoulder and upper arm immobiliser

- For limited abduction, extension, internal and external rotation of the humerus
- Secure shoulder stabilisation through the waist strap that can be adjusted to suit most patients
- Soft thumb loop provides a stable and supported forearm position whilst still allowing full finger movement
- Hook and loop fastenings enable one-handed self-application
- Universal size available
- Radiolucent
- Metal-free
- Machine washable at 40°C



LATEX  
FREE  
FORMULA

|                                                                                     | Code     | Size      | Measurements | NHS SC Code |
|-------------------------------------------------------------------------------------|----------|-----------|--------------|-------------|
|  | 72819-65 | Small     | < 37cm       | GRW1125     |
|                                                                                     | 72819-66 | Medium    | 37cm - 40cm  | GRW1126     |
|                                                                                     | 72819-67 | Large     | 40cm - 43cm  | GRW1127     |
|                                                                                     | 72819-68 | X Large   | > 43cm       | GRW1128     |
|                                                                                     | 73423-12 | Universal | One size     | GMB105      |

# Actimove® Umerus Comfort

## Shoulder and upper arm immobiliser

- For limited abduction, extension, internal and external rotation of the humerus
- Secure shoulder stabilisation through the waist strap that can be adjusted to suit most patients
- The wider 5.5cm sling provides comfort by reducing pressure on the back of the neck
- Soft thumb loop provides a stable and supported forearm position whilst still allowing full finger movement
- One-handed, self-application is achievable, aided by the hook and loop fastenings and the open and close pocket design
- Radiolucent
- Metal-free
- Machine washable at 40°C



LATEX  
FREE  
FORMULA

### Indications for Umerus range:

- Post-operative support
- Fracture management such as clavicle, scapular, humeral, and greater tuberosity fractures
- Joint dislocations such as acromioclavicular and sternoclavicular dislocations and shoulder luxation
- Inflammatory diseases such as calcific tendinitis of the rotator cuff
- Support while wearing a cast or splint
- Support for hemiplegic patients
- Minor instability of the shoulder

|                                                                                       | Code     | Size    | Measurements | NHS SC Code |
|---------------------------------------------------------------------------------------|----------|---------|--------------|-------------|
|  | 72819-94 | X Small | < 33cm       | GRW101      |
|                                                                                       | 72819-39 | Small   | 33cm - 37cm  | GRW1121     |
|                                                                                       | 72819-40 | Medium  | 37cm - 40cm  | GRW1122     |
|                                                                                       | 72819-41 | Large   | 40cm - 43cm  | GRW1123     |
|                                                                                       | 72819-42 | X Large | > 43cm       | GRW1129     |



# Actimove® Elbow Strap

Includes removable therapeutic hot/cold pack

- Pain relief and healing supported through balanced warmth and medical compression
- Neoprene-free performance material provides comfort and good breathability
- Silicone dot lining helps provide a secure fit
- Can be worn on the left or right elbow

**Indications:**

- Tennis, golfer elbow (epicondylitis)



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FREE  
FORMULA

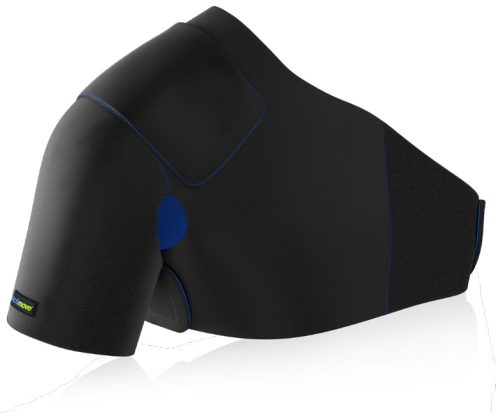
| Code     | Size      | Measurements |
|----------|-----------|--------------|
| 75742-30 | Universal | 28cm - 40cm  |



# Actimove® Shoulder Support

Includes pocket for optional hot/cold pack

- Pain relief and healing supported through balanced warmth and medical compression
- Extra pain relief when optional hot/cold therapy pack (not included) is placed in the built-in pocket
- Supports and protects the shoulder while allowing flexibility
- Adjustable chest and arm closure for an individual fit
- Neoprene-free performance material provides comfort and good breathability
- Can be worn on the left or right shoulder



**Indications:**

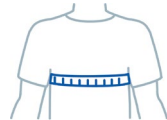
- Slight shoulder instabilities
- Degenerative shoulder conditions
- Tendomyopathies
- Shoulder sprains/strains
- After arthroscopy



Pocket for optional hot/cold pack.  
Hot/cold pack not included

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| Code     | Size   | Measurements  |
|----------|--------|---------------|
| 75573-10 | Small  | 80cm - 105cm  |
| 75573-11 | Medium | 105cm - 130cm |
| 75573-12 | Large  | 130cm - 155cm |



| Code     | Description                | Measurements |
|----------|----------------------------|--------------|
| 72075-16 | Physiopack (hot/cold pack) | 12cm x 29cm  |

# Actimove® Elbow Support

- Firm compression to help manage pain from elbow conditions
- Reliable and durable support for everyday mobility
- Seamless anatomical shape supported by a patterned design
- Reinforced edges for long lasting wear
- Comfortable to wear due to the soft, latex-free, cotton-free yarns and smooth motion-comfort-zone in the elbow crease
- Can be worn on the left or right elbow



LATEX  
FREE  
FORMULA

**Indications:**

- Degenerative elbow conditions
- Overuse or repetitive use syndromes
- Chronic elbow pain

| Code     | Size    | Measurements |
|----------|---------|--------------|
| 75614-30 | Small   | 20cm - 23cm  |
| 75614-31 | Medium  | 23cm - 26cm  |
| 75614-32 | Large   | 26cm - 29cm  |
| 75614-33 | X Large | 29cm - 32cm  |





# Actimove® Elbow Support

- Pain relief and healing supported through balanced warmth and medical compression
- Neoprene-free performance material provides comfort and good breathability
- Quick and easy to apply due to the slip-on design and individually adjustable straps

**Indications:**

- Painful elbow injuries and prevention



| Code     | Size       | Measurements  |
|----------|------------|---------------|
| 75617-31 | Paediatric | 16.5cm - 19cm |

Paediatrics approx. ages 5 - 7

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# Actimove® Mitella Kids

## Stable arm support

- The fun and colourful design can help to distract children from what can be a traumatic situation
- Provides simple application and easy adjustment
- Radiolucent
- Metal-free
- Machine washable at 40°C

**Indications:**

- Post-operative support
- Fracture management such as clavicle, scapular, humeral, and greater tuberosity fractures
- Joint dislocations such as acromioclavicular and sternoclavicular dislocations and shoulder luxation
- Inflammatory diseases such as calcific tendonitis of the rotator cuff
- Minor instability of the shoulder
- Support for hemiplegic patients
- Support while wearing a cast or splint
- Temporary arm stabilisation in emergency care



| Code     | Size      | Measurements | NHS SC Code |
|----------|-----------|--------------|-------------|
| 74561-13 | Universal | One size     | GMB111      |

LATEX FREE FORMULA

# Actimove® Sling for Kids

## Colourful patterned sling

- Designed to support the arm, elbow and shoulder by limiting the range of motion in the shoulder and elbow joints
- Easy application and removal without disturbing the hook and loop fixings
- Easy dispensing through the top opening system
- 16x Y-tab hook and loop fastenings included in the poly bag
- Radiolucent
- Metal-free
- Machine washable at 40°C

**Indications:**

- Fracture management such as clavicle, scapular, humeral, and greater tuberosity fractures
- Joint dislocations such as acromioclavicular and sternoclavicular dislocations and shoulder luxation
- Support while wearing a cast or splint
- Temporary arm stabilisation in emergency care



| Code     | Size       | Measurements  | NHS SC Code |
|----------|------------|---------------|-------------|
| 73117-00 | Adjustable | 3.6cm x 10.8m | GMB112      |

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# Actimove® Elbow Support

## Knitted support for the treatment of painful arthritis of the elbow joint

- The unique heat-retaining ceramic fibres retain and reflect body heat providing soothing warmth to help relieve pain
- Four-way stretch material provides light, comfortable compression to reduce swelling for improved mobility
- Therapeutic warming promotes circulation around the elbow
- Four sizes available
- Can be worn on the left or right elbow

**Indications:**

- Painful arthritis of the elbow joint



| Code     | Size    | Measurements  |
|----------|---------|---------------|
| 75782-21 | Small   | 19cm - 23cm   |
| 75782-22 | Medium  | 23cm - 26cm   |
| 75782-23 | Large   | 26cm - 29cm   |
| 75782-24 | X Large | 29cm - 32.5cm |

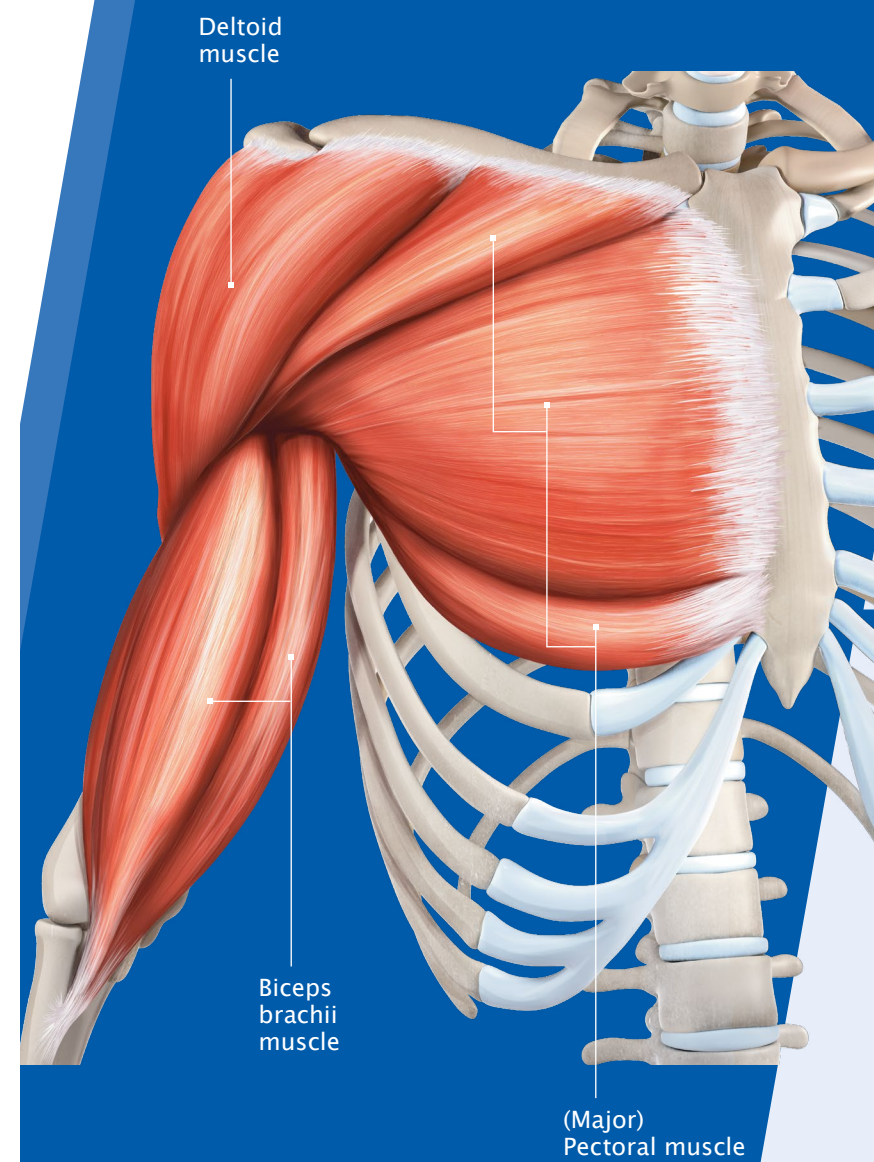
LATEX FREE FORMULA



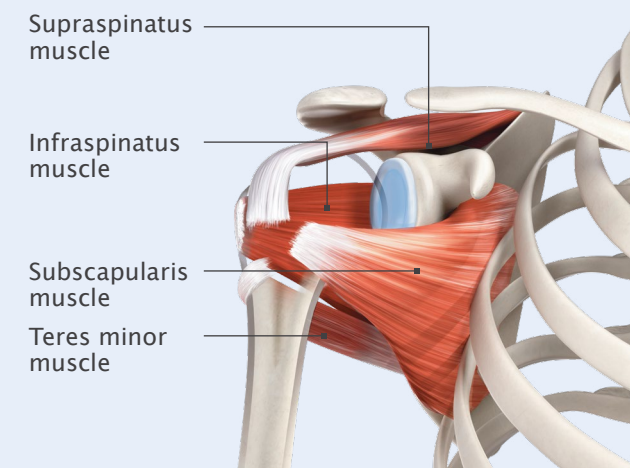


# Shoulder

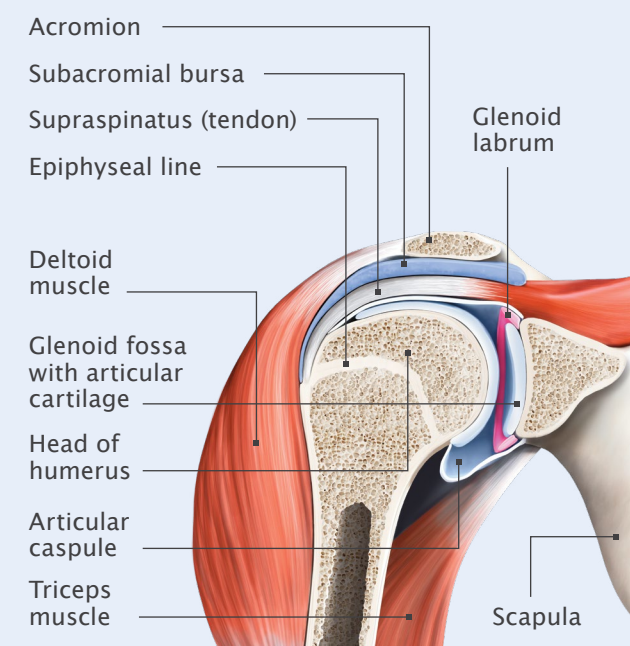
*Superficial muscles*



## The Shoulder (Muscles of the rotator cuff)



## The Shoulder (Cross section)





# Spine

## Actimove® PROFESSIONAL LINE

Excellent functionality for pain relief

- Actimove® Vertebrace
- Actimove® Cervical

## Actimove® SPORTS EDITION

Keep cool and dry for great comfort

- Actimove® Back Support

## Actimove® EVERYDAY SUPPORT

Stability for daily mobility

- Actimove® Back Support



Actimove®  
Back Support



Actimove®  
Vertebrace



# Actimove® Vertebrace

## Extrication collar

- Restricts range of motion of the head and neck
- One piece construction with integrated flip up chin support
- Large front opening to allow easy pulse measurement and tracheostomy access
- Lightweight design and soft foam padding
- Latex-free
- Can be stacked flat for efficient storage
- Colour coded sizing system



### Indications:

- Acute and emergency care
- Short term use after whiplash injury
- Acute and chronic cervical syndrome
- Spondylarthritis
- Cervical strains
- Post-operative support

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FREE  
FORMULA

|  | Code     | Size                  | Colour Code* | Measurements              | NHS SC Code |
|--|----------|-----------------------|--------------|---------------------------|-------------|
|  | 79300-00 | Paediatric Short (PS) | Light blue   | Height: 6cm Length: 43cm  | GQB418      |
|  | 79305-00 | Paediatric (P)        | Red          | Height: 9cm Length: 45cm  | GQB419      |
|  | 79301-00 | X Short (X)           | Green        | Height: 7cm Length: 57cm  | -           |
|  | 79302-00 | Short (S)             | Yellow       | Height: 9cm Length: 57cm  | -           |
|  | 79303-00 | Regular (R)           | Orange       | Height: 11cm Length: 57cm | -           |
|  | 79304-00 | Tall (T)              | Navy         | Height: 14cm Length: 57cm | -           |

\*Colour coded measuring guide available on the packaging

# Actimove® Cervical

## Cervical collar

- Pre-shaped foam for a comfortable, anatomical fit
- Removable, washable stockinette cover provided for improved hygiene (washable at 30°C)
- Available in medium and firm densities
- Latex-free



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FREE  
FORMULA

### Indications:

- Osteochondritis (firm density only)
- Minor cervical arthritis
- Cervical migraine
- Muscular pain syndrome
- Post-operative support
- Short term use after whiplash injury
- Distorsions (sprains)

|  | Code - Medium density | Code - Firm density | Size          | Circumference | Height |
|--|-----------------------|---------------------|---------------|---------------|--------|
|  | 72819-25              | 72819-31            | X Small       | 26cm - 33cm   | 6.5cm  |
|  | 72819-26              | 72819-32            | Small         | 30cm - 36cm   | 7.5cm  |
|  | 72819-27              | 72819-33            | Medium        | 33cm - 39cm   | 9cm    |
|  | 72819-28              | 72819-34            | Large         | 36cm - 42cm   | 10cm   |
|  | 72819-29              | -                   | X Large       | 39cm - 45cm   | 11cm   |
|  | 72819-30              | 72819-35            | X Large Short | 38cm - 48cm   | 7cm    |

# Actimove® Back Support

## Adjustable double layer compression

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Adjustable, circumferential double-layer compression providing pain relief and support
- Comfortable to wear, even when sitting, as the four flexible stays maintain positioning
- Latex-free



### Indications:

- Acute and chronic back pain
- Lumbar strains
- Muscular insufficiency
- Provides support during sports

COOLMAX®  
PRO  
LATEX  
FREE  
FORMULA

|  | Code     | Size     | Measurements  |
|--|----------|----------|---------------|
|  | 75541-20 | Small    | 71cm - 84cm   |
|  | 75541-21 | Medium   | 84cm - 94cm   |
|  | 75541-22 | Large    | 94cm - 104cm  |
|  | 75541-23 | X Large  | 104cm - 114cm |
|  | 75541-24 | XX Large | 114cm - 124cm |

# Actimove® Back Support

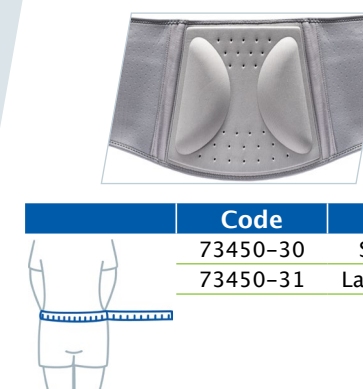
## High-density foam panel with adjustable double layer compression

- Pain relief and healing is supported through balanced warmth and medical compression
- Neoprene-free performance material provides comfort and good breathability
- Tapered high-density foam panel provides strength and stability for the lumbar region
- Easy to apply and adjust the compression, thanks to the finger pockets and loops
- Latex-free



### Indications:

- Acute and chronic lower back pain
- Degenerative back problems such as spondylosis
- Lumbar instabilities such as muscular insufficiencies
- Post-operative care and rehabilitation



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FREE  
FORMULA

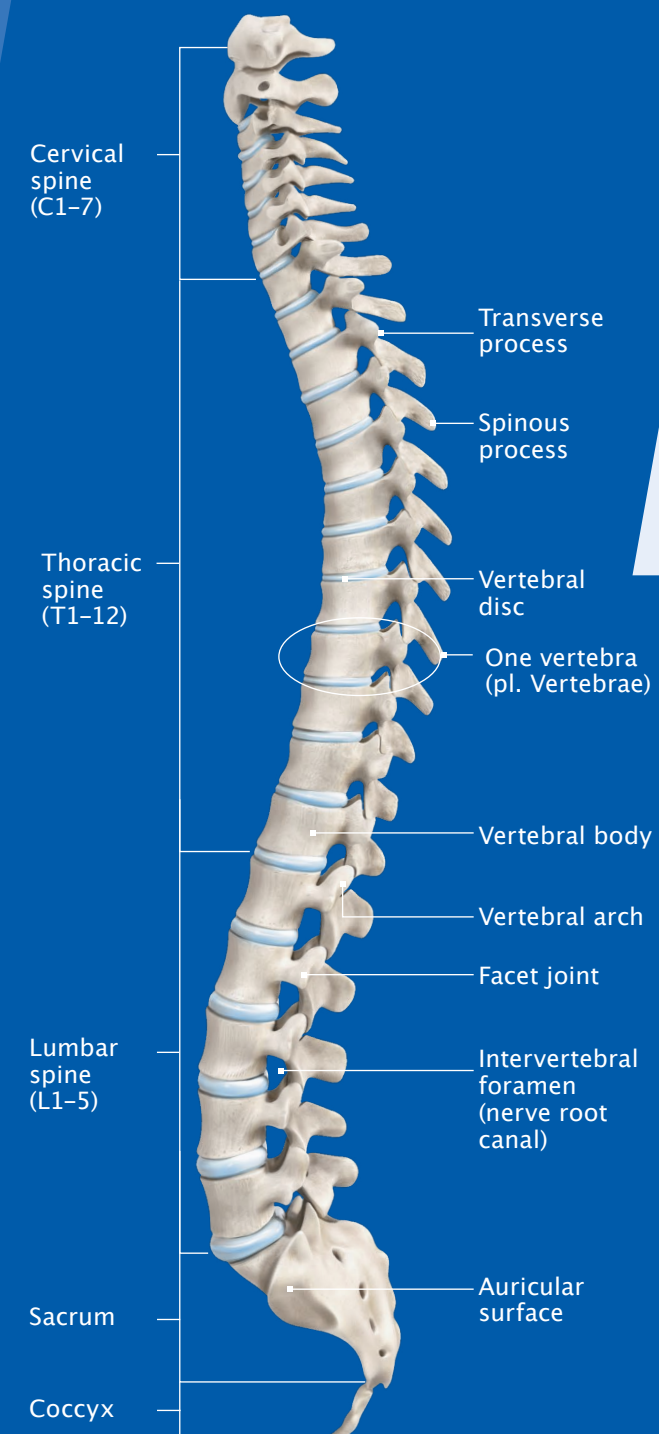
|  | Code     | Size                | Measurements | NHS SC Code |
|--|----------|---------------------|--------------|-------------|
|  | 73450-30 | Small / Medium      | 74cm - 94cm  | GRZ910      |
|  | 73450-31 | Large / Extra Large | 94cm - 114cm | GRZ914      |



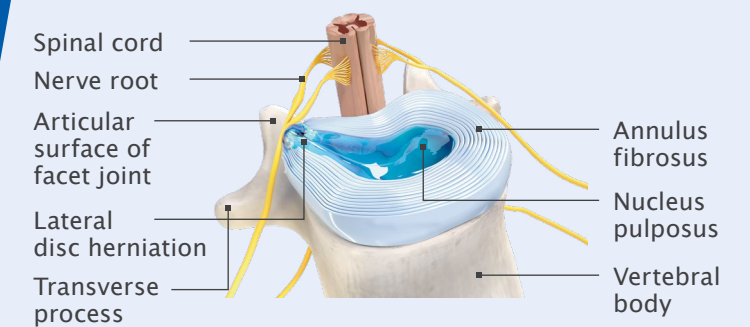


# Spine

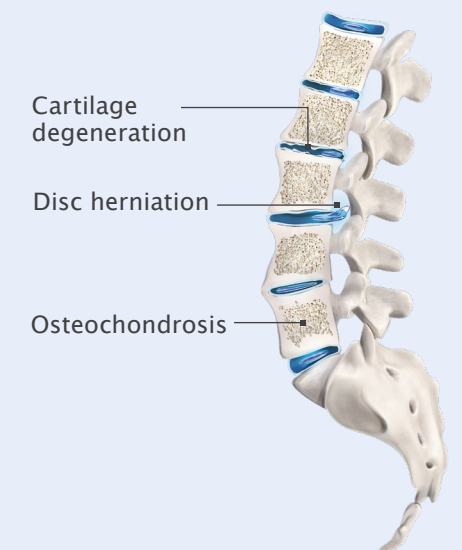
Lateral view



## Vertebral Disc Herniation (Lateral herniation)



## Lower Spine (Partial section showing several pathoses)





# Knee

## Actimove® PROFESSIONAL LINE

Excellent functionality for pain relief

- Actimove® Genu Tri-Panel
- Actimove® Genu Eco
- Actimove® Tutor Pro
- Actimove® Post-Op ROM

## Actimove® SPORTS EDITION

Keep cool and dry for great comfort

- Actimove® Patella Strap
- Actimove® Dual Knee Strap
- Actimove® Thigh Support
- Actimove® Knee Support
- Actimove® Knee Support, Open Patella
- Actimove® Knee Brace
- Actimove® Knee Stabiliser

## Actimove® EVERYDAY SUPPORT

Stability for daily mobility

- Actimove® Knee Support, Closed Patella
- Actimove® Knee Support, Closed Patella, Two Stays
- Actimove® Knee Support, Open Patella, Four Stays

## Actimove® KIDS

Especially for kids

- Actimove® Knee Support

## Actimove® ARTHRITIS CARE

Soothing warmth for pain relief

- Actimove® Knee Support



Actimove®  
Knee Stabiliser



Actimove®  
Knee Support, Closed  
Patella, Two Stays



# Actimove® Genu Tri-Panel

## Tri-panel knee immobiliser

- Three panel construction allows individual fitting for a broad spectrum of patient leg circumferences
- Pre-shaped, removable and adjustable aluminium stays allow good adjustment to patient anatomical fit and prevents slipping
- Hook and loop closure system permits easy application and removal
- Terry cloth interior padding for enhanced patient comfort
- Washable at 40°C

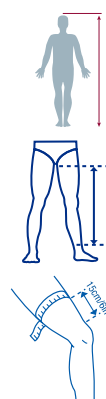


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FREE  
FORMULA

### Indications:

- Post-operative knee support
- Soft tissue injuries
- Post-arthroscopic treatment of collateral and cruciate ligament injuries
- Minor fractures in the knee region

|  | Code     | Size              | Height Measurement | Leg Length Measurement | Thigh Measurement |
|--|----------|-------------------|--------------------|------------------------|-------------------|
|  | 72819-14 | A1 Small / Medium | < 160cm            | 50cm                   | < 64cm            |
|  | 72819-15 | A2 Medium / Large | < 160cm            | 50cm                   | > 64cm            |
|  | 72819-16 | B1 Small / Medium | > 160cm            | 60cm                   | < 64cm            |
|  | 72819-17 | B2 Medium / Large | > 160cm            | 60cm                   | > 64cm            |



# Actimove® Genu Eco

## Economy knee immobiliser

- Pre-shaped design for a good low profile fit
- Removable and mouldable pre-shaped aluminium stay allows good adjustment to patient anatomical fit and prevents slipping
- Terry cloth interior padding for enhanced patient comfort
- Detachable hook and loop straps for individual patient adjustment
- Washable at 40°C

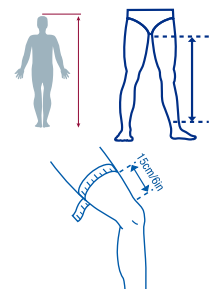


LATEX  
FREE  
FORMULA

### Indications:

- Post-operative knee support
- Soft tissue injuries
- Post-arthroscopic treatment of collateral and cruciate ligament injuries
- Minor fractures in the knee region

|  | Code     | Size              | Height Measurement | Leg Length Measurement | Thigh Measurement | NHS SC Code |
|--|----------|-------------------|--------------------|------------------------|-------------------|-------------|
|  | 72819-72 | P1 Paediatric     | < 120cm            | 30cm                   | < 32cm            | GRD1031     |
|  | 72819-73 | P2 Paediatric     | 120cm - 140cm      | 40cm                   | 32cm - 42cm       | GRD1032     |
|  | 72819-08 | A1 Small / Medium | 140cm - 160cm      | 50cm                   | < 52cm            | GRD1033     |
|  | 72819-09 | A2 Medium / Large | 140cm - 160cm      | 50cm                   | 45cm - 65cm       | GRD1034     |
|  | 72819-10 | B1 Small / Medium | 160cm - 180cm      | 60cm                   | < 52cm            | GRD1040     |
|  | 72819-11 | B2 Medium / Large | 160cm - 180cm      | 60cm                   | 45cm - 65cm       | GRD1041     |
|  | 72819-12 | C1 Small / Medium | > 180cm            | 70cm                   | < 52cm            | GRD1035     |
|  | 72819-13 | C2 Medium / Large | > 180cm            | 70cm                   | 45cm - 65cm       | GRD1036     |



# Actimove® Tutor Pro

## Knee immobiliser

- Immobilises at 0° as supplied, and can also be adjusted to immobilise at 20°
- Innovative open, lightweight construction
- Allows for fast and simple wound access, handling of drains and application of cold therapy
- Soft padded terry cloth liner for enhanced patient comfort
- Hook and loop straps are easy to apply, and adjustable for a wide range of leg circumferences
- Anatomical, non-slip design for secure immobilisation
- X-ray translucent
- Liner washable at 30°C



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### Indications:

- Post-operative knee support
- Post-operative immobilisation after PCL and ACL rupture, corrective osteotomy and meniscus injuries
- Post-arthroscopic treatment
- Conservative knee joint treatment

|  | Code     | Size      | Leg Length Measurement | Thigh Measurement | Calf Measurement | NHS SC Code |
|--|----------|-----------|------------------------|-------------------|------------------|-------------|
|  | 74486-00 | Universal | 65cm - 90cm            | 46cm - 70cm       | 31cm - 45cm      | GRA5340     |

# Actimove® Post-Op ROM

## Lightweight knee brace

- Quick lock keys keep the knee at 0°, 15° and 30°
- For additional limited knee movement, the range of motion can be set in flexion from -10° to 120° and extension from -10° to 90° in increments of 10°
- Telescopic bars can be adjusted in length to fit most patients
- Easy to handle buckles for opening and closing mean that the straps do not need to be adjusted each time - no repeat fittings required
- Hook and loop straps can be adjusted to required lengths and unnecessary material can be cut and reapplied with y-tabs leaving no "hanging" straps
- Universal fit for the left or right knee



### Indications:

- ACL, PCL, MCL, LCL injuries
- Tibial plateau fractures
- Osteochondral repairs
- Meniscal repairs
- Patella tendon repairs
- Condylar fractures
- Sprains or strains of the knee
- HTOs (High Tibial Osteotomy)



Flexion from -10° to 120° and Extension from -10° to 90°

| Code     | Size      | Measurements | NHS SC Code |
|----------|-----------|--------------|-------------|
| 76278-55 | Universal | 45cm - 67cm  | GRD3605     |

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FREE  
FORMULA



# Actimove® Patella Strap

## Adjustable support

- Pain relief and healing supported through balanced warmth and medical compression
- EVA shaped insert provides increased pressure on the patella tendon which provides targeted pain relief
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Stays in place during activity due to the silicone dot lining
- Can be worn on the left or right knee



### Indications:

- Patella tendonitis
- Patellofemoral pain syndrome
- Chondromalacia patella
- Osgood-Schlatter disease



COOLMAX® PRO LATEX FREE FORMULA

| Code     | Size      | Measurements  |
|----------|-----------|---------------|
| 75589-20 | Universal | 29.5cm - 41cm |

# Actimove® Dual Knee Strap

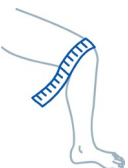
## Adjustable support

- Pain relief and healing supported through balanced warmth and medical compression
- EVA shaped insert provides increased pressure on the patella tendon which provides targeted pain relief
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Can be worn on the left or right knee



### Indications:

- Patella and quadriceps tendonitis
- Patellofemoral pain syndrome
- Chondromalacia patella
- Osgood-Schlatter disease



COOLMAX® PRO LATEX FREE FORMULA

| Code     | Size    | Measurements |
|----------|---------|--------------|
| 75591-10 | Small   | 33cm - 37cm  |
| 75591-11 | Medium  | 37cm - 41cm  |
| 75591-12 | Large   | 41cm - 45cm  |
| 75591-13 | X Large | 45cm - 49cm  |

# Actimove® Thigh Support

## Adjustable thigh wrap

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Can be worn on the left or right thigh

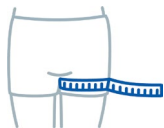


### Indications:

- For slight to moderate strains and contusions of the quadriceps or hamstring muscles

COOLMAX® PRO LATEX FREE FORMULA

| Code     | Size      | Measurements |
|----------|-----------|--------------|
| 75602-02 | Universal | 45cm - 80cm  |





# Actimove® Knee Support

## Adjustable fit and open patella

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- The wrap-around design provides easy application
- Knee cap pressure is reduced through the open design, helping to relieve patella pain
- Can be worn on the left or right knee

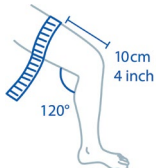
### Indications:

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



COOLMAX® PRO LATEX FREE FORMULA

| Code     | Size      | Measurements  |
|----------|-----------|---------------|
| 75593-10 | Universal | 29.5cm – 41cm |



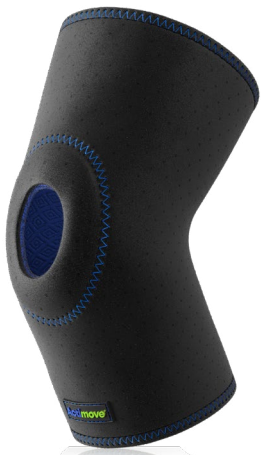
# Actimove® Knee Support

## Slip-on design and open patella

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Knee cap pressure is reduced through the open design, helping to relieve patella pain
- Can be worn on the left or right knee

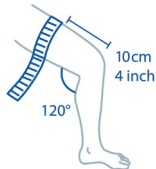
### Indications:

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



COOLMAX® PRO LATEX FREE FORMULA

| Code     | Size    | Measurements    |
|----------|---------|-----------------|
| 75585-26 | Small   | 35.5cm – 40.5cm |
| 75585-27 | Medium  | 40.5cm – 46cm   |
| 75585-28 | Large   | 46cm – 51cm     |
| 75585-30 | X Large | 51cm – 56cm     |



# Actimove® Knee Brace

## Wrap-around brace with polycentric hinges and condyle pads

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- The front wrap system provides easy application for knee joint conditions
- Medial and lateral hinges provide extra stability
- Polycentric hinges are designed to match natural movement
- Elastic hook and loop support straps help maintain brace position
- Can be worn on the left or right knee

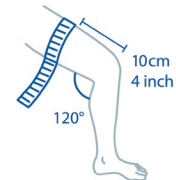
### Indications:

- Light to moderate ACL, LCL, MCL, PCL sprains and tears
- Medial/lateral meniscal tears
- Osteoarthritis
- Knee joint instability



COOLMAX® PRO LATEX FREE FORMULA

| Code     | Size      | Measurements    | NHS SC Code |
|----------|-----------|-----------------|-------------|
| 73118-00 | X Small   | 30.5cm – 35.5cm | GRA5351     |
| 73118-01 | Small     | 35.5cm – 40.5cm | GRA5345     |
| 73118-02 | Medium    | 40.5cm – 46cm   | GRA5346     |
| 73118-03 | Large     | 46cm – 51cm     | GRA5347     |
| 73118-04 | X Large   | 51cm – 56cm     | GRA5348     |
| 73118-05 | XX Large  | 56cm – 61cm     | GRA5349     |
| 73118-06 | XXX Large | 61cm – 66cm     | GRA5350     |



# Actimove® Knee Stabiliser

## With adjustable horseshoe insert and stays

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Additional support from medial and lateral spiral stays
- Horseshoe insert provides patella tracking through increased pressure by positioning either inferiorly, superiorly, medially or laterally
- Elastic hook and loop support straps help maintain brace position and comfort during wear
- Integral finger-loops aid easy application
- Can be worn on the left or right knee

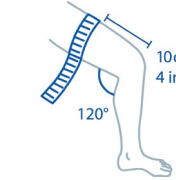
### Indications:

- Patella pain syndrome
- Patella tracking and subluxation
- Patella instability
- Chondromalacia patella
- Patella tendonitis



COOLMAX® PRO LATEX FREE FORMULA

| Code     | Size    | Measurements    |
|----------|---------|-----------------|
| 75594-30 | Small   | 35.5cm – 40.5cm |
| 75594-31 | Medium  | 40.5cm – 46cm   |
| 75594-32 | Large   | 46cm – 51cm     |
| 75594-33 | X Large | 51cm – 56cm     |





# Actimove® Knee Support

## Closed patella

- Firm compression to help manage pain from knee conditions
- Reliable and durable support for everyday mobility
- Seamless anatomical shape supported by a patterned design
- Reinforced edges for long lasting wear
- Comfortable to wear due to the soft, latex-free, cotton-free yarns and smooth motion-comfort-zone
- Can be worn on the left or right knee

**Indications:**

- Degenerative knee conditions
- Overuse or repetitive use syndromes
- Chronic knee pain



# Actimove® Knee Support

## Closed patella with two stays

- Firm compression to help manage pain from knee conditions
- Reliable and durable support for everyday mobility
- Spiral stays offer additional stability
- Anatomical shape supported by a patterned design
- Reinforced edges for long lasting wear
- Comfortable to wear due to the soft, latex-free, cotton-free yarns and smooth motion-comfort-zone
- Can be worn on the left or right knee

**Indications:**

- Degenerative knee conditions
- Overuse or repetitive use syndromes
- Chronic knee pain



# Actimove® Knee Support

## Open patella with four stays

- Firm compression to help manage pain from knee conditions
- Reliable and durable support for everyday mobility
- Open design helps to relieve patella pain as the knee cap pressure is reduced
- Spiral stays offer additional stability
- Anatomical shape supported by a patterned design
- Reinforced edges for long lasting wear
- Comfortable to wear due to the soft, latex-free, cotton-free yarns and smooth motion-comfort-zone
- Can be worn on the left or right knee

**Indications:**

- Degenerative knee conditions
- Overuse or repetitive use syndromes
- Chronic knee pain





# Actimove® Knee Support

Slip-on design and open patella

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Knee cap pressure is reduced by open design, helping to relieve patella pain
- Two sizes available, suitable for approximate ages 6 – 7 and 8 – 12
- Available in navy



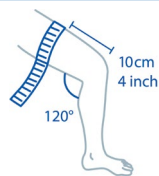
Indications:

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



COOLMAX® PRO LATEX FREE FORMULA

|  | Code     | Size       | Measurements    |
|--|----------|------------|-----------------|
|  | 75585-10 | Paediatric | 25cm – 30.5cm   |
|  | 75585-11 | Youth      | 30.5cm – 35.5cm |



# Actimove® Knee Support

Knitted support for the treatment of painful arthritis of the knee joint

- The unique heat-retaining ceramic fibres retain and reflect body heat providing soothing warmth to help relieve pain
- Four-way stretch material provides light, comfortable compression to reduce swelling for improved mobility
- Therapeutic warming promotes circulation around the knee
- Five sizes available
- Can be worn on the left or right knee



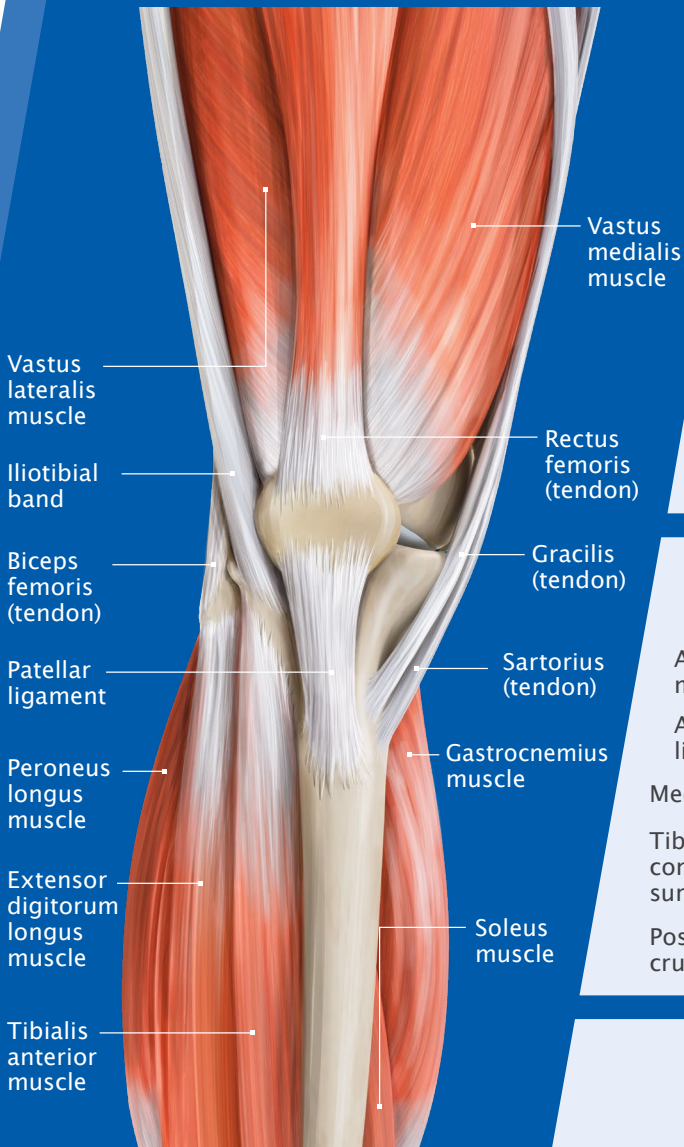
LATEX FREE FORMULA

|  | Code     | Size     | Measurements |
|--|----------|----------|--------------|
|  | 75781-20 | Small    | 28cm – 33cm  |
|  | 75781-21 | Medium   | 33cm – 38cm  |
|  | 75781-22 | Large    | 38cm – 43cm  |
|  | 75781-23 | X Large  | 43cm – 49cm  |
|  | 75781-24 | XX Large | 49cm – 56cm  |



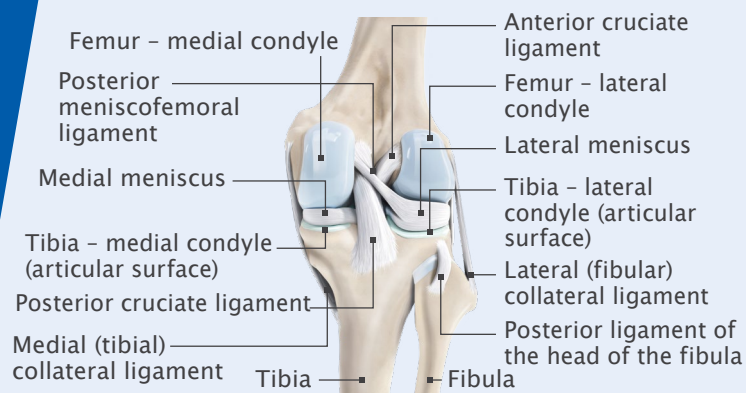
# Knee

Muscles and tendons – frontal view



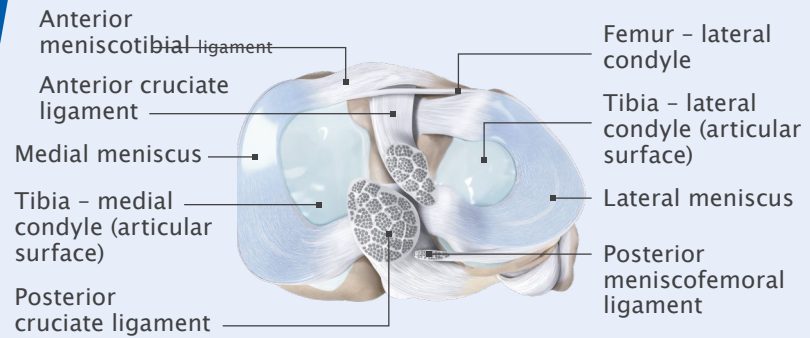
## The Knee

(Skeleton and ligaments – dorsal view)



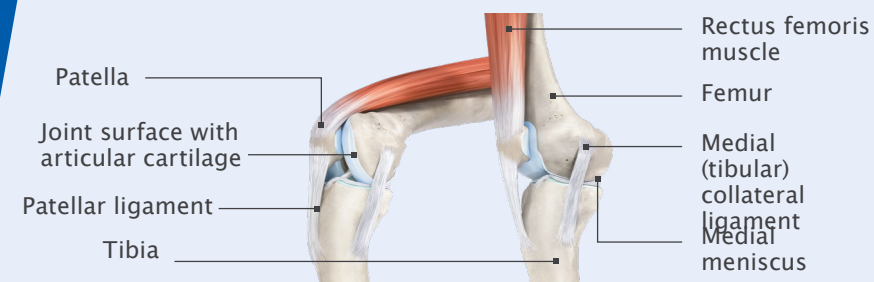
## The Tibial Plateau

Top view (from proximal)



## The Knee Joint

(Flexion vs. extension)





# Foot and Ankle

## Actimove® PROFESSIONAL LINE

Excellent functionality for pain relief

- Artistep® S by Actimove®
- Actimove® Cast Shoe Rocker Sole
- Actimove® Offloading Shoe
- Actimove® Post-Op Shoe Open Toe
- Actimove® Cast Shoe Removable Toe Cover
- Actimove® TaloCast
- Actimove® TaloCast Air
- Actimove® TaloCast AirGel
- Actimove® TaloBrace
- Actimove® TaloBrace Air
- Actimove® Walker
- Actimove® Walker Air
- Actimove® Walker Air Closed Shell

## Actimove® SPORTS EDITION

Keep cool and dry for great comfort

- Actimove® Ankle Support

## Actimove® EVERYDAY SUPPORT

Stability for daily mobility

- Actimove® Ankle Support

## Actimove® KIDS

Especially for kids

- Actimove® Ankle Support

## Actimove® ARTHRITIS CARE

Soothing warmth for pain relief

- Actimove® Ankle Support



Actimove®  
Walkers



Actimove®  
Ankle Support



# Artistep® S by Actimove®

## Cast shoe

Non-slip walking sole that contributes to increasing the sense of security for patients with weight-bearing casts.

- Easy to apply and remove thanks to the adjustable straps
- Water resistant
- Lightweight
- Suitable for either the left or right foot
- Latex-free formula



LATEX  
FREE  
FORMULA

### Indications:

- For use with casts of the foot and ankle
- Surgery of the midfoot/forefoot
- Suitable to be used with a bandaged limb

| Code     | Size              | Shoe Size        | NHS SC Code |
|----------|-------------------|------------------|-------------|
| 65004-00 | Paediatric Small  | Childs 5         | CVF85015    |
| 65004-01 | Paediatric Medium | Childs 5.5 – 7.5 | CVF85014    |
| 65004-02 | Paediatric Large  | Childs 8 – 11.5  | CVF85000    |
| 65004-03 | X Small           | 12 – 2           | CVF85017    |
| 65004-04 | Small             | 3 – 5.5          | CVF85002    |
| 65004-05 | Medium            | 6.5 – 7.5        | CVF85001    |
| 65004-06 | Large             | 8 – 9.5          | CVF85016    |
| 65004-07 | X Large           | 10 – 12          | CVF85003    |

# Actimove® Cast Shoe Rocker Sole

## Cast shoe

The rocker sole helps ease pressure while walking and allows an easy roll through the gait pattern.

- Non-slip sole for added walking security
- Easy to apply and remove
- Water resistant
- Lightweight
- Suitable for either the left or right foot
- Latex-free formula



LATEX  
FREE  
FORMULA

### Indications:

- For use with casts of the foot and ankle
- Postoperative use
- Suitable to be used with a bandaged limb

| Code     | Size       | Shoe Size       | NHS SC Code |
|----------|------------|-----------------|-------------|
| 65004-80 | Paediatric | Childs 8 – 11.5 | CVF85020    |
| 65004-81 | X Small    | 12 – 2          | CVF85031    |
| 65004-82 | Small      | 3 – 5.5         | CVF85013    |
| 65004-83 | Medium     | 6.5 – 7.5       | CVF85012    |
| 65004-84 | Large      | 8 – 9.5         | CVF85011    |
| 65004-85 | X Large    | 10 – 12         | CVF85010    |

# Actimove® Offloading Shoe

## Offloading footwear

Wide base for extra stability and the extended sole in the front area provides impact protection.

- 15° dorsi-angle shifts weight back to the rear foot area
- Non-slip sole for added walking security
- Water resistant
- Lightweight
- Suitable for either the left or right foot
- Latex-free formula



LATEX  
FREE  
FORMULA

### Indications:

- Post-surgical healing
- Wounds or ulcerations
- Pressure off-load of the forefoot
- Forefoot trauma

| Code     | Size    | Shoe Size | NHS SC Code |
|----------|---------|-----------|-------------|
| 65004-20 | X Small | 12 – 2    | CVF85004    |
| 65004-21 | Small   | 3 – 5.5   | CVF85018    |
| 65004-22 | Medium  | 6.5 – 7.5 | CVF85008    |
| 65004-23 | Large   | 8 – 9.5   | CVF85030    |
| 65004-24 | X Large | 10 – 12   | CVF85007    |

# Actimove® Post-Op Shoe Open Toe

## Open toe shoe

Provides the foot with solid protection and easily accommodates bulky bandages.

- Non-slip sole for added walking security
- Water resistant
- Lightweight
- Suitable for either the left or right foot
- Latex-free formula



LATEX  
FREE  
FORMULA

### Indications:

- Provides support and protection for metatarsal stress fractures, broken toes or after foot surgery
- Post-operative stabilisation
- Post-operative healing
- Trauma care

| Code     | Size       | Shoe Size       | NHS SC Code |
|----------|------------|-----------------|-------------|
| 65004-40 | Paediatric | Childs 8 – 11.5 | CVF85029    |
| 65004-44 | X Small    | 12 – 2          | CVF85027    |
| 65004-45 | Small      | 3 – 5.5         | CVF85028    |
| 65004-46 | Medium     | 6.5 – 7.5       | CVF85025    |
| 65004-47 | Large      | 8 – 9.5         | CVF85026    |
| 65004-48 | X Large    | 10 – 12         | CVF85009    |



# Actimove® Cast Shoe

## Removable Toe Cover

### Removable toe cover shoe

Versatile shoe as it can be worn as closed toe or open toe.

- Protects the foot, casts and dressings
- Non-slip sole for added walking security
- Can be individually adjusted using the hook-and-loop straps
- Easy to apply and remove
- Water resistant
- Lightweight
- Suitable for either the left or right foot



LATEX  
FREE  
FORMULA

#### Indications:

- For use with casts of the foot and ankle
- Surgery of the midfoot/forefoot
- Lymphoedema, chronic oedema or venous leg ulcers

| Code     | Size       | Shoe Size       | NHS SC Code |
|----------|------------|-----------------|-------------|
| 65004-60 | Paediatric | Childs 8 – 11.5 | CVF85023    |
| 65004-61 | X Small    | 12 – 2          | CVF85024    |
| 65004-62 | Small      | 3 – 5.5         | CVF85005    |
| 65004-63 | Medium     | 6.5 – 7.5       | CVF85006    |
| 65004-64 | Large      | 8 – 9.5         | CVF85021    |
| 65004-65 | X Large    | 10 – 12         | CVF85022    |
| 65004-66 | XX Large   | 13.5 – 16       | CVF85019    |

# Actimove® TaloCast

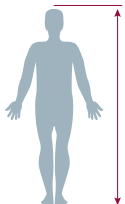
### Adjustable ankle stabilisation

- Supports pain relief by stabilising the upper ankle joint preventing inversion and eversion
- Supports healing by protecting medial and lateral ankle ligaments
- Allows for normal gait due to unrestricted flexion and plantarflexion
- Long-lasting and easily adjustable straps on the outside of the shell
- Soft foam liner that can be worn directly on the skin
- Can be worn in most shoes due to the low-profile, light-weight shells
- Removable foam liner can be washed at 40°C. Shells can be wiped with a damp cloth
- Fits the left and right foot



LATEX  
FREE  
FORMULA

|  | Code     | Size                       | Measurements | NHS SC Code |
|--|----------|----------------------------|--------------|-------------|
|  | 73119-08 | Small / Medium – Trainer   | < 165cm      | GRA5356     |
|  | 73119-09 | Large / X Large – Standard | > 165cm      | GRA5368     |



# Actimove® TaloCast Air

### Adjustable ankle stabilisation with a custom-fit

In addition to Actimove TaloCast:

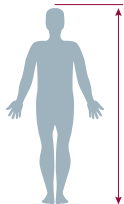
- The pre-inflated, adjustable air cells provide compression for the reduction of swelling and pain
- Liner and shells can be wiped with a damp cloth

#### Indications for TaloCast range:

- Ligament and capsule injuries at the upper ankle joint (e.g., ligament ruptures, strains, distortions)
- Slight soft tissue injuries
- Chronic ankle instability
- Rehabilitation and prevention of ankle injuries
- Acute, chronic, and inflammatory oedema



|  | Code     | Size                       | Measurements | NHS SC Code |
|--|----------|----------------------------|--------------|-------------|
|  | 73119-04 | Small / Medium – Trainer   | < 165cm      | GRA5355     |
|  | 73119-05 | Large / X Large – Standard | > 165cm      | GRA5352     |



# Actimove® TaloCast AirGel

### Adjustable ankle stabilisation for cold therapy

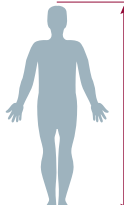
In addition to Actimove TaloCast:

- Adjustable air cells for compression and a customised fit
- Integrated gel pads provide additional cold therapy for extra pain relief
- Liner and shells can be wiped with a damp cloth



LATEX  
FREE  
FORMULA

|  | Code     | Size                       | Measurements | NHS SC Code |
|--|----------|----------------------------|--------------|-------------|
|  | 73119-00 | Small / Medium – Trainer   | < 165cm      | GRA5362     |
|  | 73119-01 | Large / X Large – Standard | > 165cm      | GRA5366     |





# Actimove® TaloBrace

## Adjustable ankle stabilisation

- Supports pain relief by stabilising the upper ankle joint preventing inversion and eversion
- Supports healing by protecting medial and lateral ankle ligaments
- Allows for normal gait due to unrestricted flexion and plantarflexion
- Elastic upper hook and loop strap fits comfortably over the tibia
- Printed foot logo on the bottom of the long-lasting, easily adjustable heel strap to aid application
- Comfortable to wear due to the special soft flexible edges of the rigid shell
- Can be worn in most shoes due to the low-profile, light-weight shells
- Removable foam liner can be washed at 40°C. Shells can be wiped with a damp cloth



LATEX  
FREE  
FORMULA

|  | Code     | Size                               | Measurements | NHS SC Code |
|--|----------|------------------------------------|--------------|-------------|
|  | 73119-13 | Right - Small / Medium - Trainer   | < 165cm      | GRA5354     |
|  | 73119-15 | Right - Large / X Large - Standard | > 165cm      | GRA5358     |
|  | 73119-12 | Left - Small / Medium - Trainer    | < 165cm      | GRA5353     |
|  | 73119-14 | Left - Large / X Large - Standard  | > 165cm      | GRA5357     |

# Actimove® TaloBrace Air

## Adjustable ankle stabilisation with a custom-fit

Anatomical shaped stabiliser that secures the upper ankle joint. The pre-inflated, adjustable air cells provide compression for the reduction of swelling and pain. Comfortable to wear due to the soft flexible edges of the rigid shell and the cushioned inner foam liner. Provides the patient with the right stabilisation for their injury.

- The pre-inflated, adjustable air cells provide compression for the reduction of swelling and pain
- Liner and shells can be wiped with a damp cloth



LATEX  
FREE  
FORMULA

### Indications for TaloBrace range:

- Ligament and capsule injuries at the upper ankle joint (e.g., ligament ruptures, strains, distortions)
- Slight soft tissue injuries
- Chronic ankle instability
- Rehabilitation and prevention of ankle injuries
- Acute, chronic, and inflammatory oedema

|  | Code     | Size                               | Measurements | NHS SC Code |
|--|----------|------------------------------------|--------------|-------------|
|  | 73119-17 | Right - Small / Medium - Trainer   | < 165cm      | GRA5365     |
|  | 73119-19 | Right - Large / X Large - Standard | > 165cm      | GRA5367     |
|  | 73119-16 | Left - Small / Medium - Trainer    | < 165cm      | GRA5363     |
|  | 73119-18 | Left - Large / X Large - Standard  | > 165cm      | GRA5360     |

# Actimove® Walker

## Lower leg walker boot

- Designed to offer secure and lightweight stabilisation for the lower leg, ankle and foot
- Circumferential strapping for critical stability
- Shock absorbing sole and rocker bottom which minimises impact and simulates a natural gait
- Soft breathable and washable inner liner
- Improved slip resistance on many surfaces, thanks to the robust profile sole
- Removable and washable inner sole for patient hygiene
- Available in a low and high size

### Indications for Walker range:

- Fractures of the foot and ankle
- Lower extremity soft-tissue injuries
- Severe ankle and foot sprains
- Post-operative and rehabilitation use
- **Actimove Walker Air Closed Shell ONLY:** Achilles tendon ruptures (only in combination with separately available Actimove® Heel wedge)

**Contraindications:** Unstable fractures or fractures of the proximal tibia or fibula



LATEX  
FREE  
FORMULA

|  | Code - Low Walker | Code - High Walker | Size    | Measurements UK Shoe Size | NHS SC Code - Low Walker | NHS SC Code - High Walker |
|--|-------------------|--------------------|---------|---------------------------|--------------------------|---------------------------|
|  | 76270-30          | 76270-35           | X Small | < 3.5                     | GNC85016                 | GNC85021                  |
|  | 76270-31          | 76270-36           | Small   | 4 - 6.5                   | GNC85018                 | GNC85005                  |
|  | 76270-32          | 76270-37           | Medium  | 7 - 9.5                   | GNC85019                 | GNC85022                  |
|  | 76270-33          | 76270-38           | Large   | 10 - 12                   | GNC85024                 | GNC85028                  |
|  | 76270-34          | 76270-39           | X Large | > 12                      | GNC85003                 | GNC85025                  |
|  |                   |                    |         |                           |                          |                           |





# Actimove® Walker Air

## Lower leg walker air boot

- Medial and Lateral Air bladders create a larger surface for contact pressure to help control swelling
- Designed to offer secure and lightweight stabilisation for the lower leg, ankle and foot
- Shock absorbing sole and rocker bottom which minimises impact and simulates a natural gait
- Circumferential strapping for critical stability
- Soft breathable and washable inner liner
- Removable and washable inner sole for patient hygiene
- Available in a low and high size



LATEX  
FREE  
FORMULA

|  | Code – Low Walker | Code – High Walker | Size    | Measurements UK Shoe Size | NHS SC Code – Low Walker | NHS SC Code – High Walker |
|--|-------------------|--------------------|---------|---------------------------|--------------------------|---------------------------|
|  | 76272-30          | 76272-35           | X Small | < 3.5                     | GNC85006                 | GNC85009                  |
|  | 76272-31          | 76272-36           | Small   | 4 – 6.5                   | GNC85007                 | GNC85014                  |
|  | 76272-32          | 76272-37           | Medium  | 7 – 9.5                   | GNC85026                 | GNC85029                  |
|  | 76272-33          | 76272-38           | Large   | 10 – 12                   | GNC85008                 | GNC85010                  |
|  | 76272-34          | 76272-39           | X Large | > 12                      | GNC85027                 | GNC85020                  |

# Actimove® Walker Air Closed Shell

## Rigid outer shell lower Leg Walker Air Boot

- Adjustable toe guard provides protection in the toe area
- Designed to offer secure and lightweight stabilisation for the lower leg, ankle and foot
- Shock absorbing sole and rocker bottom which minimises impact and simulates a natural gait
- Circumferential strapping for critical stability
- Soft breathable and washable inner liner
- Available in a low and high size



LATEX  
FREE  
FORMULA

|  | Code – Low Walker | Code – High Walker | Size    | Measurements UK Shoe Size | NHS SC Code – Low Walker | NHS SC Code – High Walker |
|--|-------------------|--------------------|---------|---------------------------|--------------------------|---------------------------|
|  | 76276-10          | 76276-15           | X Small | < 3.5                     | GNC85015                 | GNC85023                  |
|  | 76276-11          | 76276-16           | Small   | 4 – 6.5                   | GNC85001                 | GNC85004                  |
|  | 76276-12          | 76276-17           | Medium  | 7 – 9.5                   | GNC85000                 | GNC85011                  |
|  | 76276-13          | 76276-18           | Large   | 10 – 12                   | GNC85017                 | GNC85012                  |
|  | 76276-14          | 76276-19           | X Large | > 12                      | GNC85002                 | GNC85013                  |



Heel wedge

| Code     | Description | Size      |
|----------|-------------|-----------|
| 76277-94 | Heel wedge  | Universal |

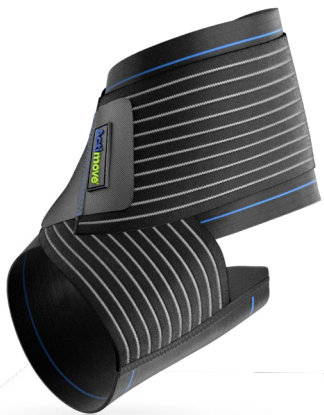
# Actimove® Ankle Support

## Elastic wrap around

- Pain relief and healing supported through balanced warmth and medical compression
- Ventilated elastic strap provides increased comfort and good breathability
- Durable, adjustable
- Contains latex
- Can be worn on the left or right ankle

### Indications:

- Painful ankle injuries and prevention
- Mild sprains
- Weak ankles
- Swelling and tenderness



|  | Code     | Size   | Measurements  | NHS SC Code |
|--|----------|--------|---------------|-------------|
|  | 73414-80 | Small  | 18cm – 20.5cm | GRA5359     |
|  | 73414-81 | Medium | 20.5cm – 23cm | GRA5361     |
|  | 73414-82 | Large  | 23cm – 25.5cm | GRA5364     |

# Actimove® Ankle Support

- Firm compression to help manage pain from ankle conditions
- Reliable and durable support for everyday mobility
- Seamless anatomical shape supported by a patterned design
- Reinforced edges for long lasting wear
- Comfortable to wear due to the soft, latex-free, cotton-free yarns and smooth motion-comfort-zone
- Four sizes available
- Can be worn on the left or right ankle

### Indications:

- Degenerative ankle conditions
- Overuse or repetitive use syndromes
- Chronic ankle pain



LATEX  
FREE  
FORMULA

|  | Code     | Size    | Measurements |
|--|----------|---------|--------------|
|  | 75608-20 | Small   | 18cm – 21cm  |
|  | 75608-21 | Medium  | 21cm – 24cm  |
|  | 75608-22 | Large   | 24cm – 27cm  |
|  | 75608-23 | X Large | 27cm – 30cm  |

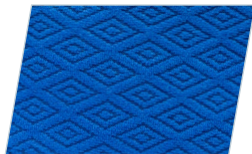


# Actimove® Ankle Support

- Pain relief and healing supported through balanced warmth and medical compression
- Quick-drying, perforated performance material provides comfort and good breathability
- Neoprene-free, made with COOLMAX® AIR technology
- Easy to apply due to the slip-on design
- Comfortable slim fit with flat seams
- Two sizes available, suitable for approximate ages 6 – 10 and 11 – 15
- Available in navy

**Indications:**

- Painful ankle injuries and prevention
- Mild sprains
- Weak ankles
- Swelling and tenderness



|                                                                                   | Code     | Size       | Measurements    |
|-----------------------------------------------------------------------------------|----------|------------|-----------------|
|  | 75606-10 | Paediatric | 16.5cm – 18.5cm |
|                                                                                   | 75606-11 | Youth      | 18.5cm – 22cm   |

# Actimove® Ankle Support

Knitted support for the treatment of painful arthritis of the ankle joint

- The unique heat-retaining ceramic fibres retain and reflect body heat providing soothing warmth to help relieve pain
- Four-way stretch material provides light, comfortable compression to reduce swelling for improved mobility
- Therapeutic warming promotes circulation around the ankle
- Five sizes available
- Can be worn on the left or right ankle

**Indications:**

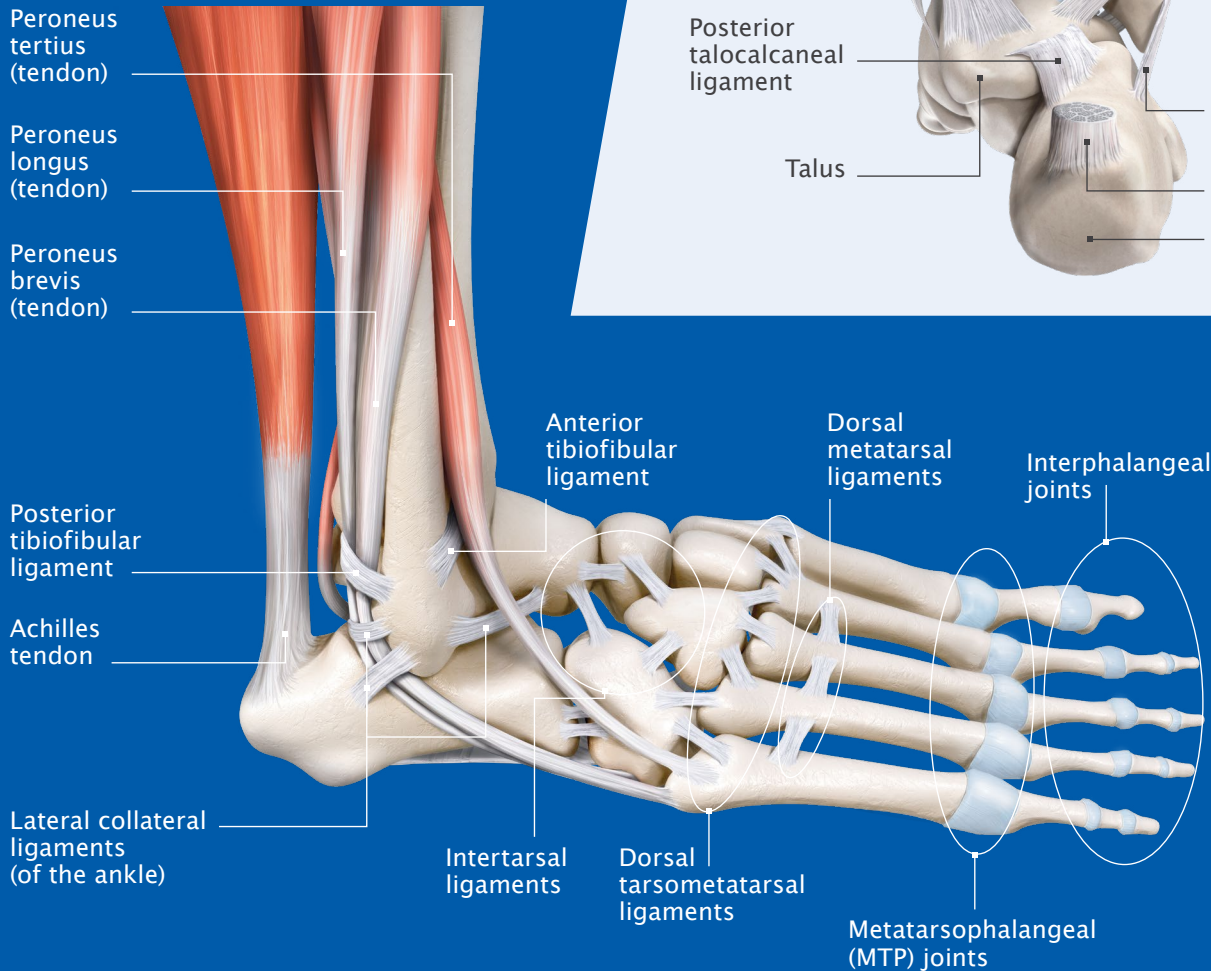
- Painful arthritis of the ankle joint



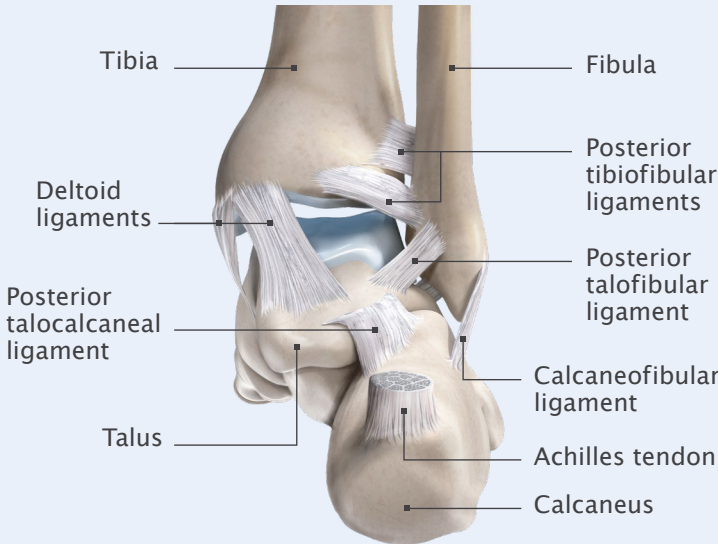
|                                                                                     | Code     | Size     | Measurements |
|-------------------------------------------------------------------------------------|----------|----------|--------------|
|  | 75780-20 | Small    | 16cm – 21cm  |
|                                                                                     | 75780-21 | Medium   | 21cm – 26cm  |
|                                                                                     | 75780-22 | Large    | 26cm – 31cm  |
|                                                                                     | 75780-23 | X Large  | 31cm – 39cm  |
|                                                                                     | 75780-24 | XX Large | 39cm – 43cm  |

# Ankle

Tendons and ligaments – lateral view



## The Ankle Joint (Posterior view)





# Essity's Orthopaedic full product portfolio

Actimove is an Essity brand. Essity provide Orthopaedic solutions across the continuum of care from immobilisation with our Fracture Management range to rehabilitations with our Physiotherapy range of tapes and strapping. Full product details can be found by scanning the QR code below. Please contact your Essity Account Manager or [concierge.services@essity.com](mailto:concierge.services@essity.com) for further information.



## Education

Our commitment to professional education is illustrated with our Essity PATH educational platform. It underpins our belief that progress in patient care depends on continuing professional development and our educational initiatives are an integral part of our relationship with clinicians.

**PATH** is a gold standard education platform with a diverse selection of therapy areas and learning styles, to help you provide the best possible patient care.



You choose the educational journey that suits you

## Therapy Areas

Select from the following:

- Continence Care
- Lower Limb Management
- Lymphoedema Care
- Wound Management
- Orthopaedics
- Animal Healthcare



- Topics

Then choose...

...from the available topics  
within each therapy area and  
the different learning styles

- Learning Styles

- e-Learning
- Webcast
- Bitesize Learning
- Masterclasses and Events

To find out more please contact your local Acute Specialist or contact us on:  
Tel: **01482 670177** Email: **[concierge.service@essity.com](mailto:concierge.service@essity.com)**

## Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. On the right side, there is a decorative light blue triangular shape pointing towards the bottom right corner. The overall appearance is that of a clean, unused piece of stationery or notebook paper.



