

## QUICK REFERENCE













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## KNEE PRODUCT INDICATIONS







	DonJoy Fortilax	DonJoy Rotulax Open Patella	DonJoy Stabilax
General soreness and pain	•	•	•
Mild sprain	•	•	•
Moderate sprain			•
Mild meniscus injuries		•	•
Swelling	•	•	•
Mild osteoarthritis	•	•	•
Proprioception	•	•	•
Chronic Laxity			•
Resumption of activity		•	•
Resumption of sport activities		•	•
Patella stabilisation		•	•
Patellofemoral syndrome		•	•
Patellar tendinitis		•	•
Support the unstable knee joint			•

## ROTULAX™ OPEN PATELLA

The DonJoy® "go-to" brace for kneecap stabilisation and support

#### **FEATURES & BENEFITS**

SAME AS FORTILAX KNEE WITH ADDED FEATURES BELOW:



#### **BILATERAL FLEXIBLE STAYS**

Ensure non-slip grip for additional side-to-side support











## FORTILAX™

A DonJoy® compression knee brace for everyday support and compression

## **FEATURES & BENEFITS**



## **STABILAX**<sup>™</sup>

This DonJoy® hinged knee brace is ideal for preventing ligament injuries and providing maximum medial and lateral support

### **FEATURES & BENEFITS**

SAME AS FORTILAX KNEE WITH ADDED FEATURES BELOW:



















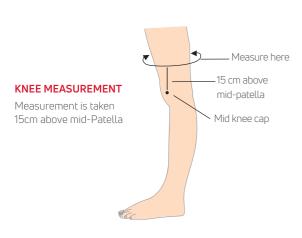






## **KNEE MEASUREMENT**

Size	Size	Thigh
2	Small	38 - 42 cm
3	Medium	42 - 46 cm
4	Large	46 - 49 cm
5	X-Large	49 - 53 cm
6	XX-Large	53 - 57 cm





## LOOKING FOR A BIGGER SIZE KNEE BRACE?

Try DonJoy® Performer Hinged Patella brace.

The product has the same features and benefits as Stabilax but in neoprene material.

Size	Thigh
X-Large	60 - 67 cm
XX-Large	67 - 75 cm

## **ANKLE** PRODUCT INDICATIONS









	DonJoy Fortilax	Strapping Ankle	DonJoy Stabilizing Brace	Aircast A60
General soreness and pain	•			
Sprain & Strains	•	•	•	•
Swelling	•	•		
Mild tendonitis	•	•		•
Mild osteoarthritis	•	•		
Proprioception	•	•	•	•
Resumption of activity	•	•	•	•
Post operative support	•	•	•	•
Resumption of sport activities			•	•
Protective and preventative use for sports activities			•	•
Chronic Laxity		•	•	•
Immobilisation			•	•

## **FORTILAX**™

A DonJoy® compression ankle brace for everyday support and compression

### **FEATURES & BENEFITS**











## STRAPPING ANKLE

The DonJoy® "go-to" brace for additional compression and support

### **FEATURES & BENEFITS**

SAME AS FORTILAX ANKLE WITH ADD ON



#### REMOVABLE ELASTIC STRAP

Provides extra compression and support

## STABILIZING PRO ANKLE BRACE

The DonJoy® Stabilizing Pro Ankle Brace gives athletes confidence by reducing the risks of ankle injury by 61%

#### **FEATURES & BENEFITS**

#### THE CIRCUMFERENTIAL **TOP STRAP**

Delivers extra compression to help stabilise the ankle and secure the laces

#### **NON-STRETCH FIGURE-8 STRAPS**

Help secure the ankle in a protected position similar to ankle strapping

#### **FLAT LACES**

Eliminate pressure points

#### PADDED, MESH TONGUE

Provides comfort and helps to conform brace to foot













## AIRCAST™ A60

Moulded at a 60 degree angle to help guard against ankle sprains and rollovers

## **FEATURES & BENEFITS**

#### LIGHT-WEIGHT **ANATOMIC DESIGN**

Allows for it to be worn comfortably in all shoes without getting in the way of performance

#### **BREATH-O-PRENE FABRIC**

Patented breathable fabric keeps your foot and ankle cool and dry during use

## SINGLE STRAP STRETCH CLOSURE Takes just seconds to apply and adjust the brace to get the perfect fit

## **60° ANGLE STABILISER GUARD**

Provides the most support at the weakest point of the ankle









## **ANKLE MEASUREMENT**





Stabilizing Ankle

Brace		X-Small	Small	Medium	Large	X-Large	XX-Large	How to measure	
Ankle*		19-20	21-22	23-24	25-26	27-28	29-30	Measure around the ankle just above the bone	
Stabiliz	ing Ankle		21-24	25-28	29-31	32-35		Measurement taken at circumference from the base of the heel around the ankle, while wearing an athletic sock.	
400	Men		Up to 6	6.5-10.5	11+			Channin	
A60	Women		Up to 8.5	9-13	13.5+			Shoe size	

<sup>\*</sup>Fortilax & Strapping Ankle Brace

## **BACK** PRODUCT INDICATIONS







	Conforstrap	Porostrap	Immostrap
Abdominal support	•	•	•
Compression	•	•	•
Lower back pain	•	•	•
Muscle relaxant	•		
Post operative support	•	•	•
Postural reminder	•	•	•

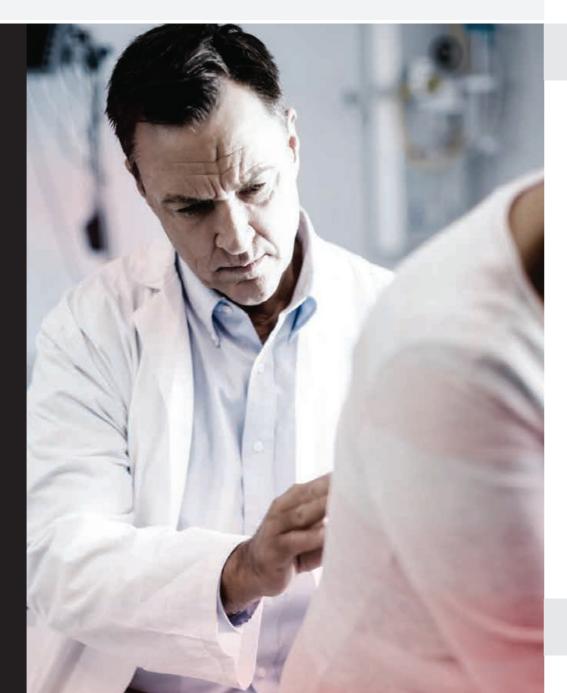
# **ABOUT** 16% OF THE TOTAL POPULATION HAVE BACK PROBLEMS<sup>1</sup>



**BACK PROBLEMS ARE MORE COMMON AMONG THOSE AGED** 

OF MEN OF WOMEN IN THIS AGE GROUP1.

1. AIHW analysis of ABS Microdata: National Health Survey, 2014–15



## CONFORSTRAP™

The DonJoy® lower back option for everyday use with removable hot & cold pack for muscle relaxation

#### **FEATURES & BENEFITS**













## POROSTRAP™

A low-profile lower back support from DonJoy®, suitable for return to activity/moderate activities

## **FEATURES & BENEFITS**









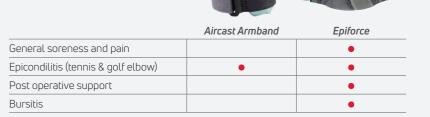
## **IMMOSTRAP**

The DonJoy® lower back support option with maximum compression level for heavy-duty tasks

#### **FEATURES & BENEFITS**







## **AIRCAST ARMBAND**

Tennis & Golf Elbow armband from Aircast® suitable for mild elbow arthritic pain



#### ONE SIZE FITS ALL

Adjustable Velcro strap delivers a customised fit

NON-SLIP FOAM LINING

Adds comfort

#### AIRCAST AIRCELL TECHNOLOGY

Enables concentrated compression directly on the extensor muscle







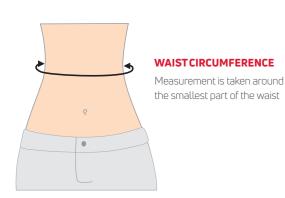






## **BACK MEASUREMENT**

Size	Size	Waist	
1	X-Small	56 - 58 cm	
2	Small	68 - 82 cm	
3	Medium	82 - 98 cm	
4	Large	98 - 116 cm	
5	X-Large	116 - 136 cm	







An Aircast® elastic knit elbow sleeve with epicondyle silicone inserts to offer compressive support

## FEATURES & BENEFITS

ANATOMICALLY CONTOURED DESIGN

With targeted compression & support

EPICONDYLE SILICONE INSERTS

Help relieve pressure on the elbow muscles







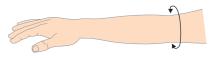


## **EPIFORCE MEASUREMENT**

Size	Size	Elbow
2	Small	22.2 - 24.8 cm
3	Medium	24.8 - 27.9 cm
4	Large	27.9 - 31.1 cm
5	X-Large	31.1 - 34.3 cm



Measurement is taken around the elbow





## **WRIST & THUMB**

PRODUCT INDICATIONS







	<b>DonJoy® Quick-Fit</b> (One size wrist splint)	<b>DonJoy® THUMB-O-PRENE™</b> (One size wrist & thumb splint)	DonJoy® ErgoForm (Thumb splint)
General soreness and pain	•	•	•
	•	•	•
Swelling	•	•	
Mild tendonitis	•	•	•
Mild osteoarthritis	•	•	•
Ligament instability	•	•	•
Immobilsation	•	•	•
Rehabilitation	•	•	•
Carpal Tunnel syndrome	•		
De Quervain		•	•
Hyperextension protection		•	•
Post operative support	•	•	•

## QUICK-FIT™ WRIST SPLINT

The DonJoy® Quick-Fit wrist splint helps immobilise the wrist while still keep you in motion



## **THUMB-O-PRENE**

A wrist & thumb brace, low profile thumb splint and adjustable wrist support from Donjoy®





## **ERGOFORM THUMB SPLINT**

The Donjoy® Ergoform® helps immobilise the thumb and assists with pain from mild rhizarthrosis

#### **FEATURES & BENEFITS**

## SEMI-RIGID AND CONFORMABLE ALUMINIUM THUMB SPLINT

Total immobilisation of the thumb column

#### ADJUSTABLE WRIST STRAP

For optimal fit

#### ONE SIZE FITS ALL

Adjustable Velcro strap delivers a customised fit

## Ensures a secure fit and keeps thumb immobilised

#### PADDED LINING

Maximum comfort

LIGHT WEIGHT



**OZONE FABRIC**Breathable, stay dry
all day long





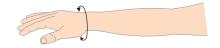


## **ERGOFORM MEASUREMENT**

Size	Size	Wrist
1	T1	14 -18 cm
2	T2	18 - 22 cm

#### WRIST CIRCUMFERENCE

Measurement is taken straight around the crease in the wrist





## **LEARNING OBJECTIVES**

- · Understand the basic anatomy and common injuries
- Understand the appropriate management of common sport injurie
- Describe the disadvantages and advantages of features in different braces
- · Identify and recommend orthopaedic bracing interventions as part of a holistic treatment
- Identify opportunities for collaboration with allied health practitioners including when to refer

## CPD CREDITS

Accreditation Code: A2104DJ01
Group 1: 1:0

Group 2: 2:0

This activity has been accredited for 1 hour of Group 1 CPD (or 1 CPD credit) suitable for inclusion in an individual pharmacist's CPD plan which can be converted to 1 hour of Group 2 CPD (or 2 CPD credits) upon successful completion of relevant assessment activities.

Competency Standards (2016): 1.4, 1.5, 2.1, 2.2, 2.3, 3.6

Please apply for the CPD Accreditation by visiting www.djopharmacy.com.au/pharmacy/online-education



## MYBABYSTRAP™

A lumbar maternity belt from DonJoy® for relief and support during pregnancy and after birth

#### **FEATURES & BENEFITS**

#### ONE SIZE FITS ALL

The modular design makes the brace adaptable to all phases of pregnancy, including after birth



#### ADJUSTABLE BACK PAD

Targeted support and compression

4 SEMI-RIGID **DORSAL STAYS** 

Stabilisation of sacro-lumbar area

#### **ERGONOMIC FRONT PANEL**

Provides comfort and support whether sitting or standing. A removable elastic strap offers lower abdominal support









## **CLAVICLE POSTURE SUPPORT**

The Donjoy® Clavicle Posture Support should be used after clavicular fractures or dislocations

#### **FEATURES & BENEFITS**

For optimal fit

ONE SIZE FITS ALL

Fits a wide range

of patient sizes

**DOUBLE BILATERAL STRAP** 

To adjust compression level



## **MOVABLE D-RINGS**

Gently pull the shoulders back into the neutral position







## **DONJOY® ADULT ELBOW CRUTCHES**

#### **FEATURES**

- Anti-Slip Rubber Tip (replacement tips available to order)
- Moulded cuff holds onto arm during flexion for function
- Softer Ergonomic Grips improve comfort and control
- Metal silencers reduce vibration and noise
- Left & Right clearly indicated on cuff
- Increased Tube Overlap improves the strength when extended

#### **TECHNICAL INFORMATION**

- · Weight Capacity: up to 150kg maximum weight
- · Patient Height: 161cm 200cm



## DONJOY® PAEDIATRIC ELBOW CRUTCHES

#### **FEATURES**

- Anti-Slip Rubber Tip (replacement tips available to order)
- · 10 available height adjustments
- · 3 available height adjustments on handle

## **TECHNICAL INFORMATION**

- · Weight Capacity: 100 kg tested & certified
- · Patient Height: Less than 1.35m
- · Height from Handle to Floor: 55 to 77 cm.
- · Height from handle to cuff: 11 to 21 cm.
- · Width of forearm cuff: 7 cm.
- · Weight per Crutch 330 g



## PROCARE® ADJUSTABLE ANODIZED ALUMINIUM CRUTCHES

## **FEATURES**

- · Anti-Slip Rubber Tip
- 9 available height adjustments
- 5 available height adjustments on handle

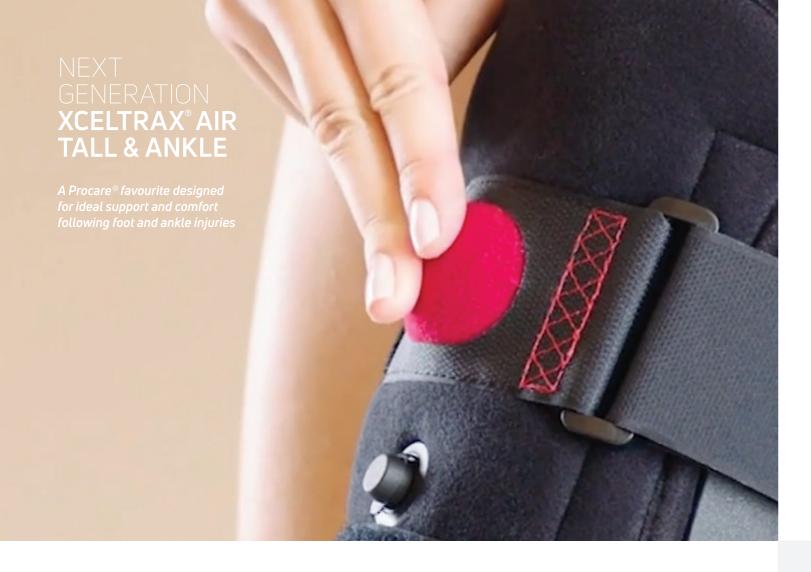
## **TECHNICAL INFORMATION**

- · Weight Capacity: 158kg tested & certified
- · Available in 3 sizes
- · The height is adjustable by push button
- · The handle height is adjustable by using wing nut
- Weight per Crutch 1,750 1,900 g

Product Number	Patient Height	Sizes
79-91333	135 - 155 cm	Small
79-91335	152.5 - 172.5 cm	Medium
79-91337	175 - 195 cm	Large



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## MINITRAX MOONBOOT

The MiniTrax® from Procare® provides the ideal support and comfort for paediatric patients with mild to severe foot and ankle injuries







## **FEATURES & BENEFITS**

KID FRIENDLY DESIGN

Animal graphics and colourful liner

NON-SKID SOLE

Anti-slip, easy to walk

Size	Graphic	Туре	Measurement
MiniTrax Small	Octopus	1 - 2.5 years	Up to 15.2cm
MiniTrax Medium	Whale	2.5 - 5 years	15.2cm - 17.8cm
MiniTrax Large	Giraffe	5 - 8 years	17.8cm - 20.3cm

## **FEATURES & BENEFITS**

LONGER STRAPS AND LARGER CIRCUMFERENTIAL LINERS

LINER EXTENDS TOWARD

For additional comfort

THE TOES

Enable improved fit for the larger leg





INTEGRATED PUMP DESIGN

Simple pneumatic liner easy to inflate and adjust

SLEEKER, MORE STYLISH DESIGN

Featuring red trim and sole

Size	Mens Shoe Size (AU)	Womens Shoe Size (AU)
XSmall	Up to 3	Up to 5
Small	3 - 6	5 - 8
Medium	6 - 9	8 - 11
Large	9 - 12	11 - 15
XLarge	12 +	15 +

## **SQUARED TOE POST-OP SHOE**

A Procare® solution that provides superior protection following post-operative procedures and forefoot trauma



Size	Mens Shoe Size (AU)	Womens Shoe Size (AU)
Squared Toe Post-Op Shoe – XS	2 - 4	4 - 6
Squared Toe Post-Op Shoe – S	4.5 - 6	6.5 - 8
Squared Toe Post-Op Shoe – M	6.5 - 8	8.5 - 10
Squared Toe Post-Op Shoe – L	8.5 - 11	10.5 - 13
Squared Toe Post-Op Shoe – XL	11.5 +	13.5 +

