



masalo[®] Cuff MED

epicondylitis support



instructions for use



- + hygienic & washable
- + improved effect
- + optimal wearing comfort

CE

- » fast pain-relief due to counter-traction principle
- » tackles effectively the real cause of the injury
- » regain quality of life at work, sports and daily life



Important notes

In order to overcome your epicondylitis as quickly as possible, it is very useful to fully understand the main cause of the injury and the unique therapeutic approach of the Masalo[®] Cuff MED.

Please read these instructions for use carefully and keep them for later use.



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We wish you a rapid recovery! :-)



Cause of the epicondylitis

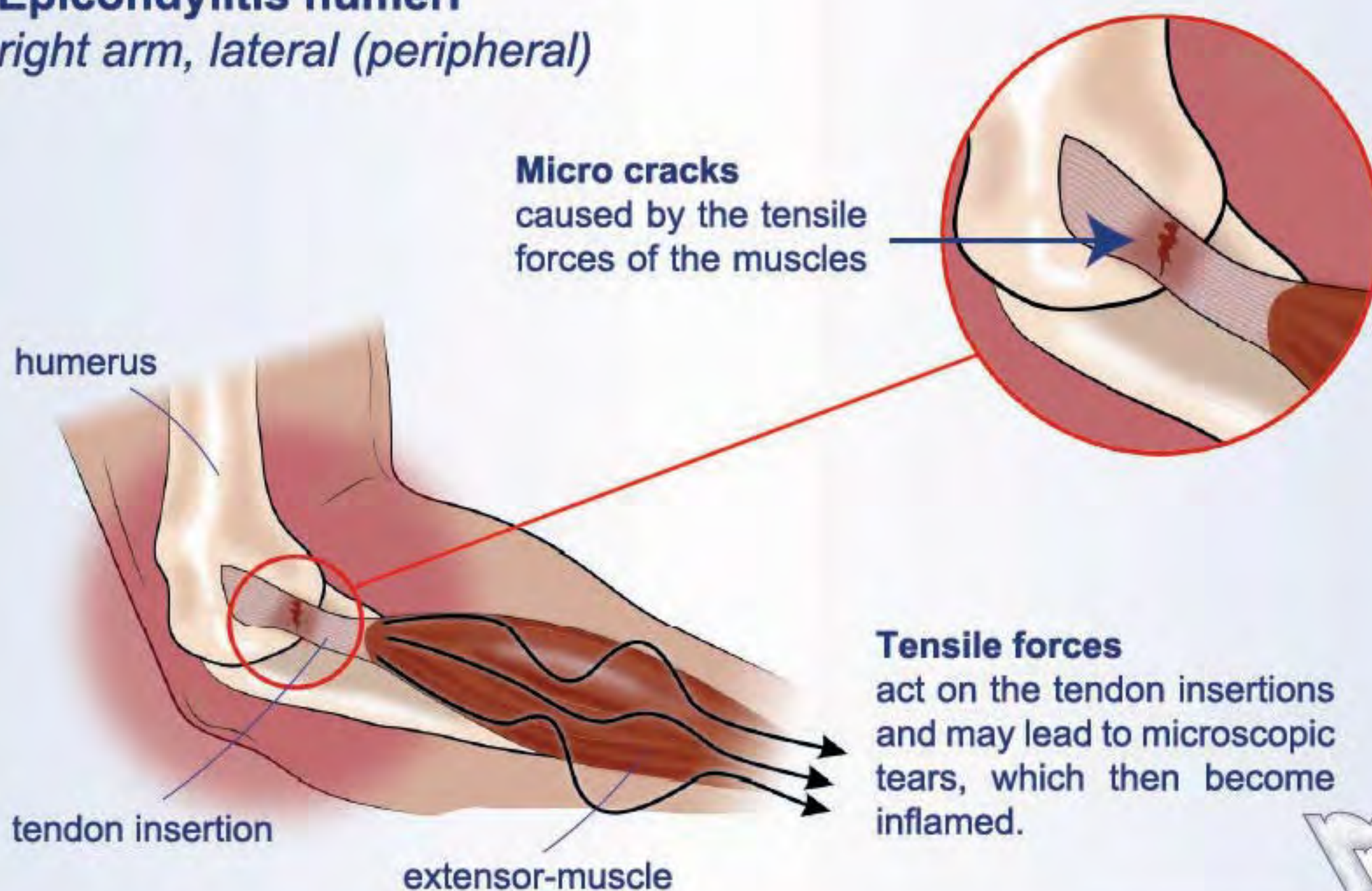
The **epicondylitis humeri lateralis** (radial, “tennis elbow”) or **epicondylitis humeri medialis** (ulnar, “golfer’s elbow”), is a very painful injury to the tendon insertions in the forearm, usually triggered by **overexerting the flexor/extensor muscles and tendons** of the arm.

Tensile forces are applied to the tendon insertions and overloading the tendons may result in **microscopic tears**, which then become inflamed and can lead to a chronic disorder.

An epicondylitis often comprises two problems: **Injured tendons**, as well as a greater or lesser pronounced **inflammation** resulting from that injury.

Please consult your attending physician directly regarding the treatment of the possible inflammation.

Epicondylitis humeri *right arm, lateral (peripheral)*





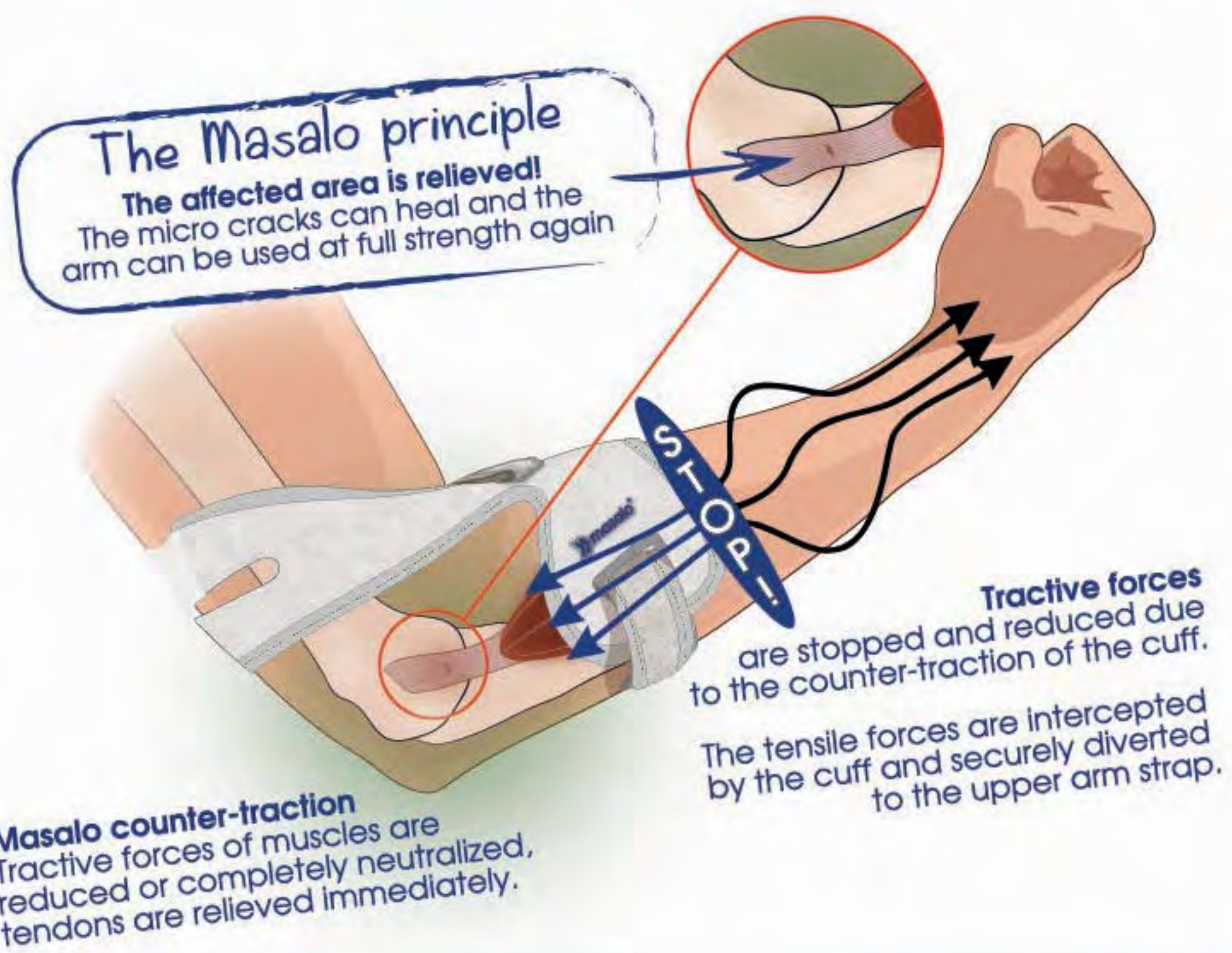
Operating principle

The Masalo[®] cuff MED works according to the physical principle of "**force and opposing force**". When the arm is stretched, all the tissues, including muscles and tendons, are pulled towards the elbow (where the injured tendons are), thus **relieving the stress** on this area. The negative **tensile forces are diverted to the upper arm strap**.

This stress relief supports the healing process and protects against new injuries in this area, while the arm continues to be used normally.

Follow the instructions for use and adjust the bandage individually and according to the situation to best support your personal condition. Basically, you achieve more relief the tighter you adjust the support.

However, there are no generally-applicable guidelines for this.



»» The correct cuff size

The Masalo[®] Cuff MED is available in two different sizes and for each arm side.

In order to determine the correct cuff size for you, please **measure the circumference of the affected forearm at the thickest part.**

Please perform the measurement in a slightly stretched arm state.



After measuring carefully, please choose whether you need the cuff either for the **left arm** or for the **right arm!**

Product variants:

⊖ left arm

Size 1 left [MMMEDG-1L]
Size 2 left [MMMEDG-2L]

right arm ⊕

Size 1 right [MMMEDG-1R]
Size 2 right [MMMEDG-2R]

»» Size chart



Between 25.5cm and 28.5cm both sizes are a snug fit, please choose **size 1** when having a circumference of **27cm or less** and choose **size 2** with **more than 27cm** circumference.





How to apply the cuff correctly

1 Take the cuff and open the two Velcro fasteners (do not pull the straps completely out of the plastic eyelets if possible, however, if that happens they can be passed through the eyelets again easily). Pull the cuff over your hand as shown in the picture.



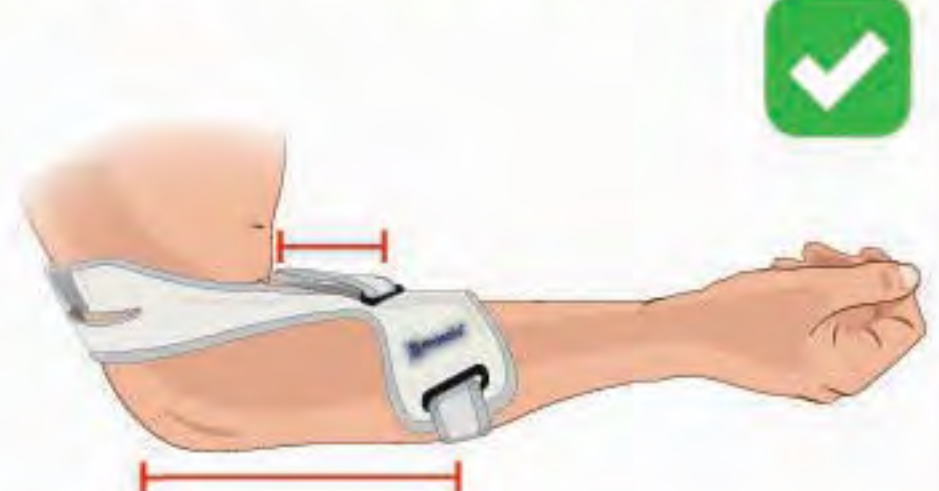
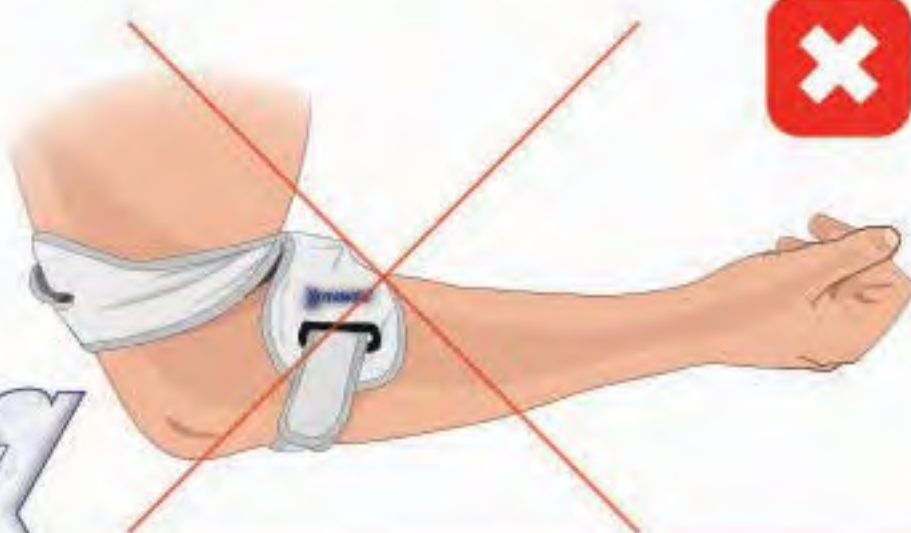
2 Push the cuff until it sits **in the middle of the forearm** between the hand and the elbow and close the Velcro so that the forearm cuff fits snugly.

Position the cuff so that the small dot marking lines up with the middle of the elbow bend.



Please note: The forearm cuff is supposed to be located in the middle between the hand and the elbow and must not be placed too close to the elbow bend.

Please make sure you maintain enough space in between!



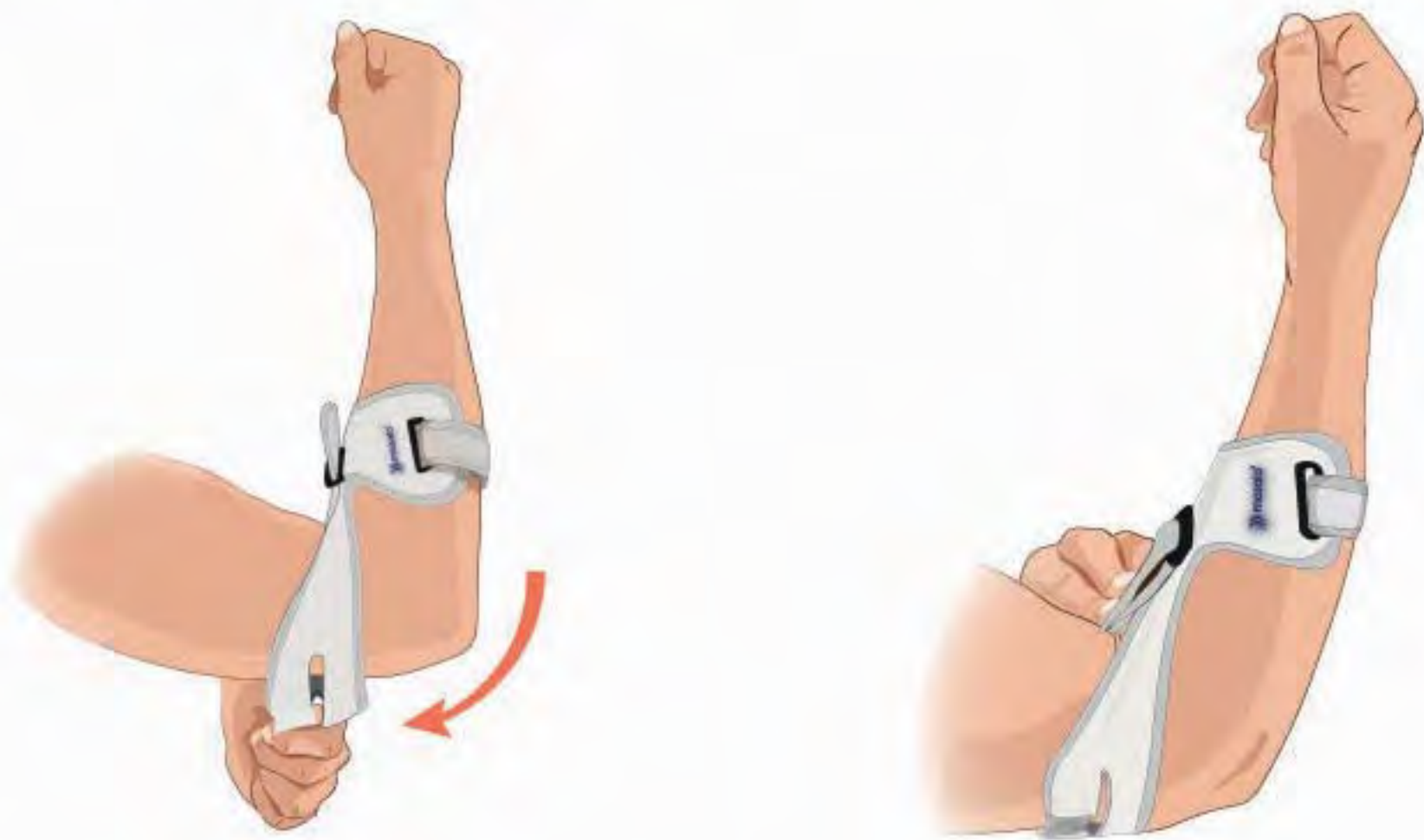


How to apply the cuff correctly

After finding the correct position for the forearm cuff, put the upper arm strap over your elbow and bend your arm.

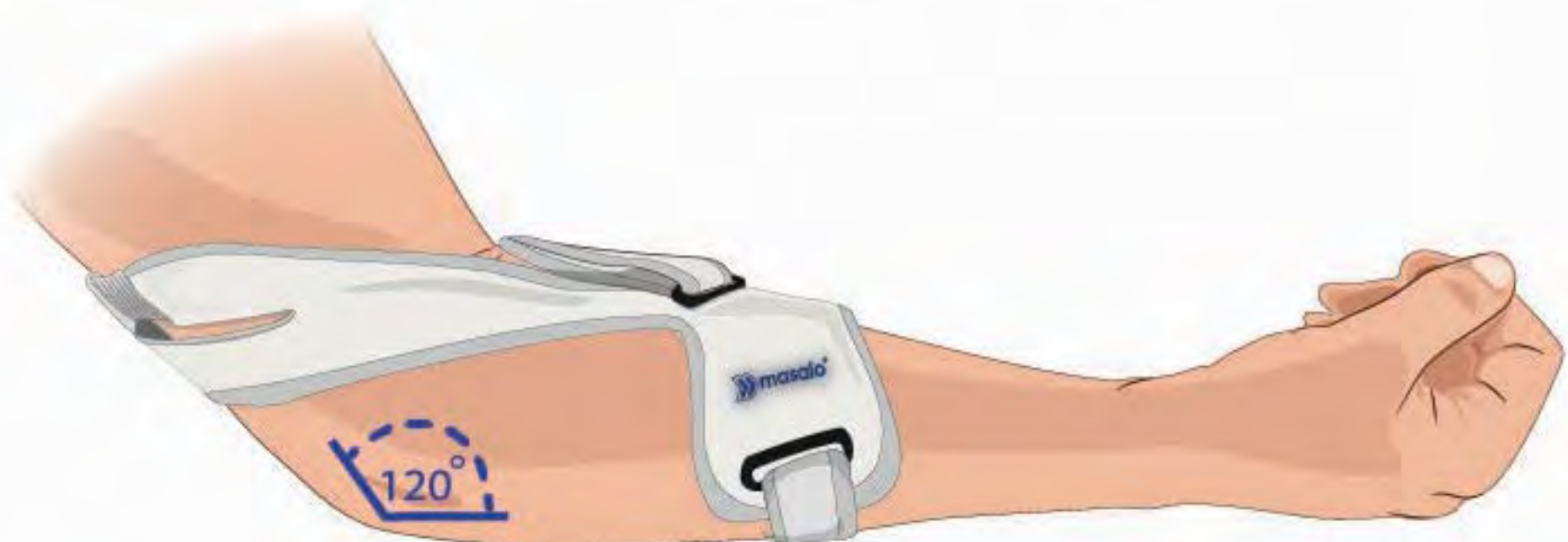
3

Now adjust the upper arm strap in this position so that it fits well against the upper arm and the elastic rubber band is not sticking out - all with the arm still bent.



4

If you now stretch your arm, the counter-traction should be noticeable. The relief is significantly greater or lesser depending on how you vary the positioning. In general you should have to exert force to straighten your arm.





Correctly fitted cuff

When the arm is extended, you will see a **curvature between the forearm cuff and the elbow**. This tells you that the tendons in this area are relieved of stress and that the cuff is working correctly.

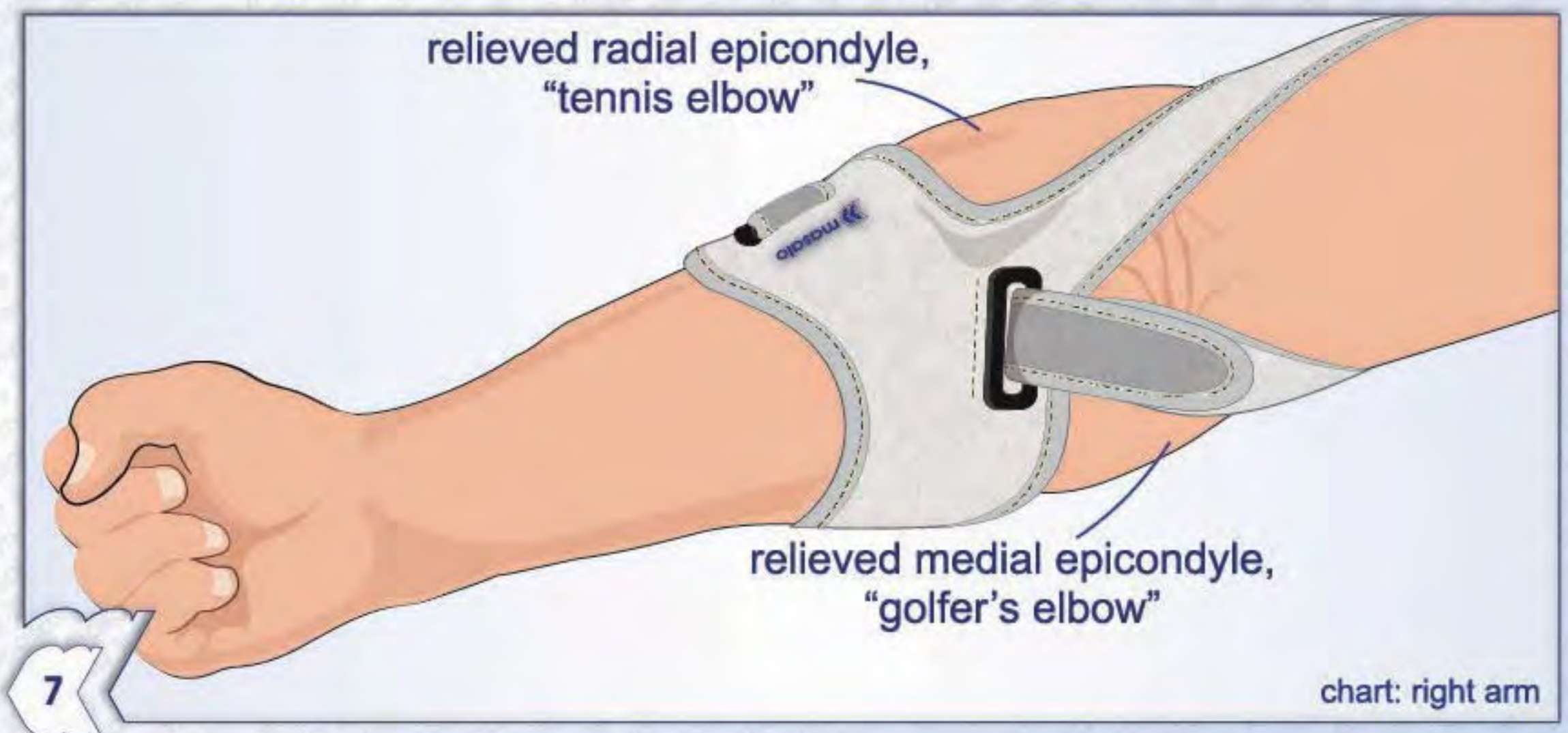
Adjust the position until you have reached the optimal position and relief for you. You can adjust the positioning at any time according to the respective situation (e.g. **for activities with a bent arm**, such as PC work, **make the cuff slightly tighter**, for other activities loosen it slightly as required, please note our tips on the following pages).

We recommend wearing the Masalo[®] cuff MED permanently during the first two weeks and as regular as possible until complete healing and when stressing the affected area/arm.

The relief must be felt immediately or within a timeframe of max. 15-30 minutes.

Otherwise, please contact your specialist dealer immediately or contact our support at www.masalo.eu, because then something is wrong.

We would be happy to support you fitting the cuff correctly.








Tips for wearing the cuff

The right “turn”

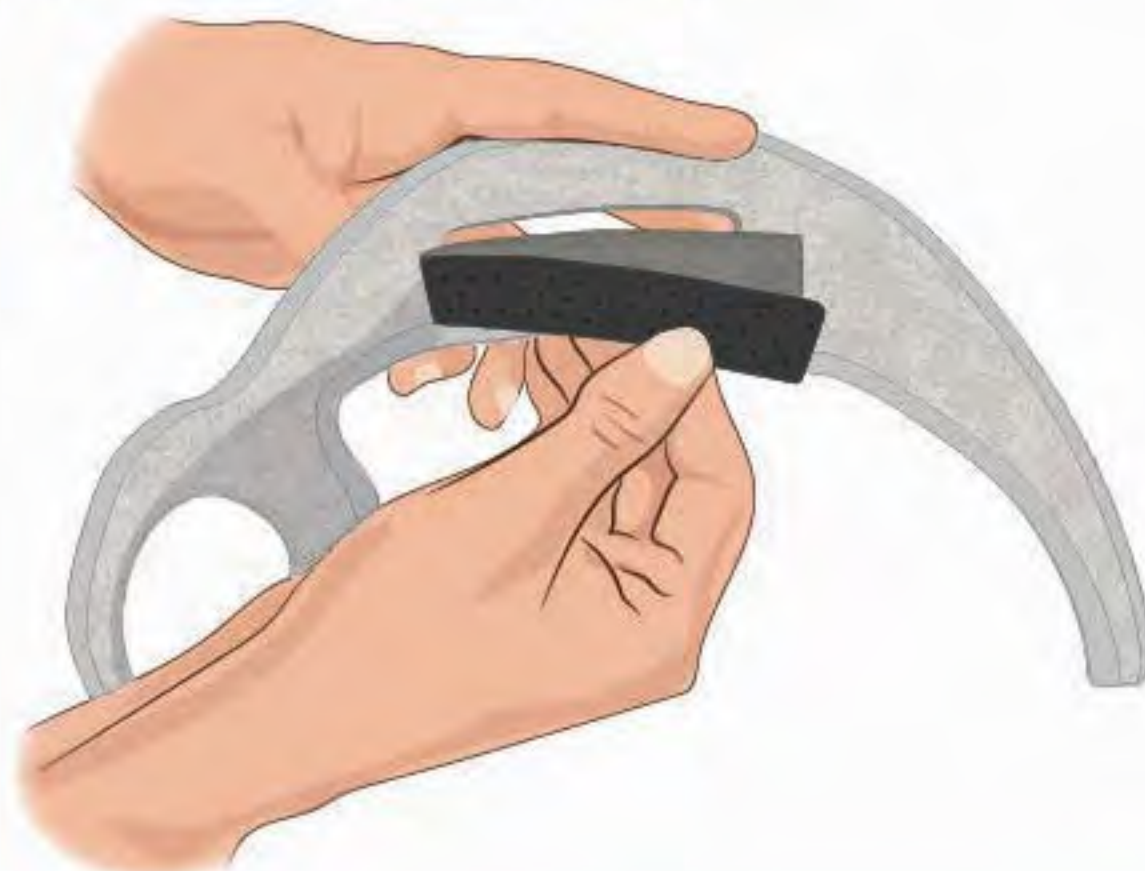
If you want more relief, or if you feel that the cuff is "pressing" on the pain point (tendon attachment), please change the position according to one or more of the following points until you have found your optimal position:

-  Turn the forearm cuff a little further to the outside or inside of the arm.
-  Change the position of the forearm cuff (further towards the hand or closer to the elbow)
-  Tighten or extend the upper arm strap.

The silicone Velcro tape

You will find a small "tape" on the inside of the upper arm belt with silicone points, which is fastened to the belt with Velcro. Its use is optional, you are welcome to remove this tape, but you should keep it in a safe place.

This Velcro tape is designed to increase comfort while wearing and ensure that the upper arm strap does not slip off the arm, even with slightly looser positioning. You can alter the position to suit the activity and amount of strain.





Additional tips & tricks

Improving comfort while wearing

If the tendon attachments are extremely sensitive, place the upper arm strap a little higher and make it a little tighter. You may not be able to extend the arm completely, but you will achieve a greater sense of relief. This position should be changed again after 2-4 days.

Alternatively or additionally you can change the position of the forearm cuff (further towards the hand or closer to the elbow).

Additional information

If the cuff is fitted very tightly and the strain is extreme, the Velcro fasteners may come loose in exceptional cases.

This is a desirable effect to ensure continuous blood circulation. If necessary, change the positioning of the cuff.

If you notice circulatory disturbances during normal use, please adjust the settings of the cuff accordingly.





Exercising with the cuff

Depending on the individual situation, the Masalo[®] cuff MED makes it possible to quickly resume all sports activities, even weight training, tennis, golf, climbing, etc., despite epicondylitis.



Exercise is generally beneficial to the healing process, but please start your sports activities moderately with caution and care to avoid further injury. The Masalo[®] cuff MED is also ideal for prophylaxis after recovery as well as for professional competition preparation.



Use in water

The Masalo[®] cuff MED can also be used in water for swimming, diving, stand-up paddling, windsurfing, kite surfing, rowing, etc.

Please adjust your cuff optimally before using it in water. Although the bandage can also be adjusted in the water, you may have to press the Velcro fasteners a little tighter, as otherwise they may become loose more easily when there is water in the gaps.



» Care instructions



Washing the cuff

You can wash the Masalo® cuff MED **by hand at 30°C**, adding customary detergents (without bleaching agents).

To avoid damage and to preserve their long-term adhesive strength, we recommend closing the Velcro fastenings before washing.

Do not dry in direct heat (e. g. heater, sunlight, etc.).
Do not tumble dry!

» Wearing period

An epicondylitis may take a while to heal completely. Therefore a **wearing period from 4 weeks to 6 months** is not unusual.

The more consistently you wear the cuff (at best day AND night), the more it supports the healing process.

That is why we recommend the **purchase of a second cuff** so you can change it (after work, sports or washing) and thus always achieve an optimal effect.





Medical information



Indications:

For treatment and prophylaxis of:

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

Targeted groups 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 area of effect)
- » Sensation and / or circulatory disorders of the hand
- » For paralysis (z. B. hemiparesis), oedemas, swellings
- » Acute fractures in the operating area or the affected arm
- » Impaired lymph drainage - including soft tissue swelling of uncertain origin located outside of the area of effect

Side effects:

Even if used properly, temporary bruises or redness may occur on the skin when heavily loading the arm over a longer period of time.

Other side effects are not known. If unexpected additional pain or allergic reactions occur, please consult your physician 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 established.



Technical information

Masalo® Cuff MED Size 1

Product components: 65% polyester, 26% nylon, 6% viscose, 2% elastane, 1% cotton

Measurements: approx. 67cm x 20cm (unfolded), *Weight:* 65g

Masalo® Cuff MED Size 2

Product components: 65% polyester, 26% nylon, 6% viscose, 2% elastane, 1% cotton

Measurements: approx. 79cm x 22cm (unfolded), *Weight:* 75g

Product variants:

Size 1 left arm [MMMEDG-1L], Size 1 right arm [MMMEDG-1R],

Size 2 left arm [MMMEDG-2L], Size 2 right arm [MMMEDG-2R]

Product lifetime:

With proper handling, care and when used under normal strain, the Masalo® Cuff MED's approximate lifetime is at least 1 year.

In case the cuff is worn daily and put under heavy strain regularly, its lifetime may decrease to about 6 months. The lifetime can be even further decreased due to misuse, when using wrong washing substances, spinning at high rotational speed or using a tumble dryer.

Disposal:

The Masalo® Cuff MED can be disposed with regular household waste after reaching the end of its useful life.

Exclusion of liability:

Any liability for normal wear and tear is excluded. Compensation claims of every kind are excluded.

The liability according to the product liability law is not restricted by the above mentioned statements.

Instructions for use:

Effective: 04/2023, Version 2.03

EU-Patent:

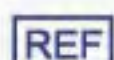
3381423 (more patents pending)



Explanation of symbols



manufacturer information



article number



product components



refer to instructions for use



lot number containing date of manufacture



single patient-multiple use



cuff size



medical device



2017/745 EU



Contakt



Masalo®
Luener Weg 32a
21337 Lueneburg
Germany

Web: www.masalo.eu

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