

## Measuring & Sizing

### 1: Measure for an ActionReliever

Measure the leg at 3 points:

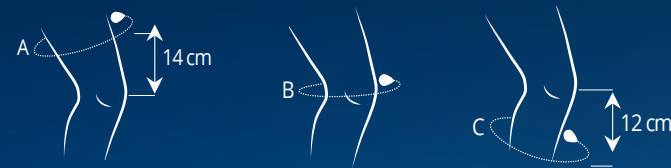
- Thigh circumference 14cm above mid-patella (cm)
- Mid-patella knee circumference (cm)
- Calf circumference 12cm below mid-patella (cm)

### 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 any one of the 3 measurements is the next size up, go up to that overall size, e.g. Thigh size 3, Knee size 3, Calf size 4 – order size 4



Size	A	B	C	Left Leg Medial Compartment or Right Leg Lateral Compartment PIP Code	Right Leg Medial Compartment or Left Leg Lateral Compartment 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

Distributor : THUASNE UK

Unit 4, Orchard Business Centre, North Farm Road, Tunbridge Wells, Kent, TN2 3XF

01892 481620 - [orders@thuasne.co.uk](mailto:orders@thuasne.co.uk)

[www.thuasne.co.uk](http://www.thuasne.co.uk)

Watch our 3D video by searching Thuasne **ActionReliever** on YouTube

The Thuasne **ActionReliever** is a regulated medical device which bears the CE marking.  
Read all instructions before use and seek advice from a qualified healthcare professional.



THUASNE - 120 rue Marius Auphan  
92300 Levallois Perret - France

© Studio Caterin - 2019-10 - 1909346



**THUASNE**

NOW  
AVAILABLE  
TO PRESCRIBE  
IN THE UK

SUITABLE  
FOR MEDIAL  
AND LATERAL  
DEGENERATION

CLINICALLY  
PROVEN<sup>2</sup>

# ActionReliever

## Osteoarthritis Off-loading Knee Brace



## About Thuasne

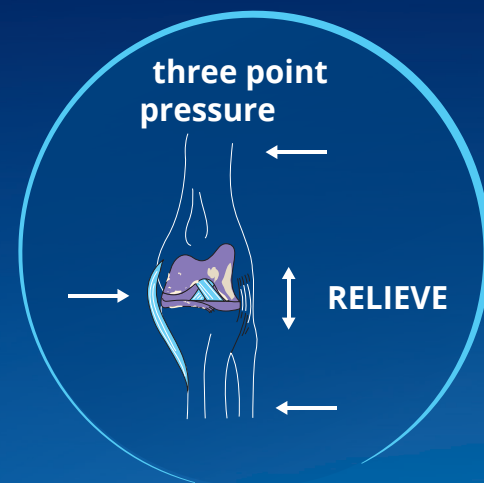
For over 170 years Thuasne has been developing innovative medical devices designed to enable patient mobility and well-being. Worldwide, a Thuasne orthotic is sold every two seconds. In the UK, Thuasne has been a supplier to the NHS for over 25 years, working closely with multi-disciplinary healthcare teams to provide specialist orthotic, lymphology and breast care products.

Following NICE recommendations for osteoarthritis, the Thuasne **ActionReliever** is available to prescribe.

## Three point Pressure System

The Thuasne **ActionReliever** is an off-loading brace that has been designed to apply corrective forces on the leg to reduce the load of the compartment affected by osteoarthritis (referred to as three point pressure).

By helping hold the leg in a normal alignment and maintaining a homogeneous load on the knee joint as a whole, the **ActionReliever** knee brace will help reduce compression and inflammation. This load reduction is proven to relieve pain<sup>2</sup>.



## ActionReliever features:



### Dynamic Off-Loading

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

### Ease Of Use

- Only two steps for fitting.
- Easy to put on and take off.

### Comfort

- Anatomically shaped straps, self-oriented and adjustable.
- Anatomical knitting with no compression areas at popliteal crease and at brace edges.
- Stays comfortable all day.
- Slim and discreet under clothing.

## Osteoarthritis & Bracing

Approximately 5 million people in the UK suffer with knee osteoarthritis, which is set to grow to 8.3 million by 2035<sup>3</sup>.

**Studies have shown an un-loading/off-loading knee brace is a cost effective intervention for patients awaiting for surgery<sup>1</sup>.**

A study showed that patients who wore a brace for two years or more did not require surgery at eight years follow-up<sup>1</sup>.

The study also showed that use of an off-loading knee brace can improve quality of life.

### NICE Guidelines for Osteoarthritis

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<sup>4</sup>.

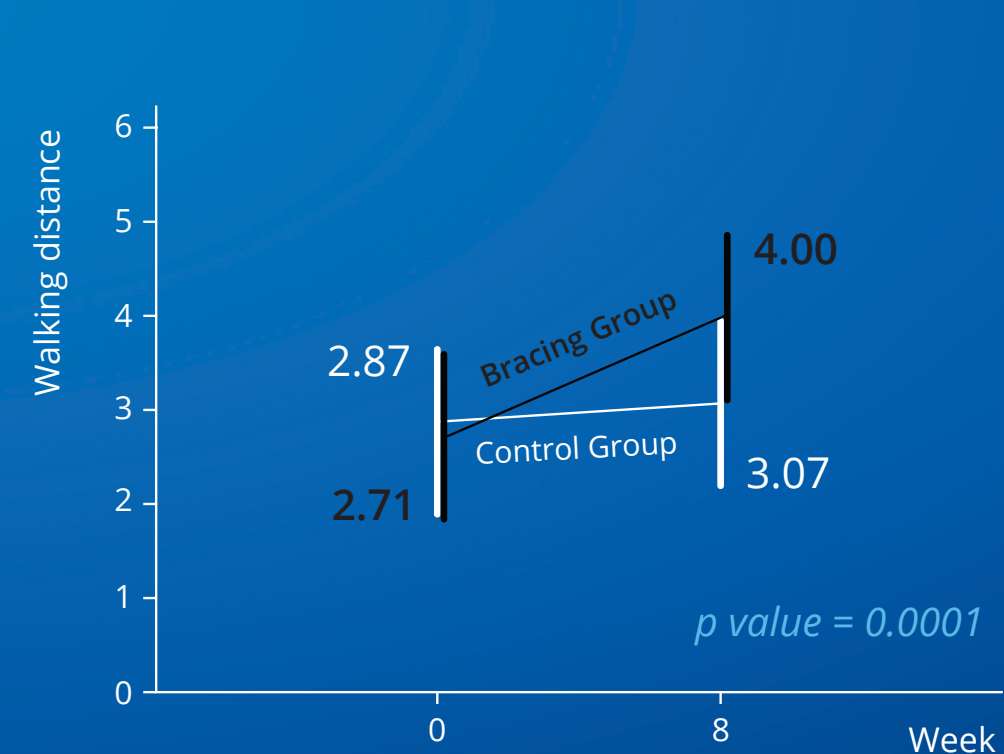
## Patients with Knee Osteoarthritis

### Randomised Controlled Study with 32 Patients on 8 Weeks:

17 bracing group, 15 control group<sup>2</sup>

### 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<sup>2”</sup>**

<sup>1</sup> Paul YF Lee, Thomas G Winfield, Shaun RS Harris, Emerald Storey, Amit Chandratreya  
Open Sport & Exercise Medicine, British Medical Journal 2017

<sup>2</sup> Benning M, Schneider-Nieskens R; Superiority of a Knee Relief Orthosis in the Treatment of Kne Osteoarthritis.  
Orthopädie Technik 08/17: 24-30

<sup>3</sup> Versus Arthritis

<sup>4</sup> NICE Guidance, Osteoarthritis care and management, Aids and devices, 1.4.8, 2008