

# Product overview



**Braces for ultimate  
support and freedom  
of movement.**

**The perfect  
prescription.**

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# Ultimate support

As a medical professional, when you prescribe Push® braces you need to know you can count on them to provide effective and reliable joint support. Push braces offer immediate solutions for mobility issues, stabilising the joint where essential, while allowing users optimum freedom of movement during daily activities. The braces offer just the right amount of support and comfort your patients require.

Push braces can be used for a broad range of indications. This means you can always find a suitable Push brace to provide the specific support your patient requires.



# Research and innovation

Working closely with medical specialists, Push braces are developed using the latest medical and scientific research combined with innovative product design. Our state-of-the-art products push the boundaries of support with demonstrably better results. Using the core principles of functional taping guarantees an optimal balance between support, compression, and adhesion in every brace.

End-user research, completed early in the product development stage, guarantees that Push products meet the user's needs. An anatomical fit; the use of lightweight, breathable materials; and attention to design, come together to guarantee maximum comfort.

Push is keen to continue working with you toward the best possible solutions so individuals can get back their active lives.

# Care, Med and Ortho braces



## **Care braces – function retention**

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

## **Med braces – function recovery**

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

## **Ortho braces – function improvement**

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



# Ankle braces

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Scan here for end user explanation of braces and indications:



[Push.eu/  
ankle](https://push.eu/ankle)



[Push.eu/  
foot-drop](https://push.eu/foot-drop)



Balance between  
compression,  
support and  
adhesion.





Article number: 1.20.1  
Execution: left and right

Size	Circumference
1	26 - 29 cm
2	29 - 32 cm
3	32 - 35 cm
4	35 - 38 cm
5	38 - 41 cm



## Care

# Ankle Brace

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

### Indications:

- Slight distortion
- Slight capsule irritation
- Slight residual instability
- Arthrosis without instability



Article number: 2.20.1  
Execution: left and right

Size	Circumference
1	26 - 29 cm
2	29 - 32 cm
3	32 - 35 cm
4	35 - 38 cm
5	38 - 41 cm



## Med Ankle Brace

The Push med Ankle Brace provides for long-term support of the ankle joint and is based on the principle of the functional taping techniques. The degree of compression and pronation/supination limitation is adjustable and a silicone application ensures good position retention.

### Indications:

- Moderate to serious instability
- Acute lateral ankle ligament trauma
- Stable ankle fracture
- Follow-up treatment of ankle fractures
- Postsurgical treatment of ligament injuries or fractures
- Capsular irritation
- Tendonitis
- Arthrosis with instability
- Secondary prevention of ankle ligament trauma
- Impingement (capsular clamping; anterior and posterior)
- Football ankle



## Med Ankle Brace Aequi Flex

The Push med Aequi Flex provides stability to the ankle joint during the functional treatment of (sub-) acute ankle injuries. With the Flex-protect system, consisting of a medial shell and mediolateral anchor strap, the patient can recover safely and comfortably. The closed loop of shell and strap offers inversion control and compression at the same time. According to the needs of the patient, compression can be adjusted by tightening or slackening the elastic straps.

### Indications:

- Acute lateral ankle sprain
- Follow-up treatment of ankle fractures treated conservatively or surgically
- Moderate to severe instability
- Moderate to severe osteoarthritis
- Secondary prevention of ankle sprain

Article number: 2.20.3  
Execution: left and right

Size	Circumference
1	27 - 31 cm
2	31 - 34 cm
3	34 - 40 cm



# Ortho Ankle Brace Aequi

The Push ortho Ankle Brace Aequi is an effective ankle brace which strikes a balance between effective mechanical support of an injured ankle and good wearer comfort. The rigid support is situated exclusively on the medial side of the ankle and has a recess for the malleolus. The Push Aequi is worn over the sock, and optimal stabilisation can only be achieved if it is worn with a closed (laced-up) shoe.

## Indications:

- Moderate to serious instability
- Lateral ankle ligament injury
- Follow-up treatment of conservative or operated ankle fractures
- Moderate to serious arthrosis
- Secondary prevention of ankle ligament injury



Article number: 3.20.1  
Execution: left and right

Size	Circumference
1	27 - 31 cm
2	31 - 34 cm
3	34 - 40 cm



# Ortho

## Ankle Brace

### Aequi Junior

The Aequi Junior strikes a good balance between effective mechanical support and good wearer comfort for cases of (sub-)acute or chronic ankle injury in children of 6 to 12 years of age (with shoe sizes of approximately 30-36 (EUR)). The Aequi Junior stabilises the ankle joint during inversion as well as eversion and in both neutral and flexed positions. The freedom of dorsal and plantar flexion is sufficiently maintained to allow normal walking.

#### Indications:

- In the case of early functional therapy for injuries to the medial or lateral ankle ligaments
- Follow-up treatment of ankle fractures that have been operated on or conservatively managed
- In the case of (residual) instability (increased tendency to sprain)
- To prevent (recurrence of) ankle ligament injuries



Article number: 3.20.2

Size	Circumference
1	23 - 27 cm (Shoe size 30-36)





Article number: 3.20.3  
Execution: left and right

Size	Circumference
1	27 - 31 cm (Shoe size 36-41)
2	31 - 34 cm (Shoe size 39-44)
3	34 - 40 cm (Shoe size 42-47)



# Ortho

## Ankle Foot Orthosis AFO

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

### Indications:

- Loss of control of the ankle dorsiflexors during the swing phase and during loading response (heelstrike/ in a foot-flat stance) as a result of failure of the tibialis anterior, possibly in conjunction with ankle instability.
- Disorders possibly involving loss of the function of the ankle dorsiflexors are: CVA, hernia, multiple sclerosis, postpolio syndrome, muscular dystrophy, spinal cord injury, polyneuropathy.

### Contra-indications

- Moderate to severe spasticity, extreme pes equinus, foot deformity



# Knee braces

Care Knee Brace	31
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Scan here for end user explanation of braces and indications:



[Push.eu/  
knee](https://push.eu/knee)



Stabilisation where  
required, freedom  
where possible.





Article number: 1.30.2

Size	Circumference
1	28 - 31 cm
2	31 - 34 cm
3	34 - 37 cm
4	37 - 41 cm
5	41 - 45 cm



## Care Knee Brace

The Push care Knee Brace offers compression around the knee joint. It supports the patella which improves the sense of stability. Users experience pain relief. The fasteners allow compression to be individually adjusted. Users will be aware of the comfortable support this offers and thus be encouraged to attempt more active movement. The use of high quality, elastic materials and silicone applications on the inner surfaces of the brace ensures the brace fits perfectly and also maintains its position.

### Indications:

- Osteoarthritis of the knee joint
- Patellofemoral osteoarthritis
- Retropatellar pain complaints
- Patellofemoral pain syndrome
- Patella instability
- Rheumatoid complaints
- Residual functional instability



# Med Knee Brace

The Push med Knee Brace provides substantial support for the collateral structures of the knee joint. The knee is supported by two non-axial leaf spring hinges that follow the natural rotation movements of the knee in a unique way. This means that flexion and extension of the knee are not hindered. The good anatomical fit and the silicone application help the position of the brace to be maintained when walking.

### Indications:

- Arthrosis with instability
- Rheumatoid complaints
- Collateral ligament trauma
- Residual instability after collateral ligament trauma
- Postsurgical follow-up treatment

Article number: 2.30.1

Size	Circumference
1	28 - 31 cm
2	31 - 34 cm
3	34 - 37 cm
4	37 - 41 cm
5	41 - 45 cm



# Med Patella Brace



The Push med Patella Brace applies local pressure to the patellar tendon and supports the patella. The pad consists of a skin-compatible viscoelastic polymer. The semi-rigid cap inserted in the front part ensures a well divided distribution of pressure.

**Indications:**

- Tendinitis of the patella tendon
- Osgood-Schlatter disease
- Patellofemoral pain syndrome
- Subluxation/hypermobility proximal tibiofibular joint



Article number: 2.30.2  
Execution: one size



# Back and Neck braces

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Med Neck Brace	47

Scan here for end user explanation of braces and indications:



[Push.eu/  
spinal-column](https://push.eu/spinal-column)



Immediate relief,  
ultimate comfort.

# Care

## Back Brace

The Push care Back Brace reduces pain in the lumbar area of the back through well divided distribution of compression. A comfortable pad on the lumbar area with four pressure points exerts a relieving compression. The shape and material make the brace comfortable to wear. The anatomical fit makes it suitable for both men and women and guarantees good position retention.

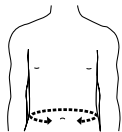
### Indications:

- Non-specific lower-back complaints
- For prevention in case of back-straining activities
- Pseudoradicular complaints
- Mild lumbar arthrosis



Article number: 1.40.1

Size	Circumference
1	65 - 75 cm
2	75 - 85 cm
3	85 - 97 cm
4	97 - 110 cm
5	110 - 125 cm
6	125 - 145 cm





# Med Back Brace

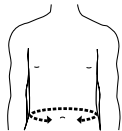
The Push med Back Brace improves the position of the lumbar vertebral column and reduces pain. The tightening of elastic straps creates compression, increasing the support of the metal reinforcements applied. The shape and material make the brace comfortable to wear. The anatomical fit makes it suitable for both men and women and guarantees good position retention.

### Indications:

- Spondylolysis
- Spondylolisthesis
- Lumbar arthrosis
- Discopathy
- Osteoporotic lumbar impression fractures
- Postsurgical treatment

Article number: 2.40.2

Size	Circumference
1	65 - 75 cm
2	75 - 85 cm
3	85 - 97 cm
4	97 - 110 cm
5	110 - 125 cm
6	125 - 145 cm

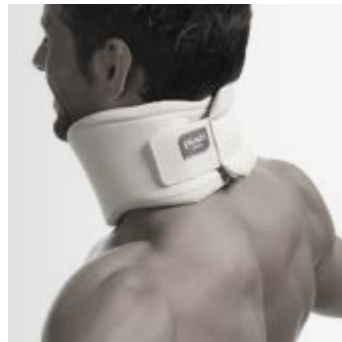




Article number:  
 1.60.1 (8 cm)  
 1.60.2 (10 cm)

Execution: 8 cm and  
 10 cm height

Size	Circumference
1	27 - 36 cm
2	36 - 46 cm



# Care

## Neck Brace

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

### Indications:

- Complaints caused by whiplash
- Acute neck injury
- Mild cervical arthrosis



# Med Neck Brace

The Push med Neck Brace provides support for the vertebral column through its anatomical shape and the use of semi-rigid foam. The neck brace includes a detachable element for additional support. This element rests on the collarbone and the jaw for highly effective support. A proper anatomical fit and the use of materials that keep the skin dry ensures that the brace is very comfortable to wear.

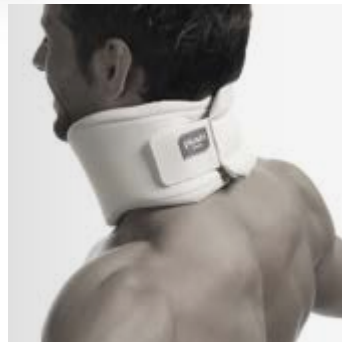
### Indications:

- Follow-up treatment of whiplash
- Acute neck injuries
- Postsurgical treatment
- Cervical arthrosis
- Cervical arthrosis with a pseudoradicular complaints
- Tension headache

Article number:  
2.60.1 (8 cm)  
2.60.2 (10 cm)

Execution:  
8 cm and 10 cm height

Size	Circumference
1	27 - 36 cm
2	36 - 46 cm





# Wrist and Thumb braces

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Scan here for end user explanation of braces  
and indications:



[Push.eu/  
wrist-thumb](https://push.eu/wrist-thumb)



Contoured fit,  
lightweight  
materials.  
Optimum  
compliance!



# Care

## Wrist Brace

The Push care Wrist Brace provides compression around the wrist joint, thus improving its stability. The wrist joint is not immobilised, thus retaining the functionality of the hand. The palm of the hand is kept free, ensuring that a good grasp is maintained.

### Indications:

- Slight wrist strain
- Slight distortion
- Slight residual instability
- Mild arthrosis
- Slight rheumatoid complaints

Article number: 1.10.1  
Execution: left and right

Size	Circumference
1	13 - 15 cm
2	15 - 17 cm
3	17 - 19 cm
4	19 - 21 cm





Article number: 2.10.1  
Execution: left and right

Size	Circumference
1	13 - 15 cm
2	15 - 17 cm
3	17 - 19 cm
4	19 - 21 cm



## Med Wrist Brace

The Push med Wrist Brace provides a high level of support and protection to the wrist joint without restricting the functionality of the hand. The anatomically shaped stiffeners limit palmar and dorsal flexion without limiting it completely. The brace is easily fitted around the wrist with one hand.

### Indications:

- Strain complaints in the wrist
- Instability
- Moderate to serious distortion
- RSI
- Strain complaints in the wrist extensors
- Wrist fracture without dislocations
- Follow-up treatment of wrist fractures
- Arthrosis



# Med Wrist Brace Splint

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

#### Indications:

- Strain complaints in the wrist extensors
- Rheumatoid complaints
- Carpal tunnel syndrome
- RSI

Article number: 2.10.2  
Execution: left and right

Size	Circumference
1	13 - 15 cm
2	15 - 17 cm
3	17 - 19 cm
4	19 - 21 cm





# Ortho Thumb Brace CMC

The Push CMC stabilises the basal joint of the thumb (CMC-1) and places the thumb in a functional position. This guarantees optimal hand function and reduces such symptoms as pain and loss of strength. The selected materials and rounded edges contribute to maximum comfort, the simple closing system enabling patients to fit the brace themselves without any effort. The product is antimicrobial, can be used in water, and can be dried easily.

## Indications:

- CMC-1 osteoarthritis
- Postsurgical stabilisation of the CMC-1 joint
- Instability of the CMC-1 joint

Article number: 3.10.1  
Execution: left and right

Size	Circumference
0	15,0 - 17,5 cm
1	17,5 - 19,5 cm
2	19,5 - 22,5 cm
3	22,5 - 27,0 cm





# Elbow and Shoulder braces

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Scan here for end user explanation of braces and indications:



[Push.eu/  
elbow](https://push.eu/elbow)



[Push.eu/  
shoulder](https://push.eu/shoulder)





Slim design,  
high performance.



# Med Elbow Brace

The Push med Elbow Brace provides for adjustable extension limitation of the elbow joint. This prevents overstretching. The degree of limitation desired can be easily adjusted with one hand. The strap system is very functional by virtue of withstanding strong traction forces at different angles. A zipper makes it easy to put on and take off the brace.

#### Indications:

- Complaints after hyperextension trauma
- Arthrosis
- Olecranon bursitis
- Impingement

Article number: 2.70.2

Size	Circumference
1	22 - 24 cm
2	24 - 26 cm
3	26 - 28 cm
4	28 - 32 cm
5	32 - 36 cm





## Med Elbow Brace Epi

The Push med Elbow Brace Epi reduces the pain of tennis or golfer's elbow. The pad ensures that pressure is directed to the extensors (in the case of tennis elbow) or the flexors (in the case of golfer's elbow) of the wrist. This relieves the tendon insertion of these muscles on the elbow. The pad consists of a skin-compatible viscoelastic polymer. A C-shaped shell ensures well distributed pressure around the arm and ensures free blood circulation.

### Indications:

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



Article number: 2.70.1  
Execution: one size

# Med

## Shoulder Brace



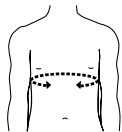
The Push med Shoulder Brace provides effective immobilisation of the arm during the treatment of a variety of shoulder injuries. It allows the arm to be fixed in a neutral or slightly adducted shoulder position. Applying the brace is simple and can easily be done by patients themselves. Each fixation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

### Indications:

- Collarbone fracture
- Treatment after (sub)luxation
- Treatment after (sub)luxation of the SC or AC joint
- Subcapital humerus fracture
- Humeroscapular periarthrosis
- Postsurgical treatment
- As a sling in the case of a flaccid hemiparesis (also at night)

Article number: 2.50.3

Size	Circumference
1	55 - 75 cm
2	75 - 105 cm
3	105 - 140 cm



# Med Shoulder Brace Plus

Push shoulder braces provide effective immobilisation of the shoulder joint, without causing excessive strain on the neck and shoulders. The Push med Shoulder Brace Plus is fitted with an additional strap across the unaffected shoulder. This strap comfortably supports the hand and wrist, guaranteeing a fixed position of the lower arm.

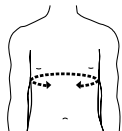
#### Indications:

- Collarbone fracture
- Treatment after (sub)luxation
- Treatment after (sub)luxation of the SC or AC joint
- Postsurgical treatment
- Humeroscapular periarthritis
- Subcapital humerus fracture
- As a sling in the case of a flaccid hemiparesis (also at night)



Article number: 2.50.2

Size	Circumference
1	55 - 75 cm
2	75 - 105 cm
3	105 - 140 cm



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9.000 - 05/23