

DURABLE MEDICAL EQUIPMENT



Effective Programs, Quality Products,
and Superior Customer Service

Resistive Exercise
Tens Units
Pain Relief
Strength Training
Exercise Balls and Storage Racks
Exercise Mats and Foam Rollers
Exercisers
Instant Packs
Ice Bags
Reusables
Chilling and Heating Units and Packs
CURAD® Hospital Quality Supports
CURAD® Performance Quality Supports
Aids to Daily Living

Making Physical Activity a Part of an Older Adult's Life

When it comes to getting the physical activity you need each week, it's important to pick activities you enjoy and that match your abilities. This will help ensure that you stick with them.

Things to Keep in Mind

- Try to do a variety of activities. This can make physical activity more enjoyable and reduce your risk of injury.
- Regular physical activity is still safe and beneficial even if you have problems doing normal daily activities, such as climbing stairs or walking.
- If you have to take a break from your regular workout routine due to an illness such as the flu, be sure to start again at a lower level and slowly work back up to your usual level of activity.
- To get to and stay at a healthy weight, start by doing the equivalent of 150 minutes of moderate-intensity aerobic activity each week. Keep in mind that you may need to do more activity or reduce the number of calories you eat to get to your desired weight.

Improving Your Balance

- Check with your local senior center to see if they offer balance training or tai chi classes.
- Are you at risk for falling because you've fallen in the past or have trouble walking? Older adults who are at risk for falling should do exercises that help them with balance.
- Try to do balance training on at least 3 days a week and do standardized exercises from a program that's been proven to reduce falls. These exercises might include backward walking, sideways walking, heel walking, toe walking, and practicing standing from a sitting position.

What if You Have a Chronic Condition?

- If you have a health condition such as arthritis, diabetes or heart disease, it doesn't mean you can't be active. In fact, it's just the opposite. Regular physical activity can improve your quality of life and even reduce your risk of developing other conditions.
- Talk with your doctor to find out if your health condition limits, in any way, your ability to be active. Then, work with your doctor to come up with a physical activity plan that matches your abilities.
- What's important is that you avoid being inactive. Even 60 minutes a week of moderate-intensity aerobic activity is good for you.



"Medline has great quality products that assist our residents in rehabilitating to their fullest potential. Our Medline rep, Ed, is always assisting us with finding the best, most cost-effective products to use."

Lori S., Director of Nursing

What if You Have a Disability?

- If you are an older adult with a disability, regular physical activity can provide you with important health benefits, such as a stronger heart, lungs and muscles, improved mental health and a better ability to do everyday tasks.
- It's best to talk with your health care provider before you begin a physical activity routine. Try to get advice from a professional with experience in physical activity and disability.

When to Check With Your Doctor

- Doing activity that requires moderate effort is safe for most people, but if you have a health condition such as heart disease, arthritis or diabetes, be sure to talk with your doctor about the types and amounts of physical activity that are right for you.

Source: CDC's Division of Nutrition, Physical Activity and Obesity, National Center for Chronic Disease Prevention and Health Promotion. Accessed at cdc.gov/physicalactivity/everyone/getactive/olderadults.html (2.16.2011)



Cando® Resistive Exercise Bands

- Color-coded according to the exercise band's resistance
- Low powder bands can be used for upper and lower body exercises



100 Yard Perforated Roll

Item Number	Resistance	Width Inch (cm)	Color
MDSP105191	X-Light	5 (13)	Yellow
MDSP105192	Light	5 (13)	Red
MDSP105193	Medium	5 (13)	Green
MDSP105194	Heavy	5 (13)	Blue
MDSP105195	X-Heavy	5 (13)	Black

50 Yard Color-Coded Bands

Item Number	Resistance	Width Inch (cm)	Color
MDSP105220	XX-Light	5 (13)	Tan
MDSP105221	X-Light	5 (13)	Yellow
MDSP105222	Light	5 (13)	Red
MDSP105223	Medium	5 (13)	Green
MDSP105224	Heavy	5 (13)	Blue
MDSP105225	X-Heavy	5 (13)	Black

Latex Free

MDSP105620	XX-Light	5 (13)	Tan
MDSP105621	X-Light	5 (13)	Yellow
MDSP105622	Light	5 (13)	Red
MDSP105623	Medium	5 (13)	Green
MDSP105624	Heavy	5 (13)	Blue
MDSP105625	X-Heavy	5 (13)	Black

6 Yard Color-Coded Bands

Item Number	Resistance	Width Inch (cm)	Color
MDSP105210	XX-Light	5 (13)	Tan
MDSP105211	X-Light	5 (13)	Yellow
MDSP105212	Light	5 (13)	Red
MDSP105213	Medium	5 (13)	Green
MDSP105214	Heavy	5 (13)	Blue
MDSP105215	X-Heavy	5 (13)	Black

Latex Free

MDSP105610	XX-Light	5 (13)	Tan
MDSP105611	X-Light	5 (13)	Yellow
MDSP105612	Light	5 (13)	Red
MDSP105613	Medium	5 (13)	Green
MDSP105614	Heavy	5 (13)	Blue
MDSP105615	X-Heavy	5 (13)	Black



100 Foot Resistive Tubing

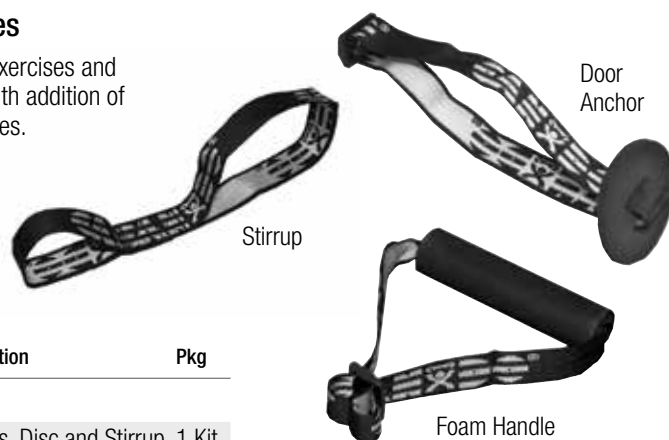
Item Number	Resistance	Diameter Inch (cm)	Color
MDSP105520	XX-Light	.12 (.30)	Tan
MDSP105521	X-Light	.29 (.74)	Yellow
MDSP105522	Light	.31 (.79)	Red
MDSP105523	Medium	.34 (.86)	Green
MDSP105524	Heavy	.37 (.94)	Blue
MDSP105525	X-Heavy	.40 (1.0)	Black

Latex Free

MDSP105720	XX-Light	.12 (.30)	Tan
MDSP105721	X-Light	.29 (.74)	Yellow
MDSP105722	Light	.31 (.79)	Red
MDSP105723	Medium	.34 (.86)	Green
MDSP105724	Heavy	.37 (.94)	Blue
MDSP105725	X-Heavy	.40 (1.0)	Black

Cando® Accessories

Increase the variety of exercises and improve user comfort with addition of resistive band accessories.



Item Number	Description	Pkg
Accessory Kit		
MDSP105334	Handles, Disc and Stirrup	1 Kit
Adjustable Foam Handle		
MDSP105330	Adjustable Foam Handle	Pair
Door Anchor		
MDSP105320	Nub Anchor, Door	Each
MDSP105325	Disc Anchor, Door	Each
MDSP105310	Stirrup Anchor, Foot	Each

Basic Resistive Exercise Bands & Tubing

- Cost effective bands, color-coded by strength in brighter, vibrant colors
- Low powder and low protein bands minimize discomfort during handling
- Larger width provides more volume resulting in a more durable band as there is less tension per square inch of force



6 Yard Color-Coded Bands

Item Number	Dimensions	Color
MDSHXY1H	6" x 6 yard (15 cm x 5.5 m)	Peach
MDSHXR1H	6" x 6 yard (15 cm x 5.5 m)	Orange
MDSHXG1H	6" x 6 yard (15 cm x 5.5 m)	Lime Green
MDSHXBL1H	6" x 6 yard (15 cm x 5.5 m)	Blueberry
MDSHXP1H	6" x 6 yard (15 cm x 5.5 m)	Plum
MDSHXS1H	6" x 6 yard (15 cm x 5.5 m)	Gray



50 Yard Color-Coded Bands

Item Number	Dimensions	Color
MDSHXY1BH	6" x 50 yard (15 cm x 46 m)	Peach
MDSHXR1BH	6" x 50 yard (15 cm x 46 m)	Orange
MDSHXG1BH	6" x 50 yard (15 cm x 46 m)	Lime Green
MDSHXBL1BH	6" x 50 yard (15 cm x 46 m)	Blueberry
MDSHXP1BH	6" x 50 yard (15 cm x 46 m)	Plum
MDSHXS1BH	6" x 50 yard (15 cm x 46 m)	Gray



To order in bulk drop the "H" at the end of the item number. (i.e., MDSHXY1)



30 Piece Color-Coded Band Dispenser

Item Number	Dimensions: Inches (cm) Inner Dia. x Thickness	Color
MDSHXY30H	6" x 5 feet (15 cm x 1.5 m)	Peach
MDSHXR30H	6" x 5 feet (15 cm x 1.5 m)	Orange
MDSHXG30H	6" x 5 feet (15 cm x 1.5 m)	Lime Green
MDSHXBL30H	6" x 5 feet (15 cm x 1.5 m)	Blueberry
MDSHXP30H	6" x 5 feet (15 cm x 1.5 m)	Plum



100 Foot Color-Coded Tubing

Item Number	Dimensions: Inches (mm) Inner Dia. x Thickness	Color
MDSHXT100YH	0.2" x 0.05" (5 mm x 1.2 mm)	Peach
MDSHXT100RH	0.2" x 0.06" (5 mm x 1.5 mm)	Orange
MDSHXT100GH	0.2" x 0.07" (5 mm x 1.8 mm)	Lime Green
MDSHXT100BLH	0.2" x 0.08" (5 mm x 2.1 mm)	Blueberry
MDSHXT100PH	0.2" x 0.09" (5 mm x 2.5 mm)	Plum
MDSHXT100SH	0.2" x 0.11" (5 mm x 2.7 mm)	Gray

InTENSity TENS Unit

The InTENSity® 10 digital TENS device has 10 pre-set selections by body part for easy and effective use. With the press of two buttons, the device is ready to operate effectively based on the area of the body being treated.

Features:

- Helps with muscle and joint pain
- Includes lead wires, 4 self-stick high quality electrodes, 9V battery, hard plastic carrying case and instruction booklet

Item Number	Description	Pkg
MDSDI1010	Digital Tens Unit, Dual Channel	Each



Deluxe TENS Unit

Best valued digital TENS unit on the market. The digital processor is more accurately precise and has established itself as the preferred doctor's choice for effective pain relief.



Features:

- Dual channel for use with 2 or 4 electrodes
- 5 Modes: Burst, Modulation, Constant, MRW, SD, Bi-Pulse
- Pulse Width: 50-300(uS), Pulse Rate: 2-150(HZ)
- 100 mA maximum strength amplitude
- Wave Form: Asymmetrical Bi-Phasic Square Pulse

Item Number	Description	Pkg
MDSDT7202	Dual Channel, Single Mode	Each

Basic TENS Units



Features:

- Dual isolated channels, two leads per channel
- Pulse amplitude (constant current): Adjustable 0 - 80 mA, 500 Ohm load
- Pulse frequency: Adjustable 2-150(HZ)
- Pulse width (micro seconds): Adjustable 60-250 us
- Mode selector: N (Normal) for continuous output (MDS86710 only)
- Mode selector: Burst (B), N (Normal), or Modulation (M) (MDS86725 only)

Item Number	Description	Pkg
MDS86725	Dual Channel, 3 Mode	Each
MDS86710	Dual Channel, Single Mode	Each

Pain Relief



Point Relief® Topical Hot and Cold Pain Relief

- Designed for home exercise programs and individual patient use
- Combine exercise products that increase strength with pain relieving spray to increase comfort
- Kits are designed to target specific areas on the body



Item Number	Description	Size	Pkg
ColdSpot™ Pain Relief Products			
MDSP1107301	Gel Tube	4 oz (113 g)	Each
MDSP1107101	Gel Pump	16 oz (.5 kg)	Each
MDSP1107111	Gel Pump	3 oz (85 g)	Each
MDSP1107121	Gel Pump	1 gal (3.8 liter)	Each
MDSP1107201	Roll-on	3 oz (85 g)	Each
MDSP1107001	Spray	2 oz (57 g)	Each
MDSP1107011	Spray	4 oz (113 g)	Each
MDSP1107021	Spray	16 oz (.5 kg)	Each
HotSpot™ Pain Relief Products			
MDSP1107801	Gel Tube	4 oz (113 g)	Each
MDSP1107811	Gel Pump	8 oz (.2 kg)	Each
MDSP1107821	Gel Pump	32 oz (.9 kg)	Each

Cando® Theraputty™ Resistive Hand Exercise Material

- Each color-coded putty has a different consistency for strengthening the weakest grasp to extra firm
- Available in convenient easy-to-open plastic containers for patient use at home
- Putty is gluten, casein and latex-free



Item Number 2 oz • 56.7 g	Item Number 1 lb • 0.5 kg	Item Number 5 lb • 2.3 kg	Strength	Color
MDSP100956	MDSP100994	MDSP100995	XX-Soft	Tan
MDSP100900	MDSP100918	MDSP100923	X-Soft	Yellow
MDSP100901	MDSP100919	MDSP100924	Soft	Red
MDSP100902	MDSP100920	MDSP100925	Medium	Green
MDSP100903	MDSP100921	MDSP100926	Firm	Blue
MDSP101466	MDSP101470	MDSP101471	X-Firm	Black

Hand Exercisers

- Flexion and extension for individual fingers and the entire hand
- Develops isolated finger strength, flexibility and coordination
- Comes with exercise pamphlet

Digi-Flex® Device

- Hand and Finger Flexion Device



MDSP100740

MDSP100746

Digi-Squeeze® Balls



MDSP101976

Digi-Extend® Device

- Hand/Finger Extension Device



MDSP100775

MDSP100757

Item	Description	Color
MDSP100740	X-Light Strength	Yellow
MDSP100741	Light Strength	Red
MDSP100742	Medium Strength	Green
MDSP100743	Heavy Strength	Blue
MDSP100744	X-Heavy Strength	Black
MDSP100746	5 Piece Set w/ Display	Multiple

Item	Description	Color
MDSP101980	X-Light Strength	Yellow
MDSP101981	Light Strength	Red
MDSP101982	Medium Strength	Green
MDSP101983	Heavy Strength	Blue
MDSP101984	X-Heavy Strength	Black
MDSP101976	5 Piece Set w/ Stand	Multiple

Item	Description	Color
MDSP100775	Unit with color coded bands	Tan, Yellow, Red, Green
MDSP100757	4 units with stand	Tan, Yellow, Red, Green

Replacement Bands, Set of 25

MDSP101850	XX-Light	Tan
MDSP101851	X-Light	Yellow
MDSP101852	Light	Red
MDSP101853	Medium	Green

Weights for Strength Training

- Use various weights to improve strength, endurance, balance, and motor skills

Vinyl-Coated Dumbbells

Vinyl coated, color-coded cast iron dumbbells are ideal for upper body exercise. Coated weights give a comfortable feel and prevent floor scratches. Color-coded weight levels with both pounds and kilograms marked.



MDSP100577

Item Number	Description Lbs (kg)	Color	Pkg
MDSP100550	1 (0.5)	Pink	Each
MDSP100551	2 (0.9)	Purple	Each
MDSP100552	3 (1.4)	Green	Each
MDSP100553	4 (1.8)	Silver	Each
MDSP100554	5 (2.3)	Blue	Each
MDSP100555	6 (2.7)	Pink	Each
MDSP100556	7 (3.2)	Purple	Each
MDSP100557	8 (3.6)	Black	Each
MDSP100558	9 (4.1)	Yellow	Each
MDSP100559	10 (4.5)	Orange	Each
Dumbbell Set and Floor Rack			
MDSP100565	Full Set of Dumbbells (2 of each weight)		Each
MDSP100577	Dumbbell Floor Rack (Holds 10 pairs)		Each

The Cuff® Weights

Flexible weight contours to snugly fit the ankle, wrist and even the thigh. Grommets for hanging on any weight rack. Color-coded weight levels with both pounds and kilograms marked.



MDSP100150
Rack Only

Item Number	Description Lbs (kg)	Color	Pkg
MDSP100203	1 (0.5)	Blue	Each
MDSP100205	2 (0.9)	White	Each
MDSP100207	3 (1.4)	Gold	Each
MDSP100208	4 (1.8)	Turquoise	Each
MDSP100209	5 (2.3)	Black	Each
MDSP100210	6 (2.7)	Beige	Each
MDSP100211	7 (3.2)	Lemon	Each
MDSP100212	7.5 (3.4)	Orange	Each
MDSP100213	8 (3.6)	Red	Each
MDSP100214	9 (4.1)	Parchment	Each
MDSP100215	10 (4.5)	Brown	Each
Wrist and Ankle Weights Sets			
MDSP100250	7 Cuff Weight Set (1, 2, 3, 4, 5, 7.5, and 10 lbs)		
MDSP100150	2-Sided Mobile Rack with 22 6" hooks		Each

Weighted Exercise Bars

Use in supine, sitting or standing position to increase strength and ROM. Anti-roll end cap to prevent bars from rolling around and becoming a safety hazard. Hanger end cap for the most space effective storage.



MDSP101606



Item Number	Description Lbs (kg)	Color	Pkg
MDSP101600	1 (0.5)	Tan	Each
MDSP101602	2 (0.9)	Yellow	Each
MDSP101604	3 (1.4)	Red	Each
MDSP101606	4 (1.8)	Green	Each
MDSP101608	5 (2.3)	Blue	Each
MDSP101623	7.5 (3.4)	Black	Each
MDSP101613	10 (4.5)	Gold	Each
Weight Bar Sets			
MDSP101620	5 Bars: 1-5 lb (0.5-2.3 kg)	Multiple	Each
MDSP101643	5 Bar Vertical Wall Rack		Each

Inflatable Exercise Balls

- Use to improve balance, coordination, flexibility and strength
- Non-slip surface is ribbed for extra security



MDSP301800

Item Number	Diameter Inch (cm)	Weight Cap Lbs (kg)	Color	Pkg
Cando® Inflatable Exercise Ball				
MDSP301800	11.8 (30)	300 (136)	Blue	Each
MDSP301801	17.7 (45)	300 (136)	Yellow	Each
MDSP301802	21.6 (55)	300 (136)	Orange	Each
MDSP301803	25.6 (65)	300 (136)	Green	Each
MDSP301804	29.5 (75)	300 (136)	Red	Each
MDSP301805	33.5 (85)	300 (136)	Blue	Each
MDSP301806	37.4 (95)	300 (136)	Red	Each

Side Note: Add the letter "B" to the end of item number to get product in a retail box

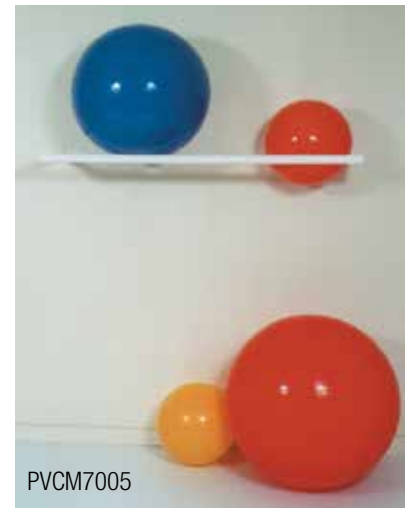
Storage Racks



PVCM7015



PVCM7010



PVCM7005

Mobile Ball Rack with 4 Swivel Casters

Stationary Storage Rack

Wall Mount Storage Rack

Item Number	Description	Length Inch (cm)	Width Inch (cm)	Height Inch (cm)	Capacity	Pkg
Exercise Ball Storage Racks						
PVCM7015	Mobile Ball Rack with 4 Swivel Casters	64 (163)	19 (49)	62 (157)	Holds 6 Plus Balls	Each
PVCM7010	Stationary Storage Rack	64 (163)	19 (49)	58 (147)	Holds 6 Plus Balls	Each
PVCM7005	Wall Mount Storage Rack	64 (163)	17 (43)	3 (8)	Holds 3 Balls	Each

Exercise Mats

- Closed-cell structure mats do not absorb moisture
- Mats are tear-proof, scratch-resistant, latex-free and do not take a compression set



Item Number	Description L x W – Inch (cm)	Thickness Inch (cm)	Color	Pkg
ArmaSport® Premium Closed Cell Exercise Mats				
MDSP321400B	24 x 48 (61 x 122)	0.6 (1.5)	Blue	Each
MDSP321410B	24 x 56 (61 x 143)	0.6 (1.5)	Blue	Each
MDSP321420B	24 x 72 (61 x 183)	0.6 (1.5)	Blue	Each
MDSP321430B	32 x 72 (82 x 183)	0.6 (1.5)	Blue	Each
MDSP321441B	40 x 78 (102 x 198)	0.6 (1.5)	Blue	Each
MDSP321450B	40 x 72 (102 x 183)	0.6 (1.5)	Blue	Each
MDSP321491	Wall Mat Hanger for 10 Mats			Each
Cando® Economy Closed Cell Exercise Mats				
MDSP302310Y	26 x 72 (66 x 183)	0.6 (1.5)	Yellow	Each
MDSP302310R	26 x 72 (66 x 183)	0.6 (1.5)	Red	Each
MDSP302310G	26 x 72 (66 x 183)	0.6 (1.5)	Green	Each
MDSP302310B	26 x 72 (66 x 183)	0.6 (1.5)	Blue	Each
MDSP302310BLK	26 x 72 (66 x 183)	0.6 (1.5)	Black	Each

Foam Rollers

- Strong enough to be used by large adults and active children
- Full round rollers help with balance, muscle re-education, coordination and strengthening
- Half round rollers for ankle stretching and knee rehabilitation or as a rocker board



Antimicrobial Foam Roller

- Made with antimicrobial additive that inhibits the growth of organisms that can cause odors*

*This product does not protect users, or others, against disease causing organisms.

Basic Foam Roller

- Economic, easy to use, and versatile

Heavy-Duty Roller

- Made with extra firm foam that still maintains a soft feel



Item Number	Description	Diameter Inch (cm)	Length Inch (cm)	Color	Pkg
Cando® Antimicrobial Foam Rollers					
MDSP302330	Round	6 (15)	36 (92)	Beige	Each
MDSP302331	Round	6 (15)	12 (31)	Beige	Each
MDSP302332	Half-Round	6 (15)	36 (92)	Beige	Each
MDSP302333	Half-Round	6 (15)	12 (31)	Beige	Each
Cando® Heavy Duty Foam Rollers					
MDSP302200	Round	6 (15)	36 (92)	Blue	Each
MDSP302201	Round	6 (15)	12 (31)	Blue	Each
MDSP302210	Half-Round	6 (15)	36 (92)	Blue	Each
MDSP302211	Half-Round	6 (15)	12 (31)	Blue	Each
Cando® Basic Foam Rollers					
MDSP302100	Round	6 (15)	36 (92)	White	Each
MDSP302101	Round	6 (15)	12 (31)	White	Each
MDSP302260	Round	8 (21)	36 (92)	White	Each
MDSP302261	Round	8 (21)	12 (31)	White	Each
MDSP302102	Round	4 (11)	36 (92)	White	Each
MDSP302103	Round	4 (11)	12 (31)	White	Each
MDSP302110	Half-Round	6 (15)	36 (92)	White	Each
MDSP302111	Half-Round	6 (15)	12 (31)	White	Each
MDSP302270	Half-Round	8 (21)	36 (92)	White	Each
MDSP302271	Half-Round	8 (21)	12 (31)	White	Each
MDSP302112	Half-Round	4 (11)	36 (92)	White	Each
MDSP302113	Half-Round	4 (11)	12 (31)	White	Each

Pedal and Arm Exercisers



MDSP018030

Magnetic, Bi-Directional Exerciser

Comes with fully automatic 4-function digital display showing speed, elapsed time, calories, and distance.



MDSP018010

LED Display, Bi-Directional Exerciser

Fully automated electronic monitor with LED Display.



MDS100

Lightweight, Economy Exerciser

Electronic display denotes exercise time, revolution count, RPMs and calories burned.

Item Number	Description	Use	Pkg
MDSP018030	Magnetic, Digital Display, Bi-Directional	Upper and Lower Body	Each
MDSP018010	LED Display, Bi-Directional	Upper and Lower Body	Each
MDS100	Lightweight, Economy Exerciser	Upper and Lower Body	2 ea/cs

Overhead Shoulder Pulley Exercisers

- Pulley exercisers increase shoulder ROM
- Portable design can be easily transported and fitted to most doors



MDSP501023

Single Over-Door Pulley

- Models available with clamp or with strap



MDSP501010

Double Over-Door Pulley

- Deluxe exerciser has 2 pulleys and bracket for smooth and easy operation.



MDSBLRAMBRPH

Shoulder Pulley with Clamp

- Economy over-door shoulder pulley systems available with either a webbing door strap or metal bracket

Item Number	Description	Pkg
MDSP501023	Single Pulley with Strap	Each
MDSP501010	Deluxe, Double Handle Pulley	Each
MDSBLRAMBRPH	Shoulder Pulley with Clamp	Each



Fold-to-Activate EASY ACTIVATION Hot & Cold Packs

Only Medline offers the fold-to-activate feature across the product line

So easy to use! No more wrestling with the pack to get the inner lining to burst. Simply fold Medline's pack in half, and the lining bursts easily to activate the chemical reaction inside.

In answer to requests for packs that were easier to activate, Medline collaborated with customers, and the result is our new fold-to-activate packs. This new design replaces the industry standard – “squeeze to activate” – hot and cold packs, which can be difficult to use. When having to squeeze to activate, it can take several attempts before the inner lining bursts, which can be frustrating and time-consuming. The new design eliminates this frustration and saves time.



*Denotes products
with fold-to-activate
technology*

Instant Packs

Several sizes and types – plus fold-to-activate convenience.

Our wide selection of instant hot and cold packs are designed to fit your specific needs and budget, whether you're looking for soft, pliable material that easily conforms to the affected area, an insulating effect or a basic pack that gets the job done. And our new fold-to-activate feature provides quick, hassle-free activation.



Denotes products with fold-to-activate technology

So easy to use! No more wrestling with the pack to get the inner lining to burst. Simply fold Medline's pack in half, and the lining bursts easily to activate the chemical reaction inside.

How It Works



1
Fold the product in half



2
Shake



3
Wrap in Cloth



4
Apply



Deluxe Instant Packs—A Pack And Holder All In One

- Sweatless, paper-covered pack allows for direct contact with the patient's skin
- Deluxe packs save money and effort by eliminating the need for compress holders or towels

Item Number	Description	Size: Inches (cm)	Target Temp	Pkg
MDS148000	Cold Pack	6.75 x 9 (17.1 x 22.9)	32°F/0°C	24/cs
MDS148010	Cold Pack	5 x 7.5 (12.7 x 19)	32°F/0°C	24/cs
MDS149000	Hot Pack	6.75 x 9 (17.1 x 22.9)	115°F/46.1°C	24/cs
MDS149010	Hot Pack	5 x 7.5 (12.7 x 19)	115°F/46.1°C	48/cs

Accu-Therm® Insulated Instant Packs For Targeted, Longer-Lasting Therapy

- Additional insulating layer directs heat or cold directly to affected area
- Insulation provides a longer-lasting effect
- Soft and pliable bag conforms easily to the affected area
- Use with Medline compress holders on page 169

Item Number	Description	Size: Inches (cm)	Target Temp	Pkg
MDS139000	Cold Pack	6 x 10 (15.2 x 25.4)	32°F/0°C	24/cs
MDS139005	Hot Pack	6 x 10 (15.2 x 25.4)	135°F/57.2°C	24/cs

Instant Packs



Accu-Therm® Instant Hot And Cold Packs Conform Easily To Affected Area

- Our top seller!
- Soft and pliable bag conforms easily to the affected area
- Use with Medline compress holders shown below

Item Number	Description	Size: Inches (cm)	Target Temp	Pkg
MDS138000	Cold Pack	6 x 10 (15.2 x 25.4)	32°F/0°C	24/cs
MDS138010	Cold Pack	4 x 6 (10.2 x 15.2)	32°F/0°C	16/cs
MDS138005	Hot Pack	6 x 10 (15.2 x 25.4)	130°F/54.4°C	24/cs



Standard Instant Packs For The Cost Conscious

- Ideal for quick applications
- Economical choices
- Use with Medline compress holders shown below

Item Number	Description	Size: Inches (cm)	Target Temp	Pkg
MDS137000	Cold Pack	5.75 x 9 (14.6 x 22.9)	32°F/0°C	24cs
MDS137020	Cold Pack	5 x 6 (12.7 x 15.2)	32°F/0°C	50cs
MDS137050	Hot Pack	5.75 x 7 (14.6 x 17.8)	120°F/48.9°C	24/cs



Compress Holders

- Protect the skin from extreme temperatures while holding hot or cold packs in place
- Specially designed to fit Accu-Therm and Standard Instant Packs

Item Number	Size: Inches (cm)	Type	Closure	Pkg
MDS138085	6 x 10.5 (15.2 x 26.7)	Nonwoven	Handheld	100/cs
MDS138090	6 x 35 (15.2 x 88.9)	Elastic Wrap	Hook & Loop	24/cs



Instant Warm Packs For Even Warming

- Lower target temperature (110°F/43.3°C) is excellent for use on delicate skin and patients with poor circulation.
- Gel-like material provides consistent warmth throughout the pack to reduce the likelihood of burns
- 4" x 11" size is made with soft, non-woven backed material for added patient comfort

Item Number	Description	Size: Inches (cm)	Target Temp	Pkg
MDS139007	Warm Pack	6 x 6 (15.2cm x 15.2)	110°F/43.3°C	36/cs

Perineal Packs

All-in-one design eliminates the need for separate pads and packs.

Our combined perineal pack/OB pads are economical and convenient because they provide therapy and absorbency all in one product. The high degree of absorbency also reduces the need for frequent changing, freeing up caregivers' time and allowing new moms more privacy and rest.



Premium Perineal Cold Packs Conform To The Body For Comfort

- Hour-glass shape is extra wide for optimum absorbency
- Generous size reduces the need to use with extra OB pads
- Tape tabs at front and back for secure placement



Item Number	Description	Size: Inches (cm)	Shape	Absorbency	Adhesive	Pkg
MDS158055	Premium Cold Pack	6.75 x 14.25 (17.1 x 36.2)	Contoured	Heavy	Tabs	24/cs



Deluxe Perineal Warm And Cold Packs—Our Top Seller!

- Highly absorbent pad reduces leakage
- Adhesive strip for secure placement
- Warm packs provide comfort after cold therapy is discontinued



Item Number	Description	Size: Inches (cm)	Shape	Absorbency	Adhesive	Pkg
MDS148055	Deluxe Cold Pack	4.5 x 14.25 (11.4 x 36.2)	Straight	Heavy	Strip	24/cs
MDS148065	Deluxe Warm Pack	4.5 x 14.25 (11.4 x 36.2)	Straight	Heavy	Strip	24/cs



Standard Perineal Cold Packs Save You Money

- Best option for the cost-conscious facility
- Features a standard weight OB pad



Item Number	Description	Size: Inches (cm)	Shape	Absorbency	Adhesive	Pkg
MDS138055	Standard Cold Pack	4.5 x 14.25 (11.4 x 36.2)	Straight	Standard	None	24/cs

Retail Packs

Hot and cold packs for the consumer market.

These hot and cold packs are specially packaged for the retail market. Add them to the inventory at your DME store, consumer website, facility gift shop or other retail outlet. Items come in a full-color box with UPC code.



Instant Cold Packs

- Includes 2 instant cold packs with insulating layer for extended use

Item Number	Description	Size: Inches (cm)	Accessory	Pkg
CUR961R	Instant Cold Pack, 2/bx	5 x 6 (12.7 x 15.2)	n/a	24 bx/cs
CUR959	Reusable Hot + Cold Gel Pack, 1bx	4 x 10 (10.2 x 25.4)	Elastic Wrap	24 bx/cs

Infant Warmers

Quick, safe warming for newborns.

Our infant heel warmer is safe yet effective for delicate newborn skin. They maximize the chance for successful blood draws, while helping to avoid multiple needle sticks.

Infant Heel Warmer

- Soft inner gel conforms gently to infant's heel
- Special size provides a good fit for increased comfort
- Instant activation for quick and easy use
- Safe, even warmth on delicate skin



Item Number	Description	Size: Inches (cm)	Activation Method	Target Temp	Pkg
MDS138007	Heel Warmer	3 x 5 (7.6 x 12.7)	Fold-to-Activate	104°F/40°C	100/cs
MDS138008	Heel Warmer	3 x 5 (7.6 x 12.7)	Metal Disk	104°F/40°C	100/cs

Infant Transport Warmer

- Soft non-woven covers for comfort
- Simple, reliable activation

Item Number	Description	Size: Inches (cm)	Target Temp	Pkg
MDS1016	Transport Warmer	10 x 16 (25.4 x 40.6)	104°F/40°C	6/cs



Ice Bags

A variety of options for specialized cold therapy. The different shapes and sizes of these ice bags accommodate the varied needs of your patients. And reusable closures make them easy to refill for repeated use on a single patient. The soft, spunbound outer layer protects the skin, while the dual-layer inner lining keeps moisture in the bag as the ice begins to melt.



Tie-On Bag For Targeted, Hands-Free Cold Therapy

- Four 14" (35.6cm) ties allow bag to be attached right to affected area
- Easy open-and-close reusable clamp closure
- Available in two sizes

Item Number	Closure	Size: Inches (cm)	Attachment Method	Pkg
NON4410	Clamp	5 x 12 (12.7 x 30.5)	4 Ties	50/cs
NON4420	Clamp	6.5 x 14 (16.5 x 35.6)	4 Ties	50/cs



Handheld Bag For Easy Repositioning

- Easy open-and-close reusable clamp closure

Item Number	Closure	Size: Inches (cm)	Attachment Method	Pkg
NON4400	Clamp	5 x 12 (12.7 x 30.5)	None	80/cs



Perineal Bag—Pain Relief For New Moms

- Contoured shape for a good fit
- Flexible wire closure for comfort

Item Number	Closure	Size	Attachment Method	Pkg
NON4480	Flexible Wire	Perineal	None	100/cs

Reusables

Effective hot and cold therapy that's easy on the budget.

Your options are covered with these reusable products; whether you're looking for a refillable ice wrap, a traditional cold compress or a dual-purpose gel pack that can be microwaved or frozen to provide hot or cold therapy.



Reusable Hot And Cold Gel Packs Are Effective Use After Use

- Freeze or microwave to achieve appropriate temperature
- Remains soft and pliable after freezing
- Cleans easily with soap and water
- Contains non-toxic gel

Item Number	Size: Inches (cm)	Pkg
MDS138020	5 x 10 (12.7 x 25.4)	16/cs
MDS138025	10 x 12 (25.4 x 30.5)	12/cs



Hook-And-Loop Bag For Targeted, Hands-Free Cold Therapy

- Two hook-and-loop straps allow bag to be attached right to affected area
- Easy open-and-close reusable clamp closure
- Available in two sizes

Item Number	Closure	Size: Inches (cm)	Attachment Method	Pkg
NON4450	Clamp	5 x 12 (12.7 x 30.5)	Hook & Loop	30/cs
NON4460	Clamp	6.5 x 14 (16.5 x 35.6)	Hook & Loop	30/cs



Special Shape For The Eye And Nose Area (EENT)

- Ideal for patients recovering from eye or nasal surgery
- Flexible wire closure for comfort
- Universal size

Item Number	Closure	Size	Attachment Method	Pkg
NON4440	Flexible Wire	EENT Style	Hook & Loop	30/cs



Specially Designed For Cold Therapy On The Face And Head

- Hook-and-loop strap for secure positioning on face or head
- Easy open-and-close reusable clamp closure
- Universal size

Item Number	Closure	Size: Inches (cm)	Attachment Method	Pkg
NON4430	Clamp	5 x 12 (12.7 x 30.5)	Hook & Loop	24/cs



Ice Wraps—Attach To Affected Area For Targeted Relief

- Includes elastic wrap with hook and loop closure for hands-free application
- Clamp or zip top closure allows for refilling for single patient use

Item Number	Size: Inches (cm)	Closure	Pkg
NON4010	4 x 20 (10.2 x 50.8)	Zip Top	50/cs
NON4020	6 x 24 (15.2 x 60.9)	Zip Top	50/cs
NON4210	4 x 20 (10.2 x 50.8)	Clamp	50/cs
NON4220	6 x 24 (15.2c x 60.9)	Clamp	50/cs

Chilling Units and Packs

Large capacity for fast chilling time



Cold Pack Chilling Unit with 12 Cold Packs

- Closed- cell foam insulation for efficiency
- No plumbing required, plugs into standard electrical outlet
- Specially designed interior chilling coils cool packs faster
- Drain valve for easy cleaning and defrosting

Item Number	Includes	Size of Unit: Inches (cm)	Casters	Pkg
CHT3102	6 Regular packs, 6 half-size packs	27L x 16W x 33H (69 x 41 x 84)	3" swivel	Each



Cold Pack Freezer with 12 Cold Packs

- Five Cubic feet of spacious capacity
- No plumbing required, plugs into standard electrical outlet
- Four durable stainless steel shelves
- UL listed and cUL listed

Item Number	Includes	Size of Unit: Inches (cm)	Casters	Pkg
CHT90910K	12 Regular packs	21.5L x 26W x 33.5 (53 x 66 x 86)	None	Each



Standard Size



Neck Cervical

Clinical-Use Reusable Cold Packs

- Delivers up to 30 minutes of cold therapy to prevent acute pain, swelling and fever
- Apply with Hand towel between skin or with pack cover
- Soft and Pliable even below freezing

Item Number	Description	Material	Size: Inches (cm)	Pkg
MDSP111000	Regular Size	Blue Vinyl	11 x 14 (28 x 36)	Each
MDSP111001	Cervical, Neck Contour	Blue Vinyl	23L (58)	Each
MDSP111002	Oversize	Blue Vinyl	11 x 21 (28 x 53)	Each
MDSP111003	Half Size	Blue Vinyl	7 x 11 (18.5 x 28)	Each
MDSP111004	Quarter Size	Blue Vinyl	7 x 5 (13 x 18)	Each

Heating Units and Packs for High-Volume Use

Durable and easy to maintain, the high-quality stainless steel units give you a constant supply of temperature-consistent moist heat packs. The units are thermostatically controlled to ensure the ideal therapeutic temperature for hot packs. Their lifespan in the clinic is almost indefinite!



CHT2102

Hydrocollator Heating Units

- High-quality stainless steel
- Thermostatically controlled temperature
- Easy maintenance with no plumbing required

Item Number	Includes	Size of Unit: Inches (cm)	Casters	Pkg
CHT2102	4 regular size packs	13L x 8W x 16H (33 x 20 x 41)	Non Mobile	Each
CHT2302	8 regular size packs	21L x 16W x 33H (53 x 41 x 84)	3" Swivel	Each
CHT2402	12 regular size packs	27L x 16W x 33H (69 x 41 x 33)	3" Swivel	Each



Standard Size



Neck Cervical

Clinical-Use Moist Heat Packs

- Provides 30 minutes of simple and effective moist heat treatment
- Always apply moist heat pack with cover or a heavy towel

Item Number	Includes	Size: Inches (cm)	Pkg
MDSP111310	Standard Size Pack	10 x 12 (25 x 30)	Each
MDSP111311	Neck Cervical	24 (61cm)	Each
MDSP111312	Oversized Pack	15 x 24 (38 x 61)	Each
MDSP111313	Half Size Pack	5 x 12 (13 x 30)	Each
MDSP111316	Shoulder/Knee Pack	10 x 20 (25 x 50)	Each



MDSP111360

Foam Filled Terry Cloth Covers

- Terry Cloth covers allow moist heat to pass without burning the skin
- Hook and loop fasteners on terry cover keep moist heat pack in place
- Covers are washable and durable

Item Number	Description	Size: Inches (cm)	Pkg
MDSP111360	Standard Cover	20 x 24 (50 x 61)	Each
MDSP111361	Neck Cervical Cover	9 x 24 (23 x 61)	Each
MDSP111362	Oversized Cover	24 x 30 (61 x 78)	Each
MDSP111363	Half Size Cover	12 x 15 (29 x 38)	Each

Item Number	Description	Pkg	Cardinal Item	KC Item	
Ice Bags					
NON4400	Clamp Closure, No ties, 5" x 12"	80/cs	11300-100, 11426-010	33510	
NON4410	Clamp Closure, 4 ties, 5" x 12"	50/cs	11400-100, 11427-020	33495	
NON4420	Clamp Closure, 4 ties, 6.5" x 14"	50/cs	11400-300, 11427-010	33500	
NON4430	Clamp Closures, Bilateral Facial, Hook & Loop	24/cs	11800-200, 11431-010	33101	
NON4440	Flexible Wire Closure, Eye/EENT Style, Hook & Loop	30/cs	11900-100, 11436-010	33150	
NON4450	Clamp Closure, Hook & Loop, 5" x 12"	30/cs	11600-100, 11433-020	33595	
NON4460	Clamp Closure, Hook & Loop, 6.5" x 14"	30/cs	11600-300, 11433-015	33600	
NON4480	Flexible Wire Closure, Perineal, No ties	100/cs	11500-100, 11435-010	33201	
NON4010	Ice Bag w/ Zip Closure & Elastic Wrap, 4" x 20"	50/cs			
NON4020	Ice Bag w/ Zip Closure & Elastic Wrap, 6" x 24"	50/cs			
NON4210	Ice Bag w/ Clamp Closure & Elastic Wrap, 4" x 20"	50/cs			
NON4220	Ice Bag w/ Clamp Closure & Elastic Wrap, 6" x 24"	50/cs			
Item Number	Description	Pkg	Cardinal Item	KC Item	HMS Item
Instant Packs – Cold					
MDS137000	Standard, 5.75" x 9"	24/cs	107, 10104		6616, 6627
MDS137020	Standard, 5" x 6"	50/cs	102, 103, 103B, 20204		6516, 6527, 6628, 6629
MDS138000	Accu-Therm, 6" x 10"	24/cs			
MDS138010	Accu-Therm, 4" x 6"	16/cs			
MDS139000	Accu-Therm, Insulated, 6" x 10"	24/cs			
MDS148000	Deluxe, 6.75" x 9"	24/cs	11440-012	59688	6000-019
MDS148010	Deluxe, 5" x 7.5"	24/cs	11445-020, 11440-512	59681	6000-018
Item Number	Description	Pkg	Cardinal Item	HMS Item	
Instant Packs – Warm and Hot					
MDS137050	Standard, Hot, 5.75" x 7"	24/cs	11450-040		
MDS138005	Accu-Therm, Hot, 6" x 10"	24/cs	11443-012, 11443-512		
MDS139005	Accu-Therm, Hot, Insulated, 6" x 10"	24/cs	11443-012		
MDS149000	Deluxe, Hot, 6.75" x 9"	24/cs		6001-047	
MDS149010	Deluxe, Hot, 5" x 7.5"	48/cs		6001-049	
MDS139007	Standard, Warm, 6" x 6"	36/cs	11450-040, 30104		
Item Number	Description	Pkg	Cardinal Item	KC Item	HMS Item
Perineal Products					
MDS138055	Standard, 4.5" x 14.25"	24/cs	11500-010		6300
MDS148055	Deluxe, 4.5" x 14.25"	24/cs			6300
MDS158055	Premium, Contoured	24/cs	11447-010		
MDS148065	Warm, 4.5" x 14.25"	24/cs	11501-010		6350
Item Number	Description	Pkg	Cardinal Item	Kendall	Respironics
Infant Products					
MDS138007	Heel Warmer	100/cs	11460-010, 11460-010T, 11470-010T	MH00002	C1223
Item Number	Description	Pkg	Cardinal Item	KC Item	Graham-Field
Miscellaneous					
MDS138085	Compress Holder, Handheld, 6" x 10.5"	100/cs	11429-015		
MDS138090	Compress Holder w/ Elastic Wrap, Hook & Loop	24/cs			
MDS139206	Ice Cap, English Style, Small (6")	12/cs			HT9007
MDS139209	Ice Cap, English Style, Medium (9")	12/cs			HT9008
MDS138020	Reusable Hot/Cold Gel Pack, 5" x 10"	16/cs	70304, 80304A	7724, 7727	
MDS138025	Reusable Hot/Cold Gel Pack, 10" x 12"	12/cs	80600		

Anatomy of a CURAD Box

PRODUCT IMAGE

Shows product in use for easy explanation

PRODUCT INSTRUCTIONS

Intended use, care instructions, caution and Latex-Free logo are located on the side panel

CATEGORY COLOR

Color-coded bar references the associated body part

PRODUCT NAME

INDICATION BULLET POINTS

Most common indications for use displayed on the front panel to facilitate product selection

PRODUCT SIZING

Shows product size

PRODUCT ILLUSTRATIONS

Step-by-step illustrations help explain proper application

PRODUCT BENEFIT

Callouts explain the primary benefit of the product

PRODUCT HCPCS AND UPC

Product-specific HCPCS code and UPC information is located on the bottom of the box



Wrist Splints

- Provides support for mild sprains or strains, tendonitis and carpal tunnel syndrome
- Also suitable for arthritis, weakness in the wrist or support after cast removal



6" (15.2 cm) Foam with Aluminum Stay

Low profile design

- Internal top stay is movable and attaches with hook backing to allow for adjustment
- Foam material provides all-day comfort
- Universal size accommodates most men and women



7" (17.8 cm) Elastic with Aluminum Stay

Ideal for carpal tunnel

- Internal aluminum stay gives added support to stabilize the wrist
- Comfortable elastic material provides consistent compression without retaining heat



8" (20.3 cm) Foam with Aluminum Stay

Extreme comfort for all-day wear

- Slip-on design for easy application
- Nylon-backed foam provides all-day comfort
- Internal aluminum stay helps immobilize the wrist

Item Number	Size	Dimensions: Inch (cm) (Circ. at Wrist)	Pkg
6" (15.2 cm) Foam with Aluminum Stay Wrist Splint			
ORT19000RD	Universal, Right	4.5-10.5 (11.4-26.7)	4 bx/cs
ORT19000LD	Universal, Left	4.5-10.5 (11.4-26.7)	4 bx/cs
7" (17.8 cm) Elastic with Aluminum Stay Wrist Splint			
ORT19100RXSD	Right, X-Small	4.5-5.5 (11.4-14)	2 bx/cs
ORT19100RSD	Right, Small	5.5-6.5 (14-16.5)	4 bx/cs
ORT19100RMD	Right, Medium	6.5-7.5 (16.5-19.1)	4 bx/cs
ORT19100RLD	Right, Large	7.5-8.5 (19.1-21.6)	4 bx/cs
ORT19100RXLD	Right, X-Large	8.5-9.5 (21.6-24.1)	4 bx/cs
ORT19100LXSD	Left, X-Small	4.5-5.5 (11.4-14)	2 bx/cs
ORT19100LSD	Left, Small	5.5-6.5 (14-16.5)	4 bx/cs
ORT19100LMD	Left, Medium	6.5-7.5 (16.5-19.1)	4 bx/cs
ORT19100LLD	Left, Large	7.5-8.5 (19.1-21.6)	4 bx/cs
ORT19100LXLD	Left, X-Large	8.5-9.5 (21.6-24.1)	4 bx/cs

Item Number	Size	Dimensions: Inch (cm) (Circ. at Wrist)	Pkg
8" (20.3 cm) Foam with Aluminum Stay Wrist Splint			
ORT19400RXSD	Right, X-Small	4.5-5.5 (11.4-14)	2 bx/cs
ORT19400RSD	Right, Small	5.5-6.5 (14-16.5)	4 bx/cs
ORT19400RMD	Right, Medium	6.5-7.5 (16.5-19.1)	4 bx/cs
ORT19400RLD	Right, Large	7.5-8.5 (19.1-21.6)	4 bx/cs
ORT19400RXLD	Right, X-Large	8.5-9.5 (21.6-24.1)	4 bx/cs
ORT19400LXSD	Left, X-Small	4.5-5.5 (11.4-14)	2 bx/cs
ORT19400LSD	Left, Small	5.5-6.5 (14-16.5)	4 bx/cs
ORT19400LMD	Left, Medium	6.5-7.5 (16.5-19.1)	4 bx/cs
ORT19400LLD	Left, Large	7.5-8.5 (19.1-21.6)	4 bx/cs
ORT19400LXLD	Left, X-Large	8.5-9.5 (21.6-24.1)	4 bx/cs



8" (20.3 cm) Suede Lace-Up

Optimum stability

- Lightweight aluminum stay positioned on the palm restricts movement
- Product features a single-pull lace closure for easy application



Wrist & Forearm Splint with Abducted Thumb

Easy application

- Easy-to-apply design with three forearm straps that secure for a high level of compression
- Ideal for immobilizing stable thumb fractures, sprains and joint dislocations



Thumb Brace

Universal, comfortable protection

- Self-absorbent lining provides comfort for all-day wear
- Compression straps are easily adjustable for a customizable fit
- Fits left or right thumb
- Ideal support for symptoms of arthritis, tendonitis, DeQuervain's tendonitis and gamekeeper's/skier's thumb

Item Number	Size	Dimensions: Inch (cm) (Circ. at Wrist)	Pkg
8" (20.3 cm) Suede Lace-up Wrist Splint			
ORT19800RXSD	Right, X-Small	under 4.5 (11.4)	2 bx/cs
ORT19800RSD	Right, Small	4.5-5.5 (11.4-14)	4 bx/cs
ORT19800RMD	Right, Medium	5.5-6.5 (14-16.5)	4 bx/cs
ORT19800RLD	Right, Large	6.5-7.5 (16.5-19)	4 bx/cs
ORT19800RXLD	Right, X-Large	7.5 (19) and up	4 bx/cs
ORT19800LXSD	Left, X-Small	under 4.5 (11.4)	2 bx/cs
ORT19800LSD	Left, Small	4.5-5.5 (11.4-14)	4 bx/cs
ORT19800LMD	Left, Medium	5.5-6.5 (14-16.5)	4 bx/cs
ORT19800LLD	Left, Large	6.5-7.5 (16.5-19)	4 bx/cs
ORT19800LXLD	Left, X-Large	7.5 (19) and up	4 bx/cs

Additional Performance Series Wrist Supports are on page 187.

Item Number	Size	Dimensions: Inch (cm) (Circ. at Wrist)	Pkg
Wrist & Forearm Splint—with Abducted Thumb			
ORT18210RXSD	Right, X-Small	5-6.5 (12.7-16.5)	2 bx/cs
ORT18210RSD	Right, Small	6-7 (15.2-17.8)	4 bx/cs
ORT18210RMD	Right, Medium	6.5-8 (16.5-20.3)	4 bx/cs
ORT18210RLD	Right, Large	7-9 (17.8-22.9)	4 bx/cs
ORT18210RXLD	Right, X-Large	8.5-10 (21.6-25.4)	4 bx/cs
ORT18210LXSD	Left, X-Small	5-6.5 (12.7-16.5)	2 bx/cs
ORT18210LSD	Left, Small	6-7 (15.2-17.8)	4 bx/cs
ORT18210LMD	Left, Medium	6.5-8 (16.5-20.3)	4 bx/cs
ORT18210LLD	Left, Large	7-9 (17.8-22.9)	4 bx/cs
ORT18210LXLD	Left, X-Large	8.5-10 (21.6-25.4)	4 bx/cs
Thumb Brace—Universal			
ORT18220D	Universal	4-11 (10.2-28)	4 bx/cs

Back Support

Provides support for lower back strain, lumbar sprains, and to help with lifting.

Universal

Compression for comfort

- Two 4-inch, side-pull elastic panels for 360 degrees of compression
- The low profile design fits comfortably and discreetly under clothing for all-day wear
- Six plastic stays prevent rolling
- Provides support to the lower back and abdominal muscles

Item Number	Size	Dimensions: Inch (cm) (Circ. of Waist)	Pkg
ORT22000D	Universal	33-48 (83.8-122)	4 bx/cs



Maternity Belt

Extreme comfort for all-day wear

- Conforming, anti-roll stays prevent product from rolling over
- Lifts the abdominal area without adding additional pressure.
- Fits most sizes during various stages of pregnancy
- Helps relieve back and abdominal discomfort associated with pregnancy

Item Number	Size	Dress Size	Pkg
ORT22300D	Regular	6-14	4 bx/cs
ORT22300LD	Large	16-20	4 bx/cs



Hernia Belt

With Compression Pads

Lightweight material for added comfort and breathability

- Hook-and-loop closure allows for easy adjustments and a comfortable fit
- Low-profile design hides easily under clothing
- Removable foam compression pads help support weakened muscles in the herniated area
- Ideal support for inguinal hernias

Item Number	Size	Dimensions: Inch (cm)	Pkg
ORT22400SD	Small	30-35 (76.2-88.9)	4 bx/cs
ORT22400MD	Medium	35-41 (88.9-104.2)	4 bx/cs
ORT22400LD	Large	41-46 (104.2-116.8)	4 bx/cs



Arm Slings

Ideal for hand, wrist, upper and lower arm injuries in adults and children.

Universal

Breathable material

- Universal size designed with a wide, adjustable shoulder strap and foam pad for comfort
- Breathable polyester mesh allows air circulation and reduces heat buildup
- Arm pocket folds inward for shorter arms

Item Number	Size	Dimensions: Inch (cm)	Pkg
ORT11010D	Universal	19.33 x 7.75 (49.1 x 19.7)	4 bx/cs

Pediatric Print with Shoulder Pad

Fun, colorful print

- Generous arm pocket accommodates casts and bandages
- Adjustable shoulder strap with foam pad provides comfort

Item Number	Size	Dimensions: Inch (cm)	Pkg
ORT11400XXSD	Infant	9.5 x 5.5 (24 x 14)	2 bx/cs
ORT11400XSD	Toddler	10.75 x 6.5 (27.3 x 16)	2 bx/cs
ORT11400SD	Child	12 x 5.75 (30.5 x 14.6)	4 bx/cs



Cervical Collar

Firm Foam with 6" Extension Piece

Used in hospitals

- Serpentine style allows the chin to rest comfortably while supporting the head
- Comes in universal size; 6-inch extension piece allows the collar to expand to fit larger sizes
- Restricts neck motion, allowing muscles to rest

Item Number	Size	Dimensions: Inch (cm)	Pkg
ORT130105D	Universal	3.5 x 22 (8.9 x 55.9)	4 bx/cs



Cast and Bandage Protectors

Adult and Youth Sizes

Waterproof

- Unique design allows for easy one-hand application and eliminates the need for tape or straps
- Ideal for keeping casts, bandages or wounds dry while showering

Item Number	Size	Count	Pkg
CUR200AAA	Adult Arm	2	6 bx/cs
CUR200ALL	Adult Leg	2	6 bx/cs
CUR100KAA	Kids Arm	2	6 bx/cs
CUR100KLL	Kids Leg	2	6 bx/cs

Ankle Stirrups

Support for ankle instability, weak or injured ankles, mild to moderate sprains or strains and after cast removal. Universal design fits either ankle. Foot strap adjusts to accommodate many widths



Air & Foam Splint

Conforms and supports

- A combination of air and foam bladders inflate and deflate for desired compression

Item Number	Size	Dimensions: Inch (cm)	Pkg
ORT27200D	Universal	10 (25.4)	4 bx/cs

Foam Padded Splint

Cast-like support

- Foam bladders conform to the natural contours of the ankle for a comfortable and supportive fit

Item Number	Size	Dimensions: Inch (cm)	Pkg
ORT27100D	Universal	10 (25.4)	4 bx/cs

Memory Foam Padded Splint

Optimally conforms and supports

- Luxurious memory foam bladders provide superior, customizable support

Item Number	Size	Dimensions: Inch (cm)	Pkg
ORT27110D	Universal	10 (25.4)	4 bx/cs

Plantar Fasciitis Kit

Extreme comfort for a restful sleep

- Comfortably holds the foot in the recommended therapeutic position all night long for those suffering from Plantar Fasciitis
- Also includes exercise band and informational brochure

Item Number	Size	Dimensions: Inch (cm)	Pkg
ORT28410KITD	Universal	10 (25.4)	4 bx/cs



Heel and Elbow Protector

Universal Knit Design

Dual purpose

- Latex-free, stretchable elastic material provides comfort and support for heels and elbows
- Built-in pad adds protection while allowing full range of motion
- Pull-over design for easy application
- Includes two heel and elbow protectors in each box

Item Number	Size	Dimensions: Inch (cm)	Pkg
MDT823340	Universal	One size fits most	4 bx/cs

Abdominal Binder

9" Height Premium 3-Panel Design

Used in hospitals

- Elastic material provides optimum support for weakened abdominal muscles following surgical procedures including Cesarean section
- Tri-panel design reduces rolling

Item Number	Size	Dimensions: Inch (cm) (Circ. of Waist)	Pkg
ORT21110SMD	Small/Medium	30-45 (76.2-114.3)	4 bx/cs
ORT21110XL	Large/X-Large	46-62 (116.8-157.5)	4 bx/cs



Rib Belt

Universal

Used in hospitals

- High-quality elastic material for added comfort
- Contoured design accommodates both men and women
- Provides support for fractured or bruised ribs

Item Number	Size	Dimensions: Inch (cm) (Circ. of Rib Cage)	Pkg
ORT20100FD	Universal	28-50 (71.1-127)	4 bx/cs

Neoprene Knee Supports

- Support and compression for knee sprains and strains, symptoms of arthritis, knee contusions and instability
- Neoprene fabric has four-way stretch for optimal comfort and durability
- Retains heat while providing compressive support



Hinged with U-Shaped Support

Soft seam design to reduce irritation

- Covered hinges add comfort as they help stabilize the knee
- Removable U-shaped support may be positioned above, below or on either side of the knee cap for continual support
- Provides support for ACL/PCL ligament sprains, osteoarthritis, patella dislocations and knee instability

Item Number	Size	Dimensions: Inch (cm) (Circ. at Knee Cap)	Pkg
ORT23220SD	Small	13-14 (33-38.1)	4 bx/cs
ORT23220MD	Medium	14-15 (35.6-38.1)	4 bx/cs
ORT23220LD	Large	15-16 (38.1-40.6)	4 bx/cs
ORT23220XLD	X-Large	16-18 (40.6-45.7)	4 bx/cs
ORT232202XLD	2X-Large	18-20 (45.7-50.8)	2 bx/cs



J-Shaped Support

Targeted relief

- Durable neoprene material provides consistent compression and comfort
- J-shaped support maintains proper alignment of the kneecap
- Adjustable compression straps provide increased stability
- Product features spiral stays that provide stability while allowing for full range of motion
- Ideal support for lateral pressure syndrome, patella instabilities and lateral dislocation of kneecaps

Item Number	Size	Dimensions: Inch (cm) (Circ. at Knee Cap)	Pkg
ORT23250RSD	Right, Small	14-15 (35.6-38.1)	4 bx/cs
ORT23250RMD	Right, Medium	16-17 (40.6-43.2)	4 bx/cs
ORT23250RLD	Right, Large	18-19 (45.7-48.3)	4 bx/cs
ORT23250RXLD	Right, X-Large	20-21 (50.8-53.3)	4 bx/cs
ORT23250R2XLD	Right, 2X-Large	22-23 (55.9-58.4)	2 bx/cs
ORT23250LSD	Left, Small	14-15 (35.6-39)	4 bx/cs
ORT23250LMD	Left, Medium	16-17 (40.6-43.2)	4 bx/cs
ORT23250LLD	Left, Large	18-19 (45.7-48.3)	4 bx/cs
ORT23250LXLD	Left, X-Large	20-21 (50.8-53.3)	4 bx/cs
ORT23250L2XLD	Left, 2X-Large	22-23 (55.9-58.4)	2 bx/cs



Pull-Over

Four-way stretch material

- Knee is fully enclosed and supported by neoprene fabric

Item Number	Size	Dimensions: Inch (cm) (Circ. at Knee Cap)	Pkg
ORT23210SD	Small	13-14 (33-35.6)	4 bx/cs
ORT23210MD	Medium	14-16 (35.6-40.6)	4 bx/cs
ORT23210LD	Large	16-18 (40.6-45.7)	4 bx/cs
ORT23210XLD	X-Large	18-20 (45.7-50.8)	4 bx/cs
ORT232102XLD	2X-Large	20-22 (50.8-55.9)	2 bx/cs



Universal Neoprene Wrap-Around

Wrap-around style allows for a comfortable tapered fit

- The opening at the back of the knee prevents bunching during physical activity
- Ideal support for slight or moderate knee strains, patella dislocations, patellar tendonitis, swollen knees, runner's knee and patellar instability

Item Number	Size	Dimensions: Inch (cm) (Circ. at Knee Cap)	Pkg
ORT23260D	Universal	12-21 (80.5-53.3)	4 bx/cs



Pull-Over with Open Patella

Helps relieve patella pressure

- Triple-reinforced open patella stitching for added support and durability

Item Number	Size	Dimensions: Inch (cm) (Circ. at Knee Cap)	Pkg
ORT23200SD	Small	13-14 (33-35.6)	4 bx/cs
ORT23200MD	Medium	14-16 (35.6-40.6)	4 bx/cs
ORT23200LD	Large	16-18 (40.6-45.7)	4 bx/cs
ORT23200XLD	X-Large	18-20 (45.7-50.8)	4 bx/cs
ORT232002XLD	2X-Large	20-22 (50.8-55.9)	2 bx/cs

Elastic Knee Supports

Provides compression and support for conditions such as swelling, arthritis, sprains, strains and contusions. Preventive support for athletes.



Pull-Over

Helps control swelling

- Pull-over design for easy application
- Elastic material helps reduce swelling by increasing compression
- Preventative support for athletes

Item Number	Size	Dimensions: Inch (cm) (Circ. at Knee Cap)	Pkg
ORT23100SD	Small	14 - 16 (35.6 - 40.6)	4 bx/cs
ORT23100MD	Medium	16 - 18 (40.6 - 45.7)	4 bx/cs
ORT23100LD	Large	18 - 20 (45.7 - 50.8)	4 bx/cs
ORT23100XLD	X-Large	20 - 22 (50.8 - 55.9)	4 bx/cs
ORT231002XLD	2X-Large	22 - 24 (55.9 - 61)	2 bx/cs



Pull-Over with Cartilage Pads

Extra padding for optimum stability

- Plastic stays on both sides of the brace help prevent bunching while providing side-to-side knee cap support
- Additional cushioning also helps stabilize the knee cap

Item Number	Size	Dimensions: Inch (cm) (Circ. at Knee Cap)	Pkg
ORT23110SD	Small	11 - 13 (27.9 - 33)	4 bx/cs
ORT23110MD	Medium	13 - 15 (33 - 38.1)	4 bx/cs
ORT23110LD	Large	15 - 16.5 (38.1 - 41.9)	4 bx/cs
ORT23110XLD	X-Large	16.5 - 18 (41.9 - 45.7)	4 bx/cs
ORT231102XLD	2X-Large	18 - 19.5 (45.7 - 49.5)	2 bx/cs

Patella Strap

Universal Patella Strap with Compression Pad

Targeted relief

- Pressure pad for targeted compression to support the tendon below the kneecap
- Unique design to help relieve discomfort associated with Osgood-Schlatter disease and patellar dislocation
- Provides support for an injured or weakened patella, patella tracking and elevation

Item Number	Size	Dimensions: Inch (cm) (Circ. at Knee Cap)	Pkg
ORT25000D	Universal	11-18 (27.9-45.7)	4 bx/cs

* Measure circumference of leg 4 inches above knee.



Wrist Supports and Wrist Band

Support and compression for weak or injured wrists.



Universal Neoprene Wrap-Around Wrist Support

Low profile

- Won't interfere with everyday activity
- Wrap-around application provides compression and allows for easy, one-handed adjustment
- Recommended for DeQuervain's tendonitis, gamekeeper's/skier's thumb and carpal tunnel syndrome

Item Number	Size	Dimensions: Inch (cm) (Circ. at Wrist)	Pkg
ORT19700D	Universal	4-11 (10.2-27.9)	4



Elastic Wrist Support

Easy application

- Latex-free elastic material provides consistent compression to relieve discomfort for weak or injured wrists
- Pull-over design for easy application
- Ideal support for mild sprains and strains and overuse injuries of the wrist

Item Number	Size	Dimensions: Inch (cm) (Circ. at Wrist)	Pkg
ORT19600SD	Small	5-6 (12.7-15.2)	4
ORT19600MD	Medium	6-7 (15.2-17.8)	4
ORT19600LD	Large	7-8.5 (17.8-21.6)	4
ORT19600XLD	X-Large	8.5 (21.6) and up	4



Wrist Band

Elastic Wrist Band

Compression for comfort.

- Knit design offers uniform compression and flexibility for everyday use
- Latex-free elastic material provides firm, comfortable support
- Fits right or left wrist. For mild sprains and strains, weak wrists

Item Number	Size	Dimensions: Inch (cm) (Circ. at Wrist)	Pkg
ORT19500SD	Small	5.5-6.5 (13.9-16.5)	4
ORT19500MD	Medium	6.5-7.5 (16.5-19)	4
ORT19500LD	Large	7.5-8.5 (19-21.6)	4
ORT19500XLD	X-Large	8.5-9.5 (21.6-24)	4

Ankle Supports

A variety of styles for injuries or support following surgery.



Elastic Figure 8 Wrap

Simulates taping

- Latex-free elastic material provides lightweight support during physical activity
- Figure 8 design simulates taping for added stability and compression
- Adjustable hook-and-loop closure for a secure fit
- Fits right or left ankle
- Ideal support for swelling, tendonitis, mild sprains and strains and weak ankles

Item Number	Size	Dimensions: Inch (cm) (Circ. at Ankle*)	Pkg
ORT26120SD	Small	7 - 8.5 (17.8 - 21.6)	4 bx/cs
ORT26120MD	Medium	8.5 - 9.5 (21.6 - 24)	4 bx/cs
ORT26120LD	Large	9.5 - 11 (24 - 27.9)	4 bx/cs
ORT26120XLD	X-Large	11 - 12.5 (27.9 - 31.8)	4 bx/cs



Neoprene Pull-Over with Open Heel

Warmth and compression

- Retains heat for added comfort while providing compressive support
- Open heel design allows for complete range of movement
- Fits right or left ankle
- Ideal support for mild sprains and strains, ankle instability

Item Number	Size	Dimensions: Inch (cm) (Circ. at Ankle*)	Pkg
ORT26200SD	Small	8 - 9.5 (20.3 - 24)	4 bx/cs
ORT26200MD	Medium	9.5 - 11 (24.1 - 27.9)	4 bx/cs
ORT26200LD	Large	11 - 12.5 (27.9 - 31.8)	4 bx/cs
ORT26200XLD	X-Large	12.5 - 14.5 (31.8 - 36.8)	4 bx/cs
ORT262002XLD	2X-Large	14.5 - 16 (36.8 - 40.6)	2 bx/cs

*Measure circumference just above the ankle bone



Lace-Up Vinyl Brace

Strong support

- Metal stays provide stability to both sides of the ankle
- Flexible and breathable material allows for a comfortable fit
- Fits right or left ankle
- Ideal support for weak or injured ankles, mild or moderate sprains and ankle instability

Item Number	Size	Shoe Size		Pkg
		Men's	Women's	
ORT27500SD	Small	8 - 9	9 - 10	4 bx/cs
ORT27500MD	Medium	9 - 11	10 - 12	4 bx/cs
ORT27500LD	Large	11 - 13	12 - 14	4 bx/cs
ORT27500XLD	X-Large	13 - 14	—	4 bx/cs



Lace-Up Figure 8 Brace

Strong support

- Low-profile design for a comfortable feel
- Plastic inserts on the medial and lateral sides provide added stability
- Fits right or left ankle
- Ideal for ankle instability, mild or moderate sprains, athletic activity, post-surgery ankle weakness and injury prevention

Item Number	Size	Shoe Size		Pkg
		Men's	Women's	
ORT27600SD	Small	6 - 7	7 - 9	4 bx/cs
ORT27600MD	Medium	8 - 10	10 - 11	4 bx/cs
ORT27600LD	Large	11+	12+	4 bx/cs



Elastic Pull-Over with Open Heel

Helps control swelling

- High-quality elastic provides uniform compression to comfortably reduce swelling during physical activity
- Constructed with an open heel design for less bulk and more comfort inside a shoe
- Ideal support for weak or injured ankles

Item Number	Size	Dimensions: Inch (cm)*	Pkg
ORT26100SD	Small	7 - 8.5 (17.8 - 21.6)	4 bx/cs
ORT26100MD	Medium	8.5 - 10 (21.6 - 25.4)	4 bx/cs
ORT26100LD	Large	10 - 11.5 (25.4 - 29.2)	4 bx/cs
ORT26100XLD	X-Large	11.5 - 13.5 (29.2 - 34.3)	4 bx/cs
ORT261002XLD	2X-Large	13.5 - 15 (34.3 - 38.1)	2 bx/cs

* Circumference from base of heel around the ankle



*Ask about our full line
of compression hosiery*

Elbow Supports

A variety of sizes are available in both elastic and neoprene fabric.



Neoprene Sleeve with Compression Strap

Targeted relief

- Slip-on style for easy application
- Neoprene material provides support and compression for the elbow
- Adjustable strap gives centralized support
- Fits right or left arm
- Ideal for tennis elbow, tendonitis, inflammation and mild sprains and strains

Item Number	Size	Dimensions: Inch (cm) (Circ. of the arm*)	Pkg
ORT17300SD	Small	7-9 (17.8-22.9)	4 bx/cs
ORT17300MD	Medium	9-10.5 (22.9-26.7)	4 bx/cs
ORT17300LD	Large	10.5-13.5 (26.7-34.3)	4 bx/cs
ORT17300XLD	X-Large	13.5-15 (34.3-38.1)	4 bx/cs

*Measure the circumference of the arm 3" (7.62 cm) below the center of the elbow



Elastic Pull-Over

Easy application

- Lightweight, latex-free elastic provides comfort and support for the elbow
- Pull-over design for easy, comfortable application
- Fits right or left arm. Ideal for symptoms of tennis or golfer's elbow and mild sprains and strains

Item Number	Size	Dimensions: Inch (cm) (Circ. of the arm*)	Pkg
ORT17400SD	Small	8-9 (20.3-22.9)	4 bx/cs
ORT17400MD	Medium	9-10 (22.9-25.4)	4 bx/cs
ORT17400LD	Large	10-10.5 (25.4-29.2)	4 bx/cs
ORT17400XLD	X-Large	11.5-13 (29.2-33)	4 bx/cs

*Measure the circumference of the arm 3" (7.62 cm) below the center of the elbow



Tennis Elbow

Compression Support Strap

Targeted relief

- Made with neoprene fabric for added comfort and warmth
- Hook-and-loop closure allows for easy application and adjustment
- Deluxe version provides maximum support with a pressure pad for targeted compression
- Provides support for tennis elbow, inflammation, irritation or slight tearing of the muscles and tendons just below the elbow

Item Number	Size	Dimensions: Inch (cm)	Pkg
ORT17100D	Universal, Standard	2 x 21 (5.1 x 53.3)	4 bx/cs
ORT17110D	Universal, Deluxe	2.75 x 31 (7 x 78.7)	4 bx/cs

Non-Retail Packaged Soft Goods

Also available for your display.



Standard Short Leg Walker

Designed to help maintain a normal gait

- Low profile design minimizes the difference in height leg to help maintain a normal walking gait and balance
- Wide distance between the uprights accommodate extra dressings and swelling
- Nonskid rocker bottom sole for safety
- Fits left or right leg

Size	Short Leg Item Number	Ankle Item Number
X-Small	ORT28100XS	ORT28200XS
Small	ORT28100S	ORT28200S
Medium	ORT28100M	ORT28200M
Large	ORT28100L	ORT28200L
X-Large	ORT28100SXL	ORT28200XL



Deluxe Pneumatic Walker

Deluxe Pneumatic Short Leg and Ankle Walkers allow you to pump air into the walker for desired compression.

- Pneumatic system increases stability while decreasing pain and swelling
- Air is easily adjusted to achieve desired compression
- Low profile design minimizes the difference in leg height to help maintain a normal walking gait and balance
- Nonskid rocker bottom sole for safety
- Accommodates swelling patterns that occur throughout the rehabilitation process
- Fits left or right leg

Size	Short Leg Item Number	Ankle Item Number
X-Small	ORT28610XS	ORT28620XS
Small	ORT28610S	ORT28620S
Medium	ORT28610M	ORT28620M
Large	ORT28610L	ORT28620L
X-Large	ORT28610XL	ORT28620XL



Semi-Rigid Post-Op Shoe

Our most popular style

- Cushioned rocker sole with heel and toe pitch for natural gait
- Durable nylon upper with a soft inner lining
- Molded heel collar secures foot placement and reduces heel slipping
- Loop lock closure for an easy, secure fit
- Removable tongue allows for optimum placement and comfort

Item Number	Size	Pkg
ORT30300MS	Men's, Small	Each
ORT30300MM	Men's, Medium	Each
ORT30300ML	Men's, Large	Each
ORT30300MXL	Men's, X-Large	Each
ORT30300WXS	Women's, X-Small	Each
ORT30300WS	Women's, Small	Each
ORT30300WM	Women's, Medium	Each
ORT30300WL	Women's, Large	Each

Support Devices for the Back

Almost everyone will experience back pain at some point in their lives. The pain can vary from mild to severe. It can be acute or chronic. Most back pain is the result of trauma or a disorder such as arthritis. Pain from trauma may be caused by a sports or work-related injury.

However it happens, back pain can make everyday activities difficult. Symptoms may range from a muscle ache to shooting or stabbing pain, limited flexibility and range of motion, or even an inability to stand straight.

Back braces can help. They support the abdomen, take some of the load off the lower back, restrict motion and improve posture. Back braces are recommended for conditions such as lumbar muscle weakness, lumbar sprains and strains, pulled muscles, degenerative disc disease and herniated discs. Surgeons also recommend back braces for support and stabilization following spinal surgery.



Back Support with Suspenders

Aids in safe lifting

- Outer elastic panels provide adjustable compression
- Four internal stays prevent belt from rolling while providing additional lower back and abdominal support
- Comes with removable elastic suspenders

Item Number	Size	Dimensions: Inch (cm) (Circ. at Waist)	Pkg
ORT22200XSD	X-Small	Up to 25 (63.5)	2 bx/cs
ORT22200SD	Small	25 - 30 (63.5 - 76.2)	4 bx/cs
ORT22200MD	Medium	30 - 34 (76.2 - 86.4)	4 bx/cs
ORT22200LD	Large	34 - 38 (86.4 - 96.5)	4 bx/cs
ORT22200XLD	X-Large	38 - 42 (96.5 - 106.7)	4 bx/cs
ORT222002XLD	2X-Large	42 - 46 (106.7 - 116.8)	2 bx/cs
ORT222003XLD	3X-Large	46 - 52 (116.8 - 132.1)	2 bx/cs
ORT222004XLD	4X-Large	52 - 58 (132.1 - 147.3)	2 bx/cs



Back Support with Dual-Pulley System

Low-profile design

- Support hides comfortably under clothing
- Metal stays provide added support for the lower back and abdomen
- Dual-pulley system allows for a proper fit with tailored compression
- Ideal for weak muscles and lower back pain

Item Number	Size	Dimensions: Inch (cm) (Circ. at Waist)	Pkg
ORT22500SMD	Small/ Medium	28 - 36 (71.12 - 91.4)	4 bx/cs
ORT22500LXLD	Large/ X-Large	37 - 44 (94 - 111.8)	4 bx/cs
ORT225002XLD	2X-Large	45 - 53 (114.3 - 134.6)	2 bx/cs

Spine Brace Lumbar Orthosis

- Provides a powerful, dynamic approach to abdominal compression
- Easy to adjust with one hand for standing, sitting, walking or driving

Item Number	Size	Waist Range: Inch (cm)	Posterior Ht. Inch (cm)	Anterior Ht. Inch (cm)
ORTSP-S03	S	25-30 (63.5-76.2)	7.5 (17.15)	4.75 (12.07)
ORTSP-M03	M	30-35 (76.2-88.9)	8 (20.32)	5.5 (13.97)
ORTSP-L03	L	35-40 (88.9-101.6)	8.5 (21.59)	6 (15.24)
ORTSP-XL03	XL	40-45 (101.6-114.3)	9 (22.86)	6.875 (17.46)
ORTSP-XXL03	XXL	45-50 (114.3-127)	9.5 (24.13)	7.75 (19.69)
ORTSP-XXXL03	XXXL	56-68 (142.24-172.72)	10 (25.4)	9 (22.86)

No Code



Spine Brace Flex Power Plus Lumbar Orthosis

- New ergo-dynamic panels and SPINE brace that comfortably contour and conform to individual body structure
- Flexible pulley system provides powerful, smooth and easily-controlled compression

Item Number	Size	Waist Range: Inch (cm)	Posterior Ht. Inch (cm)	Anterior Ht. Inch (cm)
ORTSFNPB1	S	25-30 (63.5-76.2)	9 (22.9)	7.5 (19.1)
ORTSFNPB2	M	30-35 (76.2-88.9)	9 (22.9)	7.5 (19.1)
ORTSFNPB3	L	35-40 (88.9-101.6)	9 (22.9)	8.75 (22.2)
ORTSFNPB4	XL	40-45 (101.6-114.3)	9 (22.9)	8.75 (22.2)
ORTSFNPB5	XXL	45-50 (114.3-127)	9 (22.9)	9.25 (23.5)
ORTSFNPB6	XXXL	56-68 (142.24-172.72)	9 (22.9)	9.25 (23.5)

Code L0627 Approved



Single-Pull Lo Lumbar Orthosis

- Practical and easy-to-fit; adapts perfectly to the body
- Breathable and non-allergenic, 100% cotton
- Consists of 3 separate pieces: A corset fitted with 8 flexible steel stays, a covered lumbar thermoplastic panel and an abdominal thermoplastic panel

Item Number	Size	Waist Range: Inch (cm)	Posterior Ht. Inch (cm)	Anterior Ht. Inch (cm)
ORT59400S	S	24-31.5 (60.96-80.01)	9.25 (23.5)	5.75 (14.6)
ORT59400M	M	29.5-35.5 (74.93-90.17)	9.25 (23.5)	5.75 (14.6)
ORT59400L	L	33.5-43.5 (85.09-110.49)	9.25 (23.5)	5.75 (14.6)
ORT59400XL	XL	41.5-47 (105.41-119.38)	9.25 (23.5)	5.75 (14.6)
ORT594002XL	XXL	47-55 (119.38-139.7)	9.25 (23.5)	5.75 (14.6)

Code L0627 Approved



Product Sizing

Chart A

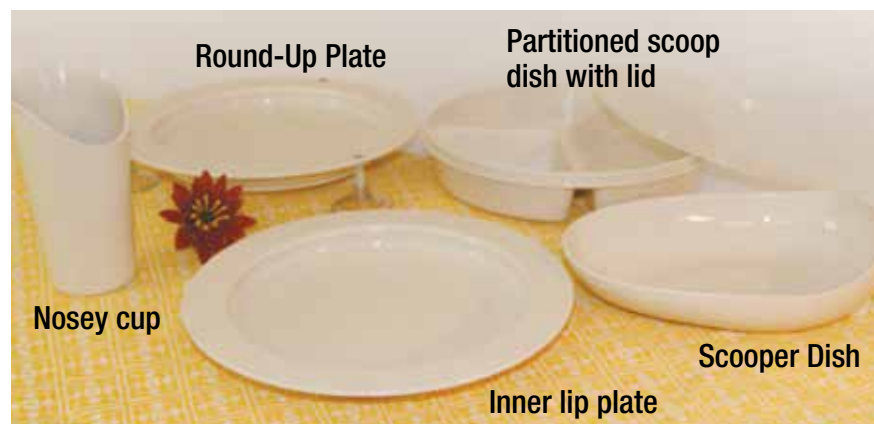
Size	Waist Range: Inch (cm)
S	24-31.5 (60.96-80.01)
M	29.5-35.5 (74.93-90.17)
L	33.5-43.5 (85.09-110.49)
XL	41.5-47 (105.41-119.38)
XXL	47-55 (119.38-139.7)
XXXL	55 and up (139.7 and up)

Chart B

Size	Waist Range: Inch (cm)
S	25-30 (63.5-76.2)
M	30-35 (76.2-88.9)
L	35-40 (88.9-101.6)
XL	40-45 (101.6-114.3)
XXL	45-50 (114.3-127)
XXXL	50-55 (127-139.7)
XXXXL	56-68 (142.24-172.72)

Eating and Drinking

- Dishwasher and autoclave safe



Dinnerware

Plates with an inside lip, wall or suction cups help push food onto the utensil and reduce the amount of spillage. Dishwasher, autoclave and microwave safe. Available in sandstone (shown), clear, light blue and red.

Item Number	Description	Color
Dinner Plates and Cups		
MDSF1120C	Nosey Cup	Clear
MDSF1120B	Nosey Cup	Light Blue
MDSF1120S	Nosey Cup	Sandstone
MDS745290001	Round-Up Plate	Sandstone
MDSF1300	Inner Lip Plate	Red
MDSF1210S	Inner Lip Plate	Sandstone
MDS745310004	Inner Lip Plate	Redware
MDS745270004	Partitioned Scooped Dish With Lid	Red
MDS745270000	Plate, Partitioned Scoop	Sandstone

Not Pictured

MDS745310051	Replacement Suction Cups	
MDS745371004	Scooper Plate with Non Skid Base	Red
MDS745371000	Scooper Plate with Non Skid Base	Sandstone
MDS745040003	Skidrol Bowl	Sandstone

Food Bumpers

MDSF1410	Food Bumpers	Natural
MDSF1420	Food Bumpers	White

Artho Thumbs Up Cup

MDS745720000	Artho Thumbs-Up Cup, without Lid	
--------------	----------------------------------	--

Not Pictured

MDSF1100	Artho Thumbs-Up Cup, with Lid	
MDSF1100LID	Replacement Lid	

Other Item Numbers

MDS753590002	Hand Protector/Jar Opener	Lime Green
--------------	---------------------------	------------

Not Pictured

MDS753581000	Maddagrip Opener	Orange
MDS745211000	Keep Warm Dish	White
MDS754350001	Tube Squeezer	White



Food Bumpers

Transforms the side of a plate into a high wall that helps prevent spills and assists in getting food onto a fork or spoon.

Extremely practical for people who tend to push food off the plate due to a lack of coordination.



Artho Thumbs-Up Cup

The ergonomic design of the mug increases leverage, aids in raising the cup to the lips without wrist motion and reduces spillage caused by tremors. Ideal for people who have decreased grip strength, wrist pain, hand deformities, tremors or need to keep the wrist in a neutral position.



Jar Opener

Securely holds wet, slippery jars and protects hands from hot pots and pans. Ideal for anyone who may experience difficulty in the kitchen due to diminished hand strength or coordination.



Convalescent Vacuum Feeding Cup

Specially designed cups eliminate the need to raise the head while drinking and enable a person to drink even while lying down.



Scooper Bowl and Plate with Suction Cup Base

High rim and reverse curve on one side aid in scooping food onto a utensil without spilling over the side. Suction cup base prevents skidding.

Item Number	Description
MDSF1110	Flo-Trol Convalescent Feeding Cup
MDS745350012	Scooper Plate with Suction Cup Base
MDS745340000	Scooper Bowl with Suction Cup Base

Redware

Why Red Tableware? The human eye has more receptors in the retina to see red than any other color.

People who have Alzheimer's disease experience impairments not only in their cognitive abilities but also in their physiological status. Almost 40% of Alzheimer's patients experience significant weight loss¹. A Boston University study suggests that this significant weight loss is due, in part, to the loss of the ability to distinguish contrast between colors. People with Alzheimer's are not able to distinguish light-colored food and drink when served in typically light-colored tableware. When using tableware that offered a high contrast to the food and drink (i.e., bright red), researchers noticed that the participants in the study increased their food intake by 24% and liquid intake by 84%¹.

Long-term care institutions are now leveraging the information gained from studies such as the Boston University study. Institutions are using red tableware in order to help Alzheimer's patients better see the food on their plates.

¹ Dunne TE, Neargardener SA, Cipollini, PB, Cronin-Golomb A. Visual contrast enhances food and liquid intake in advanced Alzheimer's disease. Clinical Nutrition 2004; 23:533-538.



Deluxe Redware Tableware Set

Includes partitioned scoop dish with lid, inner-lip plate, drinking cup, built-up fork and spoon.



Basic Redware Tableware Set

Includes scooper dish with non-skid base, drinking cup, built-up fork and spoon.

Item Number	Description
MDS745380001	Deluxe Set
MDS745380000	Basic Set

Personal Care Aids

ADLs are useful for people who have limited mobility or suffer from the inability to twist or bend. These personal care aids help the user maintain their dignity and independence.

Hygiene/Grooming

Aids for people needing a little help with day-to-day bathroom needs.



MDSB1100



MDSB1110



MDSB1215

MDSL1600



MDSL1200

Item Number	Description
-------------	-------------

Cleansing Aids

MDSB1110	Easy Shampoo Basin
MDSB1100	Shampoo Tray, Inflatable, Crescent Shaped

Not Pictured

MDS754350050	Easy Out Tube Squeezer
--------------	------------------------

Item Number	Description
-------------	-------------

Personal Care Aids

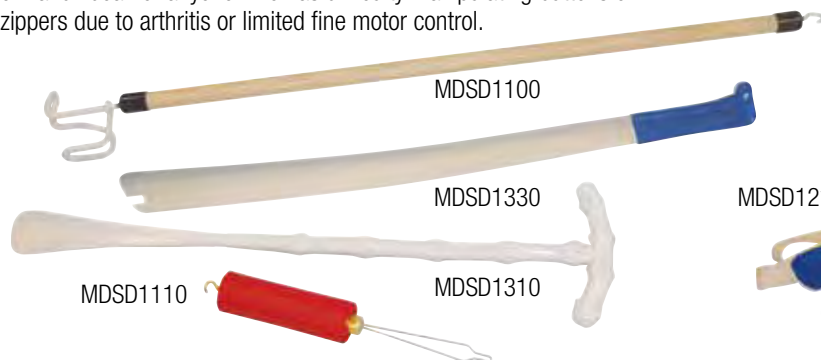
MDSL1600	Lotion Applicator
MDSB1215	Swiveling Back Scrubber with Curved Handle
MDSL1200	Self Wipe

Not Pictured

MDSL1610	Refill Pads for Lotion Applicator
----------	-----------------------------------

Dressing

Assists a person in putting on socks, shirts and jackets, pulling up slacks or skirts or removing socks. Essential for anyone who has difficulty bending, limited range of motion or the use of only one arm or hand. Ideal for anyone who has difficulty manipulating buttons or zippers due to arthritis or limited fine motor control.



MDSD1100

MDSD1330

MDSD1110

MDSD1310

Item Number	Description
-------------	-------------

Dressing Aids

MDSD1100	Dressing Stick
MDSD1330	Shoehorn, Sock Remover, with Non-Slip Handle
MDSD1310	Long Shoehorn with T-Shaped Handle
MDSD1110	Button Aid/Zipper Pull
MDSD1410	Hip Kit (comes with reacher, long handled sponge, deluxe sock aid, combo dressing stick/shoehorn and leg lift)



MDSD1210

MDSD1220

MDSD1230

Item Number	Description
-------------	-------------

Sock Aids

MDSD1220	Mboss™ Ridged Sock Aid
MDSD1230	Compression Sock Aid, Heel Guide
MDSD1210	Deluxe Sock/Stocking Aid

Household



Leg Loop™ Leg Lift

Foot loop stays open making it easier to position over foot, then closes when strap is pulled. Assists people with limited lower extremity strength to lift the leg and foot onto a wheelchair footrest, bed, into a car, etc. Rigid middle section allows for easy maneuverability. 36" (91.4 cm) in length.



Bed Rope Ladder

Helps people who have trouble getting up in bed to pull them into a sitting position. Ladder attaches to the bed frame and consists of five plastic rungs. Total length is 57-3/8" (145.7 cm).



Stick-to-Stand System

Measuring stick ensures that adjustable furniture (beds, chairs, commodes, etc.) is set at the correct height reducing the risk of falls. The Stick-to-Stand System enables you to correctly measure a person's lower leg length and then, without having to do any math, determine the correct furniture height for the individual by simply following the color coded lines on the stick.



Bed Assist Bar

Built to last, featuring a soft grip for comfort, pocket for handy storage and full length legs and straps for added safety. Sturdily constructed bar offers quick and easy tool-free assembly.



Big Lamp Switch

Big three-spoked knob creates more leverage and enables a person to turn lamp switches on and off with greater ease.



Swivel Seat

Removable machine washable cover. Slip resistant base provides security.



Medline Ultra Reacher

Product is specially designed with a full hand grip allowing the use of all four fingers for greater grip strength. Plus, non-slip rubber tabs over composite jaws latch onto items more securely. Weighs only 14 oz with a reach of 31" (79 cm).



Door Knob Extender

Converts a doorknob into a door lever providing extra leverage, making it easier for people with limited hand function to open doors.



Soft-Touch Leg Rest

Two position foot/leg rest helps to alleviate knee and back discomfort. Ideal for people with back, leg or foot pain and for people in wheelchairs who need to readjust their sitting position often in order to increase comfort and reduce the risk of pressure sores.

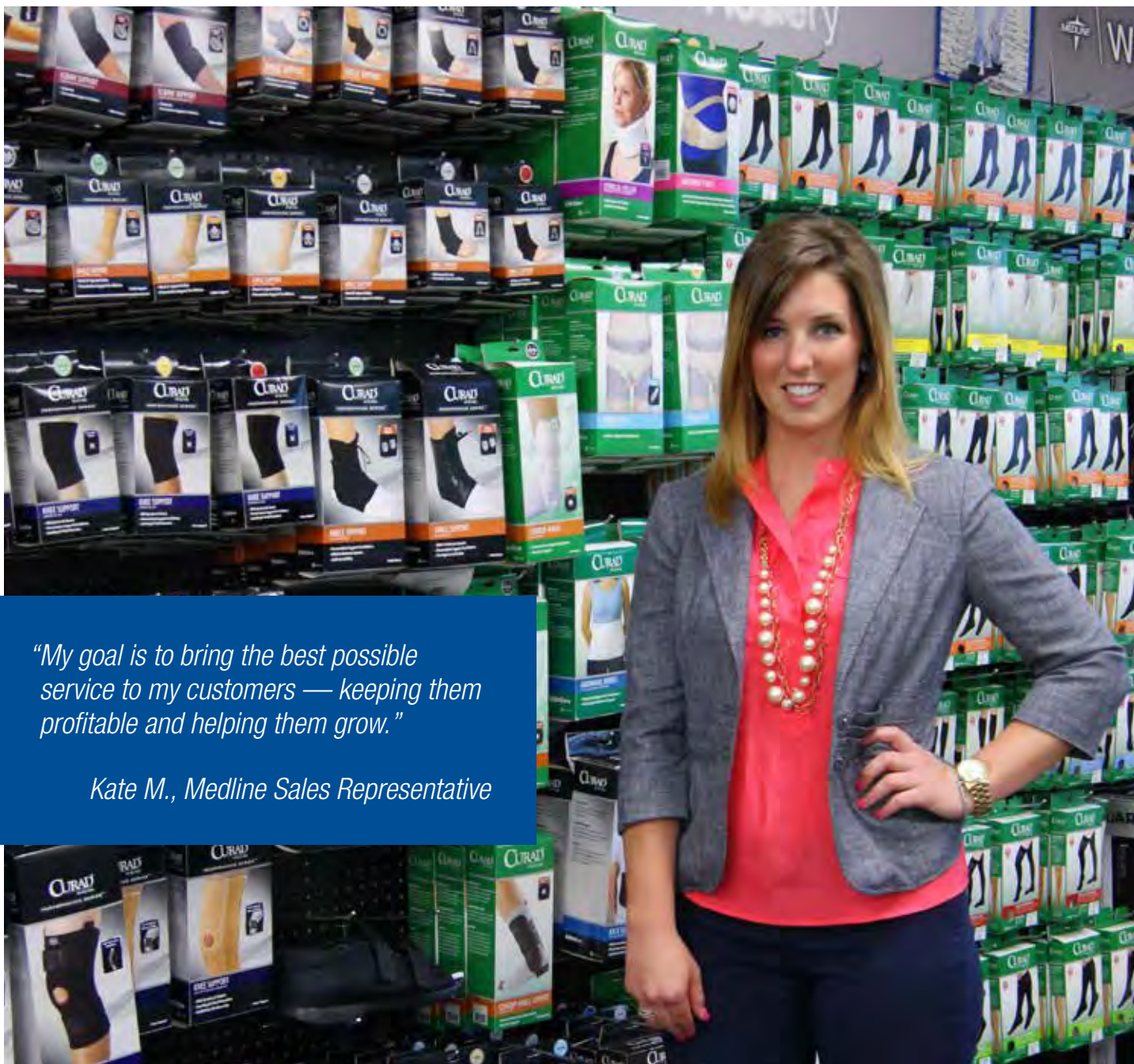
Item Number Description

Household Items

MDS86031RCE	Medline Ultra Reacher
MDSF70417	Leg Loop™ Leg Lift
MDS6800BA	Bed Assist Bar
MDSH76447	Bed Rope Ladder
MDS754140111	Big Lamp Switch
MDSSWIVELW	Swivel seat
MDS766300000	Soft Touch Tuffet Foot/Leg Rest
MDSL1700	Door Knob Extender
MDSSTICK	Stick-to-Stand System

Not Pictured

MDS754120000	Key Holders (2 Keys)
MDS754120004	Key Holders (4 Keys)
MDS754110000	Key Turner
MDS754121000	Hole-In-One Key Holder
MDS754190052	Door Knob Gripper
MDS753370010	Ergonomic Box Opener, Yellow
MDS754141000	Light Switch Lever



"My goal is to bring the best possible service to my customers — keeping them profitable and helping them grow."

Kate M., Medline Sales Representative



Medline Industries, Inc.

One Medline Place
Mundelein, IL 60060

Medline United States
1-800-MEDLINE (633-5463)

www.medline.com | info@medline.com

Medline Canada
1-800-396-6996

www.medline.ca | canada@medline.com

Medline México
01-800-831-0898

www.medlinemexico.com | mexico@medline.com

Some products may not be available for sale in Mexico or Canada. Please contact your Account Representative for additional information. We reserve the right to correct any errors that may occur within this catalog. ©2013 Medline Industries, Inc. Medline, Easy Care, Biomask and Simplicity are trademarks and Red Dot, Excel Translator, Excel Hybrid 2, CURAD, Guardian, Excel, Accu-Therm, Therahoney, Fitright, Remedy, and Quick Alert are registered trademarks of Medline Industries, Inc. ArmaSport is a registered trademark of Armacell Enterprise GmbH Corp. Rifton is a registered trademark of Community Products, LLC, Linak is a registered trademark of Linak A/S LLC, Koolnit is a registered trademark of M.W. Sales and Service Corp. Microban is a registered trademark of Microban Products Company Corp. Isoflo Memory Control and Quadro Select are registered trademarks of Roho, Inc. InTENSity is a registered trademark of Roscoe Medical, Inc. UMP is a registered trademark of Stanley Security Solutions, Inc. Quadra3D is a registered trademark of The Comfort Companies, Inc. Tinnerman is a registered trademark of Trans Technology Engineered Components, Nylex is a registered trademark of Xamax Industries, Inc. Leg Loop is a trademark of Maddak. Coldspot is a trademark and The Cuff, Point Relief, Hotspot, Digi-Extend, Theraputty, Digi-Flex, Digi-Squeeze are registered trademarks of Elliott Goldberg.

MKT1331882 / LIT124R / 10M / QG / 10