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# Get Moving Again

Patella Pro for anterior knee pain

Quality for life

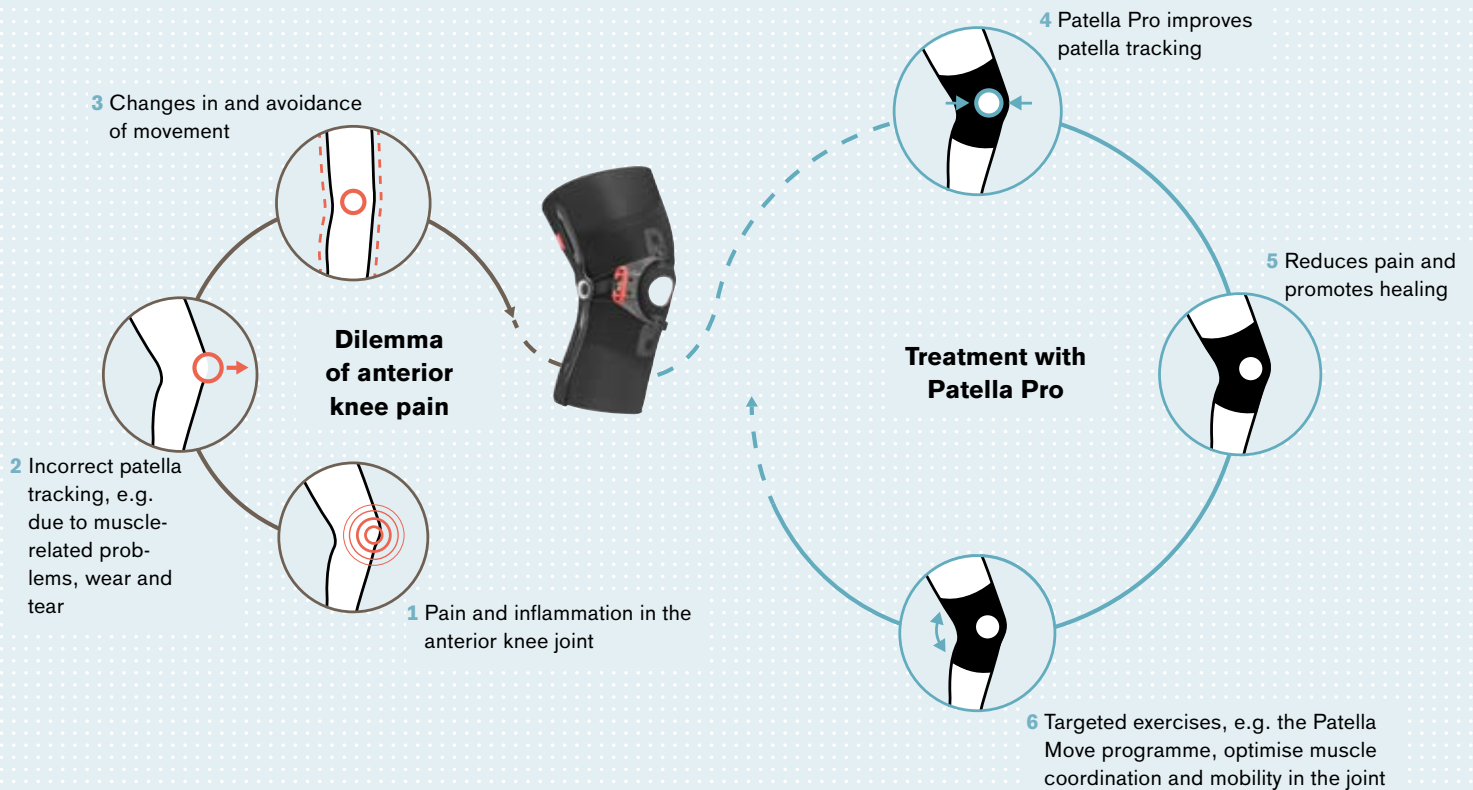
## When your diagnosis is: anterior knee pain

Do you experience pain at the front of your knee joint? In that case, your physician might possibly diagnose your "patellofemoral pain syndrome". This is the specialist term used to describe what's commonly known as "anterior knee pain".

This condition is one of the most frequently-occurring in the field of orthopaedics – so you're not alone. It's also worth noting that women are affected by anterior knee pain even more often than men.

Causes for anterior knee pain can include malformations of the kneecap (patella) or deviations in the leg axis, in addition to muscle-related issues. These and other causes can result in tilting or shifting of the patella.





**i** For more information on the Patella Move programme, please visit: [www.ottobock.de/patellapro](http://www.ottobock.de/patellapro)

### Putting an end to pain – treatment options

The treatment approaches for anterior knee pain are just as varied as its causes. These approaches primarily include conservative treatments; in other words, surgical procedures are initially avoided.

Your physician will work out a therapy concept tailored to your specific needs, which – apart from analgesics – often includes physiotherapy. Physiotherapy focuses on strengthening muscles and tendons so they can track the patella better.

At the same time, emphasis is also placed on correcting abnormal positions and compensatory postures.

However, before you can move with a lesser degree of pain, the patella must be tracked securely: This is what knee braces such as the Patella Pro can provide.

"My name is Emily and I like my life the way it is. My friends and my sport are very important to me. Until recently, I often had pain in both of my knees. Now I can do everything again."







## Emily

People who meet 12-year-old Emily can hardly believe that this athletic girl who is a whirlwind of activity experienced intense pain in both of her knees until recently. The fact that she had to significantly cut back on her sports activities made Emily and her parents both equally unhappy. Today, Emily's family has reason to be happy again.

# Athletic whirlwind back in top form

Due to severe knee pain, Emily had to accept significant limitations to her everyday activities at just 12 years of age. But giving up her sport was simply unimaginable for Emily, a keen handball and basketball player.

From walking normally to going up stairs, Emily increasingly complained of pain in both knees. Her parents, too, were becoming concerned about their athletic daughter's future. Would Emily continue to be able to play basketball and ride her beloved skateboard?

The family was advised to try a therapy approach involving treatment with a brace that had already proven effective in numerous cases. The Patella Pro, the result of cooperation between Ottobock and recognised experts, would re-align Emily's patellas – according to the knee flexion – in the anatomically correct position, thereby relieving her from her pain.

No sooner said than done. After about six weeks of wearing the Patella Pro on both knees, Emily is finally actively involved in

sports again. Walking, climbing stairs, playing basketball – it's all possible, without any pain. Emily's O&P professional has told her that she won't need to wear the two braces for the rest of her life. "At some point the muscles in my knees will be able to hold my kneecaps in the right position on their own again, and then I won't need any braces at all anymore." One small wish still remains unfulfilled for the 12-year-old: a Patella Pro brace that is suitable for swimming and that she can wear to the pool sometimes.







"My knee pain often meant I had to sit on the sidelines. I didn't want to accept that at all. After all, I'm only 12 years old and still have so many plans for my life"



### No more reserves' bench

Emily doesn't like to think back to the times when she was often sidelined by knee pain. Thanks to the Patella Pro, this athletic 12-year-old is back in the game.

# Proper tracking makes all the difference

## How the Patella Pro works

For patients with anterior knee pain, slight flexion is especially critical; the patella can be shifted outwards, causing excessive stress to the joint.

This is where the Patella Pro relieves pain with its dynamic re-alignment mechanism. It tracks the patella precisely to the middle, i.e. centres or aligns it. This relieves the cartilage in the joint.

"Dynamic" means that the tracking is always as strong as the patella needs. At the beginning of flexion, when the patella is not yet sufficiently guided in its "bony track", the brace tracks it specifically, thus supporting the overstrained muscles.

As the knee joint is flexed further, the patella glides into the "track" of the femur.

Patella Pro is the only brace with this mechanism. Ask your physician or a medical supply shop of your choice.

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### **Tested**

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● **Institute for Biomechanics and Orthopaedics, Cologne**  
Biomechanical efficacy

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● **Multicentre study**  
Clinical effectiveness

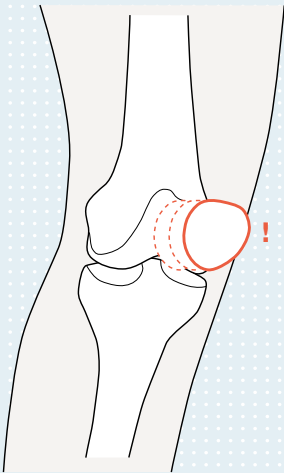
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● **Orthopaedics Department at Hannover University Hospital, Annastift, Hanover**  
Clinical efficacy

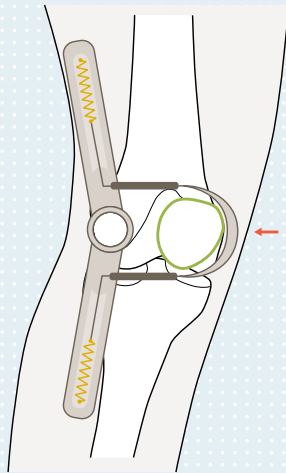
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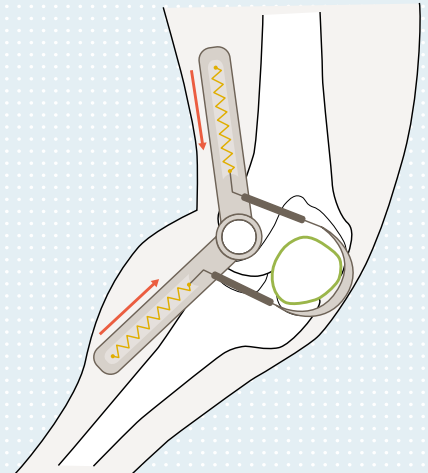
● **High risk**  
of patella maltracking  
(shifting outward).



● **Precise tracking**  
and correct positioning of  
the patella by the Patella Pro.



● **Optimal tracking of  
patella is sustained**  
even at larger flexion angles.

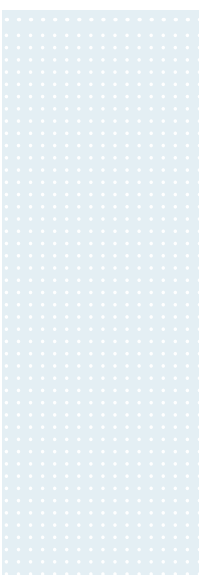
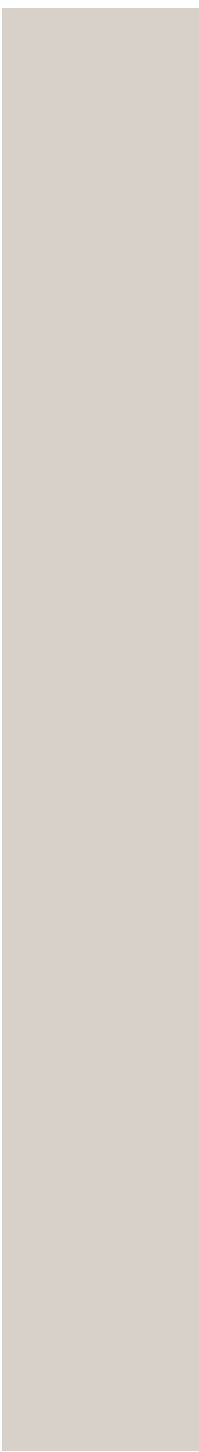


"My friends are amazed that I can join in everything again without any pain. My two knee braces remind them a bit of the knee pads we use for handball."

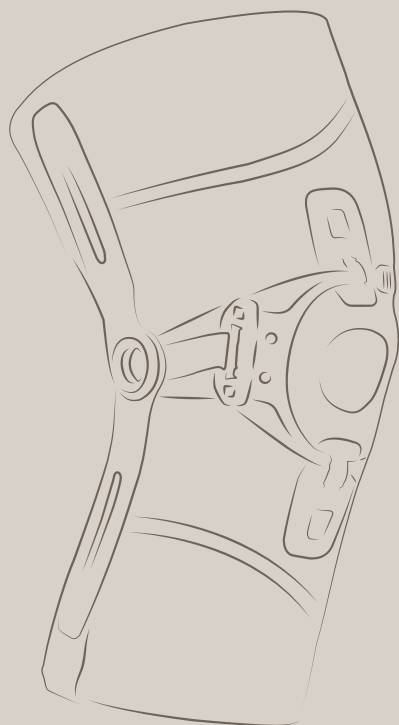












## Secure tracking for the patella – to match the flexion angle

When anterior knee pain means a limited quality of life, it's time to find a treatment method that provides quick, lasting relief.

The Patella Pro, for example, offers every age group targeted support for the knee joint while also providing noticeable pain relief. It helps to guide the patella back to the middle (centre it), which not only relieves the joint cartilage but also supports

the overstrained muscles. The patella is only guided as much as is necessary at the moment – according to the angle of knee flexion.

The Patella Pro is available in many sizes and offers a high level of wearer comfort thanks to its breathable material.



# Patella Pro: its benefits at a glance

## Flexible and adaptable

Thanks to the auto-adaptive support and bars, the Patella Pro adapts superbly to any leg and knee shape. This ensures that the brace fits perfectly, especially during movement.



## Incredibly simple to use

Active people in particular appreciate devices that are uncomplicated. The Patella Pro's quick-release closures and practical donning and doffing loops make it suitable for everyday use.



## Tracking for the patella – just as needed

Patella Pro always provides you with the proper amount of tracking. And the tracking is always as strong as the patella requires at the moment.



## Comfortable to wear

Thanks to its lightweight material the Patella Pro is very comfortable for you to wear. Breathable and correspondingly roughened on the inside (vector-grip effect), the material ensures that the brace cannot slip in any direction, even under clothing.

