

WHICH TENNIS ELBOW TO CHOOSE

Bodyassist's range of Tennis Elbow braces (epicondylitis elbow supports) can be a little overwhelming, so we've put together a short presentation to simplify the selection process and show how we can categorise them, dependant on application, ailment and environment.

We hope you find this article helpful.

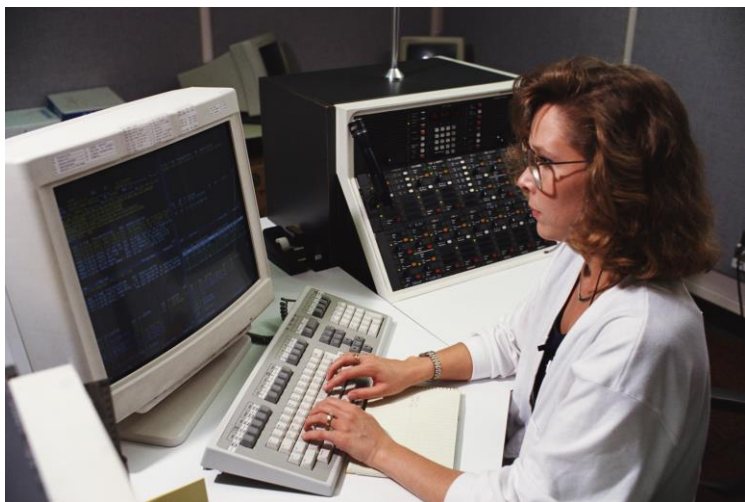


WHAT IS TENNIS ELBOW PAIN?

The first point to make about these braces, straps or supports is that they do not only apply to the sport of Tennis. The Lateral Epicondylitis (Tennis Elbow) and Medial Epicondylitis (Golfer's Elbow) are injuries to the elbow on either the outside (Lateral) or inside (Medial) of the elbow joint and may be experienced from numerous activities, not just tennis or golf.

Inflammation of tendons through the joint area that attach forearm muscles to the inside of the elbow bone can spread a burning pain sensation down the forearm and weaken grip strength. Pain can be experienced as mild initially and gradually worsen over time. Stiffness in the elbow, pain inside the elbow or even numbness or tingling sensations can also be experienced as symptoms.

Both Tennis and Golfer's Elbow are usually caused from repetitive, forceful gripping or lifting activities. The condition can be caused by many activities other than tennis or golf. In fact most injuries such as this are attained whilst performing work activity that requires heavy use of the wrist or forearm such as trades people, computer users, butchers, musicians ... to mention but a few.



COTTON/TERRY T/ELBOW BANDS

Made from breathable cotton terry fabrics, these one-size straps feature a buckle that allows powerful adhesion, providing a super comfortable experience with effective results. The knot formed by the buckle and fabric may be positioned over the painful area to dig into the muscle mass and help relieve discomfort. These hugely popular devices work extremely well and are suited to professional work applications. The key factor in this design is the non-stretch terry fabric for personal comfort. This is an ideal device for warm climate conditions.

bodyassist[®]
TENNIS ELBOW BANDAGE
WHITE - RIGID - MEDICAL
Non stretch terry fabric band helps relieve elbow joint pain and RSI

For active pursuits in sport travel leisure and work

ADVANCED PROTECTION
MADE IN AUSTRALIA

bodyassist[®]
TENNIS ELBOW BANDAGE
BEIGE - RIGID - WORK
Non stretch terry fabric band helps relieve elbow joint pain and RSI

For active pursuits in sport travel leisure and work

ADVANCED PROTECTION
MADE IN AUSTRALIA

bodyassist[®]
TENNIS ELBOW BANDAGE
BLACK - RIGID - SPORT
Non stretch terry fabric band helps relieve elbow joint pain and RSI

For active pursuits in sport travel leisure and work

ADVANCED PROTECTION
MADE IN AUSTRALIA

- KEY FEATURES
- One-Size Fit
 - Terry Cotton Comfort
 - Rigid (Non-Stretch)
 - Breathes Well
 - Simple Closure
 - Strong Application
 - Multi Colour
 - Washable
 - Unisex
 - Classic Look

THERMAL ELBOW BANDS

Made with medical grade neoprene that feature a soft pliable material that gently wraps the elbow with comfort and warmth. Providing greater coverage, superior comfort and an optional magnetic therapy inclusion. Equally popular devices that suit various work, sport or home applications. The key factor here is the neoprene comfort level, the hardy nature of the fabric and the warmth generation capacity to help keep local muscles and tendons soft and pliable. Great for colder climate. Tradesmen love these because they are less likely to be damaged on the job.

bodyassist
THERMAL
TENNIS ELBOW STRAP
BEIGE - MEDICAL - SPORT

Helps relieve elbow pain caused by RSI

Protective
Latex free
Lightweight
Compressive

It works - try it

Medical grade
CR neoprene.

1 SIZE

ADVANCED PROTECTION

bodyassist
THERMAL
TENNIS ELBOW STRAP
BLACK - MEDICAL - SPORT

Helps to relieve elbow joint pain caused by repetitive strain

Medical grade
CR neoprene.

Warming
Protective
Latex free
Lightweight
Compressive

1 SIZE

ADVANCED PROTECTION

Authentic Dick Wicks® Magnetic Product

ACTIVE EASE™

TENNIS ELBOW STRAP
8 powerful sintered ferrite magnets

LIFETIME WARRANTY*

KEY FEATURES

- Neoprene
- One-Size Fit
- Protective Material
- Stretchy & Rigid Layers
- Builds Warmth
- Hard Wearing Material
- High Comfort Rating
- Magnetic Therapy
- Latex Free
- Washable
- Unisex

BANDS WITH PRESSURE PADS

Designed with pressure pads that press into the muscle mass to help alleviate discomfort and maintain minimal movement of tendons. Our Dual-V strap model features 2 pads positioned above and below the elbow to create a sandwich effect between the elbow for greater stability. The single pressure pad model offers greater compression over one specific area. Selection is based on personal comfort and exactly where pressure is desired. Both work equally well to achieve the desired result.

Next Level

A popular choice of sports people looking for hard wearing materials, powerful pressure against tendons and lightweight design. Golfers love the Dual V-pad strap and basketballer are drawn to the design of the single pressure pad unit.

bodyassist®
DUAL V-PAD
TENNIS ELBOW STRAP
BLACK - MEDICAL - SPORT
Helps relieve tennis/golf elbow symptoms through targeted pressure

Warming
Protective
Latex free
Lightweight
compressive

Medical grade CR neoprene with **MEDOXYLIN** medical plush liner for thermal insulation, moisture draw and air circulation for better oxygenated skin and comfort.

ADVANCED PROTECTION

bodyassist®
SPORTS ELBOW BAND
WITH PRESSURE PAD
BLACK - MEDICAL - SPORT
Helps relieve elbow joint pain and tension caused by repetitive motions

1 SIZE

ADVANCED PROTECTION

KEY FEATURES

- Pads Deliver Powerful Pressure Points
- Great Stability to the Elbow Joint
- One-Size Fit - Protective Materials
- Neoprene Provides Therapeutic Warmth
- High Comfort Rating
- Washable/Unisex

DESIGN AND FUNCTION

This unique tennis elbow brace incorporates comfort, lightweight materials, ease of application and powerful support and rigidity where it's needed. The inner liner is made from a soft breathable microfiber, extremely comfortable to the skin, for the perfect soft touch feel. The outer layer is made of a nylon mesh that forms tiny resistant loops that securely fasten Velcro every time. If you want the latest technology in elbow bracing with Italian design flair, look no further.

Premium

These tension straps are made from multiple corded strands. Lovingly known as 'spaghetti', they work very differently from the common 'single' velcro strap. They allow blood to flow more freely under the strap, so we don't get a common tourniquet effect. The experience of locking down this brace feels very different to other supports. The brace hugs the body with a more embracing connection and delivers improved fit and a better overall experience.

KEY FEATURES
Unique
Special Fabrics
Made in Italy
Low Profile
One-Size Fit
Max Comfort
Breathable
Latex Free
Washable
Unisex



M-BRACE
THERAPEUTIC PERFORMANCE

100% AIR™
Breathable

Tennis Elbow

- ✓ 24h Comfort – Super Slim – Easy to use
- Washable – Neoprene & Latex Free
- Fits Left or Right – High Tech – Patented

POWER ELBOW BANDS

Bandit and Bandit XM are innovative and unique devices, scientifically designed to aid in the relief and prevention of pain associated with tendinitis, tennis elbow, carpal tunnel syndrome, repetitive stress injuries (RSI's) and cumulative trauma disorders (CTDs). This superior therapy features a non-constrictive design consisting of two rigid plates curved to the shape of the forearm. Soft cushioned neoprene plates rest directly over the skin and are held together by a single strap. We believe the magnets help to stimulate the body's natural healing process, although we make no medical claims.

ProBand® products were developed by an Orthopaedic Surgeon specifically to help treat and prevent common RSI's, and to aid in the treatment, prevention and relief of pain associated with Tendinitis, Tennis Elbow, CTS, RSI and CDT's.



PREMIUM CHOICE

KEY FEATURES

- Innovative Unique Design
- Increased Forearm Power
- Non-Constrictive Design
- Ideal For Golfer's Elbow
- Not a Tourniquet
- Helps Reduce Inflammation and Muscle Spasms
- Works as a Gentle Shock Absorber



TENEX IS WORN ON THE WRIST

bodyassist®

The Tenex-elbow Shock Absorber helps to absorb harmful vibrations caused by sudden impact such as golf, tennis, hammering or even keyboard typing. A high-density liquid formula absorbs vibration at the wrist, before it travels to the sensitive tendons of the elbow and carpal area. When this liquid is subjected to impact from repeated shock or movement, it creates a counter-wave buffer, neutralizing harmful effects to tendons. Engineering Studies conducted at the Massachusetts Institute of Technology (MIT) and at HAKO Research Laboratories, concluded that the Tenex-elbow Shock Absorber 'reduces migratory vibrations by 50 - 70 percent' making Tenex® a most effective treatment against tennis elbow and carpal tunnel syndrome available today.

BLOCK SHOCK WAVES AT THE WRIST

KEY FEATURES

- High-Density Proprietary Liquid (absorbs up to 70% of vibration)
- Helps to Relieve Tennis Elbow Pain
- Significantly Neutralizes Impact Vibration
- Effective Treatment for Tennis and Golfers Elbow
- Increased Strength and Power
- Lightweight Elegant and Comfortable
- Adjustable Self-Gripping Wrist Band
- Soft Breathable Backing



ONE SIZE FITS ALL #TNX002 - contains one only

TENEX™

Elbow Shock Absorber

TODAY'S MOST EFFECTIVE TREATMENT AGAINST TENNIS ELBOW & CARPAL TUNNEL SYNDROME

Designed to stabilize and assist healing of the elbow joint & associated soft tissue

Adjustable closure
One size fits all

For elbow joint inflammation caused by repetitive strain

Ideal for racquet or bat sports, gardening, machinists, construction workers, craft hobbyists, office staff or anyone who participates in repetitive movement of the hand, wrist & elbow.

HIGH-DENSITY LIQUID FORMULA CONTAINED AT THE WRIST ABSORBS HARMFUL VIBRATION CAUSED BY SUDDEN IMPACT

Another great health product from New Horizons Pty Ltd
PO Box 277, Abbotsford 3067
Australia
Web : www.bodyassist.com
Email : info@bodyassist.com

Purchase Online at WWW.BACK2PLAY.COM

COUNTER WAVE
FORCE OF IMPACT

THERMAL ELBOW SLEEVE



THERMAL TENNIS ELBOW SLEEVE

BLACK - QUICK ON - THERMAL

Medical grade CR neoprene

Lightweight - Warming
Protective - Latex free
Compressive

Minor
elbow joint
sprains
and sprains

Immediate
protection
+ support

- Holds Heat
- Latex Free
- Apply Fast
- Medoxylin Lined

Medical grade CR neoprene with **MEDOXYLIN** medical plush liner for thermal insulation, moisture draw and air circulation for better oxygenated skin and comfort.

GENTLE SUPPORT - STRONG COMPRESSION

This thermal elbow sleeve is ideally suited for colder climate conditions. Made with our signature medical grade CR neoprene and 'Medoxylin' liner, this design features soft pliable materials that encompass the whole elbow joint with comfort and warmth. Providing greater coverage, with superior comfort. Equally popular devices that works well and suit various work, sport or home applications. The key factor here is the neoprene material for personal comfort and the extensive coverage across the whole elbow joint. A rigid strap locks down the elbow joint to stop excessive movement of muscles and tendons.

Ideally suited for people who need full coverage over the elbow joint. Perfect for outdoors, cold weather and for people who want more support and compression across the whole elbow region compared to the strap/band models shown above.

- KEY FEATURES
- Full Joint Support
- Sprains - Strains
- Lightweight - Warming
- Protective
- Latex Free
- Quick Slip-On Design



