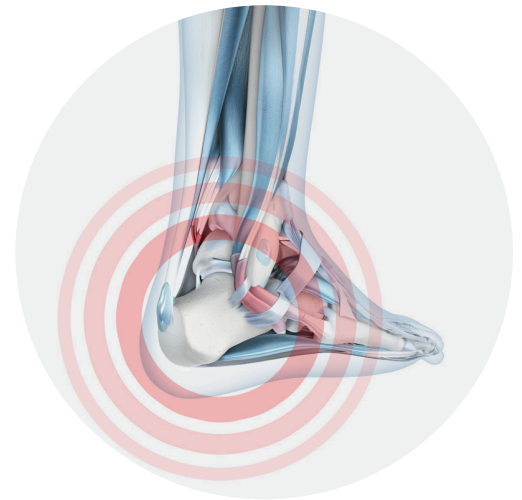


INFORMATION ABOUT ANKLE PAIN FOR YOU AND YOUR MEDICAL CONSULTATION

CLARIFYING THE CAUSE

You read about possible causes of your ankle pain on bauerfeind.de? Nevertheless, only your physician will be able to confirm whether you are right about your suspicion.

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 he or she 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 complete the questions, then take the checklist along to your appointment.

WHAT LED TO YOUR ANKLE PAIN?

- I had an accident during everyday activities, ... _____
- I had an accident during exercise, ... _____
- I had an accident at work, ... _____
SPECIFY
- I had foot surgery.
- The pain occurs when I'm particularly active, especially when... _____
- The pain appeared without major external impact.

WHAT PROBLEMS DO YOU EXPERIENCE EXACTLY?

- I experience pain during movement.
- I only experience pain when subjected to a lot of strain.
- I experience pain at rest.
- My ankle is swollen or swells up, ... _____
DURING THE FOLLOWING ACTIVITIES

HOW LONG HAVE YOU HAD THESE PROBLEMS?

- Since _____

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HAVE YOU HAD ANKLE PROBLEMS IN THE PAST?

No, not until now.

Yes, ... _____
SPECIFY

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

No, not until now.

Yes, ... _____ with the following results: _____
SPECIFY

WHAT IS THE GENERAL CONDITION OF YOUR ANKLE?

- I often twist my ankle if I don't pay attention to it.
- I cannot lift my forefoot without restriction.
- I have trouble standing on a single leg.
- My ankle feels unstable when running/standing/walking.
- I have had an ankle injury in the past and am still feeling the effects.

WHAT DOES YOUR DAILY ROUTINE USUALLY LOOK LIKE?

I am not very active at work or during my leisure time.

I am subjected to severe physical strain.

I am moderately active during my leisure time, ... _____
EXAMPLES

I exercise intensively, ... _____
SPECIFY

FOR ANKLE PAIN: EXERCISE AND OUR MalleoTrain®

Depending on your indication, certain treatment methods are recommended, for example specific exercises, which the MalleoTrain support can help you with. It also boosts the healing process. MalleoTrain also provides you with additional stability and confidence in your everyday life, protecting you from twisting your ankle and preventing repeat injury.

To strengthen your ankle in a sustainable way with your MalleoTrain, the Bauerfeind Treatment App will provide you with a personalized training program that has been adapted specifically to your symptoms. Download the app free of charge at bauerfeind.de/app.

Ask your physician about the MalleoTrain so you can be given the relevant prescription.

You can also get yourself a MalleoTrain without prescription. Just visit a medical supply retailer near you. With a prescription, however, your medical insurance company will help you with the co-payment for the support.



GET YOUR
MalleoTrain®!