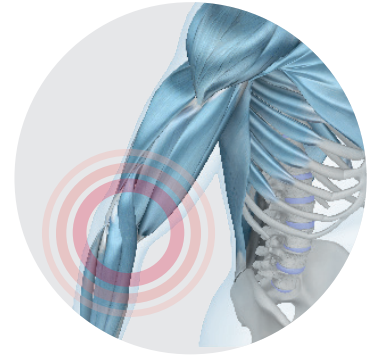


INFORMATION ABOUT ELBOW PAIN FOR YOU AND YOUR MEDICAL CONSULTATION

CLARIFYING THE CAUSE

Did you read about possible causes of your elbow pain on bauerfeind.de? Only a physician can confirm whether your suspicions are correct. That's why our recommendation is to **contact your physician!**



CHECKLIST FOR YOUR MEDICAL CONSULTATION

The more precise the information you can give your physician about your symptoms, the more effectively they will be able to help you. Use our checklist to make sure you don't forget anything during the conversation with your physician. Simply tick the boxes and answer the questions, then take the checklist along to your appointment.

ON WHICH SIDE ARE YOU EXPERIENCING PAIN?

- In the left elbow In the right elbow On both sides

WHAT LED TO YOUR PAIN?

- The pain appeared without major external impact
- The pain occurs when I move my elbow a lot, especially when I: _____
- The pain occurred during/after a certain activity, specifically: _____
- I had an accident: During everyday activities During exercise At work
- Specify: _____
- I had arm surgery, specifically: _____
- Other: _____

WHAT PROBLEMS DO YOU EXPERIENCE EXACTLY?

- My elbow hurts at rest
- My elbow hurts when it's subjected to strain (e.g. when resting on it or supporting myself on it or when carrying heavy objects)
- My elbow hurts when writing or typing using the computer keyboard
- My elbow hurts during gripping movements
- My arm hurts when I stretch it
- My arm hurts when I bend it
- My elbow hurts during certain movements, such as: _____
- I am constantly in pain
- Other: _____

HOW LONG HAVE YOU HAD THESE PROBLEMS? Since: _____

HAVE YOU HAD ELBOW PROBLEMS IN THE PAST?

- Yes, at a specific point in time: _____
- Yes, I've been having problems for a long time at regular intervals
- No, this is the first time I've experienced pain and it has remained constant since then
- No, I've never had elbow pain like this

WHERE DO YOU FEEL THE PAIN?

- On the inside of my elbow
- The pain radiates from the joint into the forearm
- On the outside of my elbow
- The pain radiates from the joint into the upper arm
- In the crook of my arm
- I can't describe it precisely
- In a different place, specifically: _____

HAVE YOU EVER TRIED TO DO SOMETHING ABOUT YOUR PAIN (E.G. IMMOBILIZING, COOLING, ANTI-INFLAMMATORY CREAMS)?

- No, not until now
- Yes, specifically: _____, with the following results: _____

WHAT DOES YOUR DAILY ROUTINE USUALLY LOOK LIKE?

- I work at the computer a lot, with a keyboard and mouse
- My work involves a lot of repetitive movements
- I often lift heavy objects at work
- During my spare time, I work with my hands a lot (e.g. DIY or gardening)
- I exercise moderately, specifically: _____
- I exercise intensively, specifically: _____

FOR ELBOW PROBLEMS: RELIEF AND SUPPORT

Depending on your indication, certain treatment methods are recommended, which your physician can specify and explain to you. For elbow symptoms, relief of the joint is generally a significant component. Our elbow supports can be a useful part of treatment: they provide stability to your elbow without restricting mobility.

The compression knit exerts gentle intermittent compression during movement and massages the enclosed tissue.

The integrated pads also act effectively on specific pain points. In this way, pain is relieved and the joint-stabilizing muscles are activated.

What's more, you can easily wear the supports under clothing. The particularly soft knit fabric makes the supports comfortable to wear in everyday life and during sports.

Get to know Bauerfeind's elbow supports!

EpiTrain®



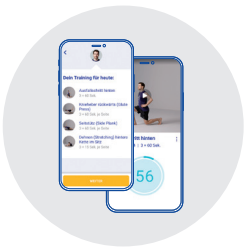
The support relieves and stabilizes your elbow joint.

During movement, the effective Train knitted fabric and massage pads have been proven to activate your muscles, which reduces pain and improves the neuromuscular stabilization of the joint.

EpiPoint®



The pain-relieving epicondylitis brace provides targeted relief for the tendon insertions on the elbow. During movement, it exerts a regulated amount of pressure on the tendon and muscle insertion. This helps to relieve symptoms and strategically promote the healing process.



START YOUR TRAINING WITH BAUERFEIND'S TRAINING APP!

To go with your support, the Bauerfeind Training App will provide you with a personalized training program that has been adapted specifically to your symptoms. Please make sure to discuss how to use the app in advance with your physician, physical therapist or attending medical specialist.

Download the app free of charge at bauerfeind.de/app.



BAUERFEIND AG

Triebeser Straße 16
07937 Zeulenroda-Triebes
Germany

T +49 (0) 36628 66-10 00

F +49 (0) 36628 66-19 99

E info@bauerfeind.com