

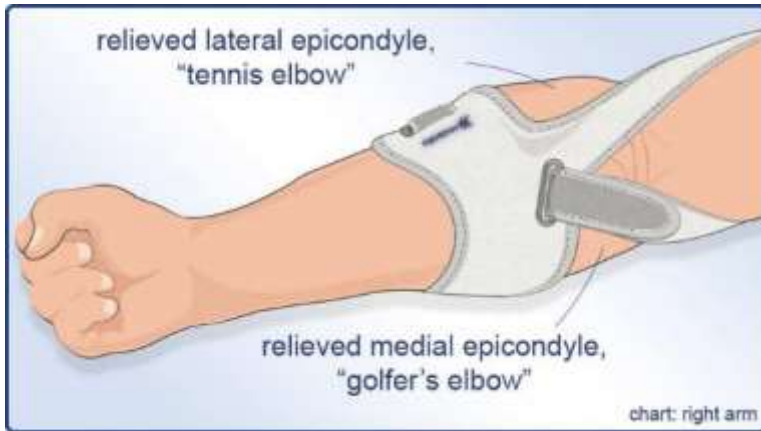


Masalo® Cuff MED

support & information

As of: February 2023

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The **forearm cuff** of the Masalo® Cuff MED is placed approximately in the middle of the forearm (do not put it too close to the elbow!) and fixed with a durable Velcro fastener.

The forearm cuff should have a good grip, but should not cause any circulatory problems when the arm is in a relaxed state. The **upper arm strap** is then also attached with a Velcro fastener and adjusted according to the activity and load.

Thanks to the unique and **patented construction**, the upper arm strap holds with every movement.

The **forearm cuff grabs the entire tissue of the forearm**, including skin, muscles and tendons, and pulls it towards the tendon insertions at the elbow. The **tensile forces are reduced or neutralized** and diverted to the upper arm belt. This relieves the tendons immediately. A simple physical principle of **force and counter-traction**.

This unique mechanism of action relieves the affected tendons and gives them a chance to heal, although the arm can still be used and loaded normally.

The Masalo® Cuff does **not** work with **compression** (pressure) and can therefore be worn permanently. The secured blood circulation can positively support the healing process, even at night the arm is actively supported and relieved.

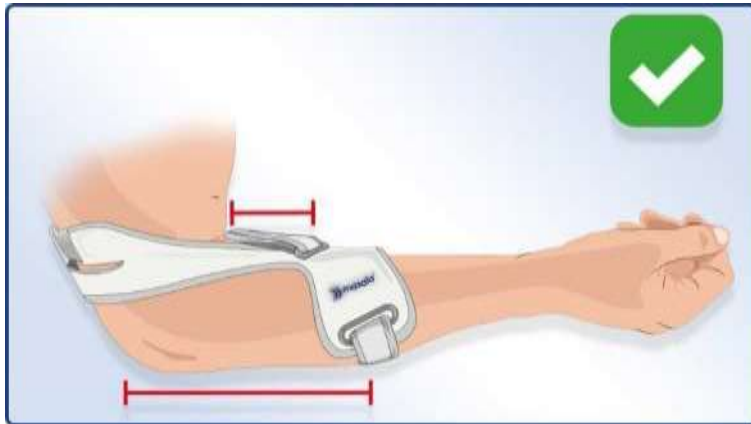




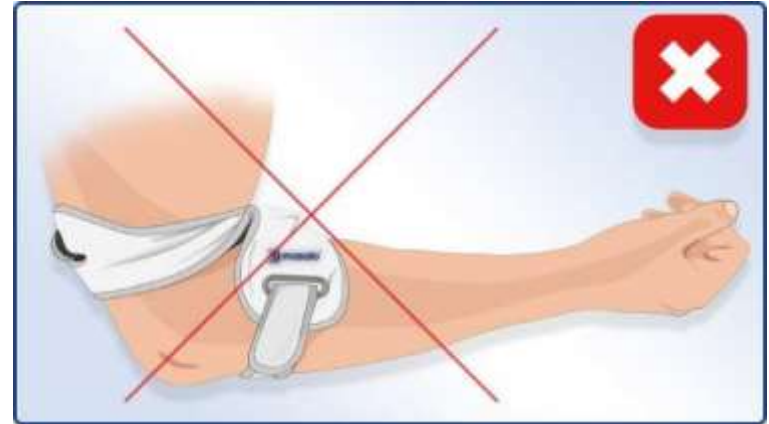
- Open the two Velcro fasteners
- Slide the cuff over your hand
- Move the cuff to the middle of the forearm and fasten the Velcro so that the cuff fits snugly on the arm and the blood circulation is guaranteed.
- The forearm cuff must not sit too close to the elbow and does not work with compression!
- The small dot on the cuff should be roughly in the middle of the crook of your elbow. (see picture on the right)
- It is imperative that you maintain a sufficient distance from the crook of your elbow so that the forearm cuff is placed approximately in the center between your elbow and your wrist and has enough stretch to generate the opposite pull.
- Then bend your arm and slip the upper arm strap over your elbow.
- Adjust and fasten the upper arm strap in this position so that it fits snugly on the upper arm when the arm is fully bent.
- If you now stretch your arm, you will feel the counter-force and should see a „bulge“ in the effective range.
- Depending on how you vary the settings, the relief is felt more or less.
- In principle, it should only be possible to stretch the arm with a certain amount of effort. The relief must be noticeable as soon as you put the cuff on correctly, otherwise something is wrong.



**Important:
Please
make sure
to check the
next page!**



Correct! The forearm cuff sits in the middle of the forearm.
This is the only way to achieve the desired effect of the counter-traction principle.



WRONG! The forearm cuff is too close to the elbow! Please make sure there is enough space between the cuff and the elbow!



Important notice:

The arm must not be immobilized with the cuff on, the arm must remain movable and usable as normal, only when the arm is stretched should a counter-pull/resistance be felt.

In the case of "intentional" loads such as job or sports, or when working with bent arms (e.g. on the PC), it makes sense to adjust the upper arm strap a little tighter; this can be loosened at night and in everyday life activities.





Problem: Forearm cuff sits too close to the elbow (and the arm can be straightened without exertion and effort)



Solution: Place the forearm cuff in the middle of the forearm (center between the wrist and the elbow) and close it so that the forearm cuff cannot slip any further up.

When you stretch your arm, you can see a bulge between the elbow and the forearm cuff - the area of the injured tendons is relieved.





Problem: The upper arm strap is adjusted too loosely, cuff does not work and slips off, arm can be straightened without any resistance.



Solution: Bend your arm and fasten the upper arm strap so tightly that the elastic in this position does not protrude too much and that the cuff lies snugly on the skin. This way it should only be possible to stretch the arm with some effort and a bulge between the forearm cuff and the elbow is visible.





Problem: The upper arm strap is fastened too far in the direction of the shoulders, which immobilizes the arm or the strap slips if you move it several times.



Solution: The upper arm strap should sit just above the elbow bone and must not be pulled up too far. As a small guide, the cuff should reach about a 90 degree angle when the arm is also bent to about 90 degrees.





Problem: The cuff is too tight, the arm can no longer be stretched and the circulation may be disturbed, the arm stays in a relieving position.



Solution: Extremely tight settings are useful for acute pain and heavy, intentional loads such as work or weight lifting, but these settings may need to be changed after the activity has ended. You should always be able to fully stretch the arm with some effort, the blood circulation must not be permanently endangered.





Function test:

Test the effectiveness of the correctly applied Masalo® Cuff in case of lateral epicondylitis (tennis elbow) - with a golfer's arm, at least the relief must be clearly noticeable, but this test is not suitable for a golfer's elbow.

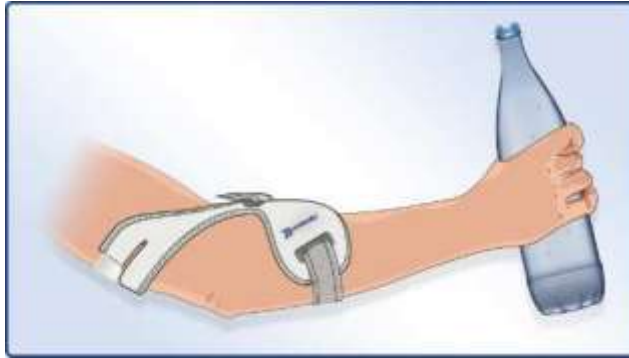
- first remove the Masalo® cuff completely
- e.g. take a full 1.5 liter PET bottle (or another heavier object, you can also stand behind a chair and grab it by the backrest from above)
- stretch your arm out as far as possible, grab the object from above and try to lift the bottle (or object, chair, etc.) - you should feel stress pain when doing this
- now put on the Cuff and adjust it tightly for the test, as described below

Place the forearm cuff around the middle of the forearm so that it has a good grip without disturbing the blood circulation when the arm is relaxed.

Now bend your arm very sharply until your hand almost touches your shoulder and adjust the upper arm strap so that it rests snugly on the back of your upper arm in this position.

When you stretch your arm, you now have to use a lot of force and you may not be able to stretch it completely.

(Continue on the next page =>)



Function test:

- now straighten your arm into the counter-traction with full force (stretch out as hard as you can before grabbing the object)
- grab the bottle (object or chair) from above in this stretched arm position and lift it
- Ideally, the pain from exertion no longer occurs at all, you can lift the bottle or chair without pain, or the pain from exertion is significantly reduced. You must at least feel clearly that the cuff is working and that the tendons are relieved.

If this test is successful, the bandage is effective.

IMPORTANT: These extreme settings may only be used for a short period of time. After the test, adjust the cuff more loosely but effectively. Blood circulation must always be guaranteed.

In case of further/additional pain:

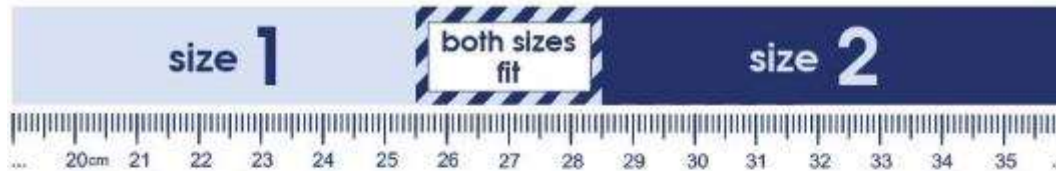
If, contrary to expectations, additional pain should occur despite putting on the cuff correctly, please take off the cuff immediately and contact us.

Information on stretching, other treatment methods, etc.

If you feel the positive effect and the cuff is now working as desired, please also have a look at our tips for dealing with epicondylitis. This will help you heal faster and can protect you from additional harm. You can find the page here:

<https://masalo.eu/en/how-to-treat-the-epicondylitis/>
(click on the link)





Size 1	up to or equal	27cm
Size 2	from	27cm
Please choose size AND arm side		

Please note that you can only achieve an optimal effect with the right size.

Therefore, please measure the **exact circumference** of the thickest part of the affected forearm (measure in a relaxed state with the arm slightly stretched)

Compare the result with our size chart.

Both sizes fit between 25.5 cm and 28.5 cm, please choose **size 1 for a forearm circumference of up to 27 cm or less**, and **size 2 for a circumference of 27 cm** (and larger).

Please also pay attention to the **correct arm side** (right or left). The Masalo® Cuff is only optimized for one side of the arm due to its different design.

Indications:

Treatment and prophylaxis of :

- » Epicondylitis humeri radialis ("tennis elbow", epicondylitis lateralis / exterior epicondyle)
- » Epicondylitis humeri ulnaris ("golfer's elbow", medial epicondylitis / inner epicondyle)

Targeted group of patients:

This product is developed for patients suffering from epicondylitis humeri radialis and/or epicondylitis humeri ulnaris, for aftercare, as well as for prophylaxis at activities straining the affected area.

Contraindications:

The product is not intended for use, or may only be applied after consultation with the doctor at:

- » Allergies and / or material incompatibility
- » Injured, irritated or damaged skin (within the affected area)
- » Sensation and / or circulatory disorders of the hand
- » In case of paralysis (for example hemiparesis), oedemas, swellings
- » Acute fractures in the area of effect (on or near the elbow, forearm)
- » Impaired lymph drainage - including soft tissue swelling of uncertain origin located outside of the area of effect

The Masalo[®] Cuff develops strong physical forces, which is why this bandage may only be used on children and adolescents under medical supervision

Side effects:

Even if used properly, on the skin may temporarily occur bruising or redness under heavy load of the arm.

Other side effects are not known.

If unexpected additional pain or allergic reactions occur, please consult your doctor immediately.

We must inform you, that any serious incident that has occurred in relation to the device, which, directly or indirectly, might lead to or might have led to the death of a patient, or user or of other persons or to a serious deterioration in their state of health should be reported to us and the competent authority of the member state in which you are located.

Masalo[®] KG

Support

Email: support@masalo.eu

Web: www.masalo.eu



Our support is always at your disposal.

In any case, please send us a few photos of your arm with the cuff attached, so that we can see what can still be optimized.

Please use our contact form as well:

www.masalo.eu/contact