



THUASNE



Action Reliever

Soft offloading
knee brace

**AVAILABLE
ON PRESCRIPTION**

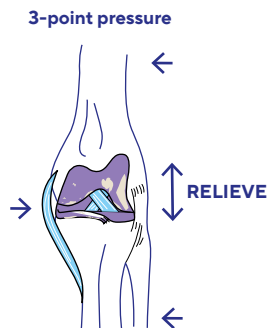
CLINICALLY PROVEN*

* M. Benning, and al. "Superiority of a knee relief orthosis in the treatment of knee osteoarthritis: A prospective randomized controlled trial." ORTHOPADIE TECHNOLOGY 08/17, Page 24."

3-point Pressure System

The purpose of an offloading brace is simply to apply corrective forces on the leg in order to reduce the load of the compartment affected by osteoarthritis (referred to as 3-point pressure).

By helping hold the leg in a normal alignment and maintaining a homogeneous load on the knee joint as a whole, the Action Reliever knee brace will help reduce compression and inflammation. This load reduction relieves pain.⁽¹⁾



Action Reliever: Dynamic Off-Loading

- Straps creating a dynamic 3-point pressure system: most effective on heel strike.
- Combined rigid adjustable hinge on the affected side and flexible stay on the unaffected side.
- Self-dosing adjustment possible by tightening the front straps.
- For medial or lateral OA.

Ease Of Use

- Only 2 steps for fitting.⁽²⁾

Comfort

- Anatomically shaped straps, self-oriented and adjustable.
- Anatomical-shaped knitting with no compression areas at popliteal crease and at brace edges.

To be worn under clothes (unless contraindicated)

(1) Internal CE marking data.
(2) See illustrations in the Instructions of Use.

Osteoarthritis & Bracing

Approximately 5 million people in the UK suffer with knee OA, which is set to grow to 8.3 million by 2035⁽⁴⁾.

Studies⁽¹⁾ have shown an un-loading/off-loading knee brace is cost-effective for patients waiting for surgery.

A study⁽²⁾ showed that patients who wore a brace for two years or more did not require surgery at 8 years follow-up.

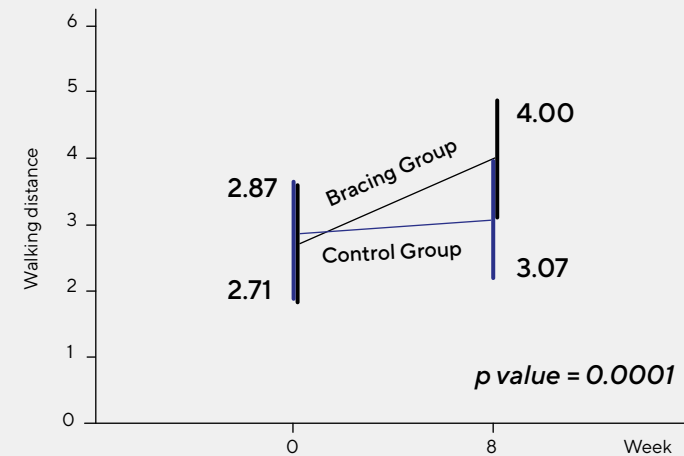
NICE Guidelines for Osteoarthritis⁽⁵⁾

1.4.8 People with osteoarthritis who have biomechanical joint pain or instability should be considered for assessment for bracing/joint supports/insoles as an adjunct to their core treatments. [2008].

Randomised Controlled Study with 32 Patients on 8 Weeks⁽³⁾: (17 bracing group, 15 control group)

Main Objective:

Effect of the brace on the pain-free walking distance



By wearing the brace, the pain on exertion was reduced and the pain-free distance extended.

(1) Nathanael L. Feehan, Gary S. Texler, William J. Barringer. "The Effectiveness of Off-Loading Knee Orthoses in the Reduction of Pain in Medial Compartment Knee Osteoarthritis: A Systematic Review." *Journal of Prosthetists and Orthotics*, 2012; 24(1): 39-49. Dylan A. Mistry, Amit Chandratreya, Paul Y. F. Lee. "An Update on Unloading Knee Braces in the Treatment of Unicompartement Knee Osteoarthritis from the Last 10 Years: A Literature Review". *Surg J* 2018;4:e110-e118. Roger V. Ostrander, Charles E. Leddon, Joshua G. Hackel, Christopher P. O'Grady, Charles A. Roth. "Efficacy of Unloader Bracing in Reducing Symptoms of Knee Osteoarthritis." *The American Journal of Orthopedics*. 2016;45(5):306-311.
(2) Lee PYF, and al. *BMJ Open Sport Exerc Med* 2017;2:e000195 "Unloading knee brace is a cost-effective method to bridge and delay surgery in unicompartmental knee arthritis" doi: 10/1136/bmjsem-2016-000195.
(3) M. Benning, and al. "Superiority of a knee relief orthosis in the treatment of knee osteoarthritis: A prospective randomized controlled trial." *ORTHOPADIE TECHNOLOGY* 08/17, Page 24.
(4) "Osteoarthritis in General Practice - Data and perspective" Arthritis Research UK 2013 <https://www.versusarthritis.org/media/2115/osteoarthritis-in-general-practice.pdf>
(5) NICE. Osteoarthritis: care and management. Guidance and guidelines. 2014.

Measuring & Sizing

1: Measure for an Action Reliever

Measure the leg at 3 points:




- Thigh circumference 14 cm above mid-patella (cm)
- Mid-patella knee circumference (cm)
- Calf circumference 12 cm below mid-patella (cm)

2: Choosing the correct size

Once measured, see the chart below to determine the correct Action Reliever size and code.

3: Unsure which size to order?

If the measurements taken do not correspond to the same size, favor the size corresponding to measurement A.

				Left Leg Medial Compartment or Right Leg Lateral Compartment	Left Leg Medial Compartment or Right Leg Lateral Compartment
	A	B	C	PIP Code	PIP Code
1	38 - 41 cm	32 - 34 cm	28 - 31 cm	413-1769	413-3039
2	42 - 45 cm	35 - 37 cm	32 - 35 cm	413-2973	413-3054
3	45 - 48 cm	38 - 41 cm	35 - 38 cm	413-2999	413-3062
4	48 - 51 cm	42 - 45 cm	39 - 42 cm	413-2981	413-3047
5	50 - 53 cm	46 - 49 cm	41 - 44 cm	413-2965	413-3070
6	53 - 56 cm	50 - 53 cm	44 - 47 cm	413-3005	413-3088
7	56 - 61 cm	53 - 56 cm	48 - 51 cm	413-3013	413-3096
8	61 - 66 cm	56 - 59 cm	51 - 54 cm	413-3021	413-3104

Watch our video by searching "Action Reliever" on  / [Thuasne UK](#)

Please refer to the instructions for use of the product before use. Read the product's instructions for use, indications and contraindications carefully. The Medical Device mentioned on this document is CE marked according to the European council regulation 2017/745.
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