



# masalo® Cuff MED

## epicondylitis support



Tennis elbow? Golfer's elbow?  
Finally help!



★  
unique  
operating-  
principle  
★



Unique and effective counter-traction principle



Immediate relief, quick pain reduction



The arm can be used fully, even at work & sports



## Introduction

If you suffer from the tennis elbow / golfer's elbow (epicondylitis) there is now a **new and revolutionary operating principle** and treatment.

The **Masalo<sup>®</sup> Cuff MED** with the **unique counter-traction** **immediately relieves the tendon attachments** after correct use.

In order to overcome your epicondylitis as quickly as possible, it is helpful to understand the cause of this injury and how the Masalo<sup>®</sup> Cuff works.

You can find all the information you need in this brochure.

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*We wish you a rapid recovery! :-)*





## Cause of the epicondylitis

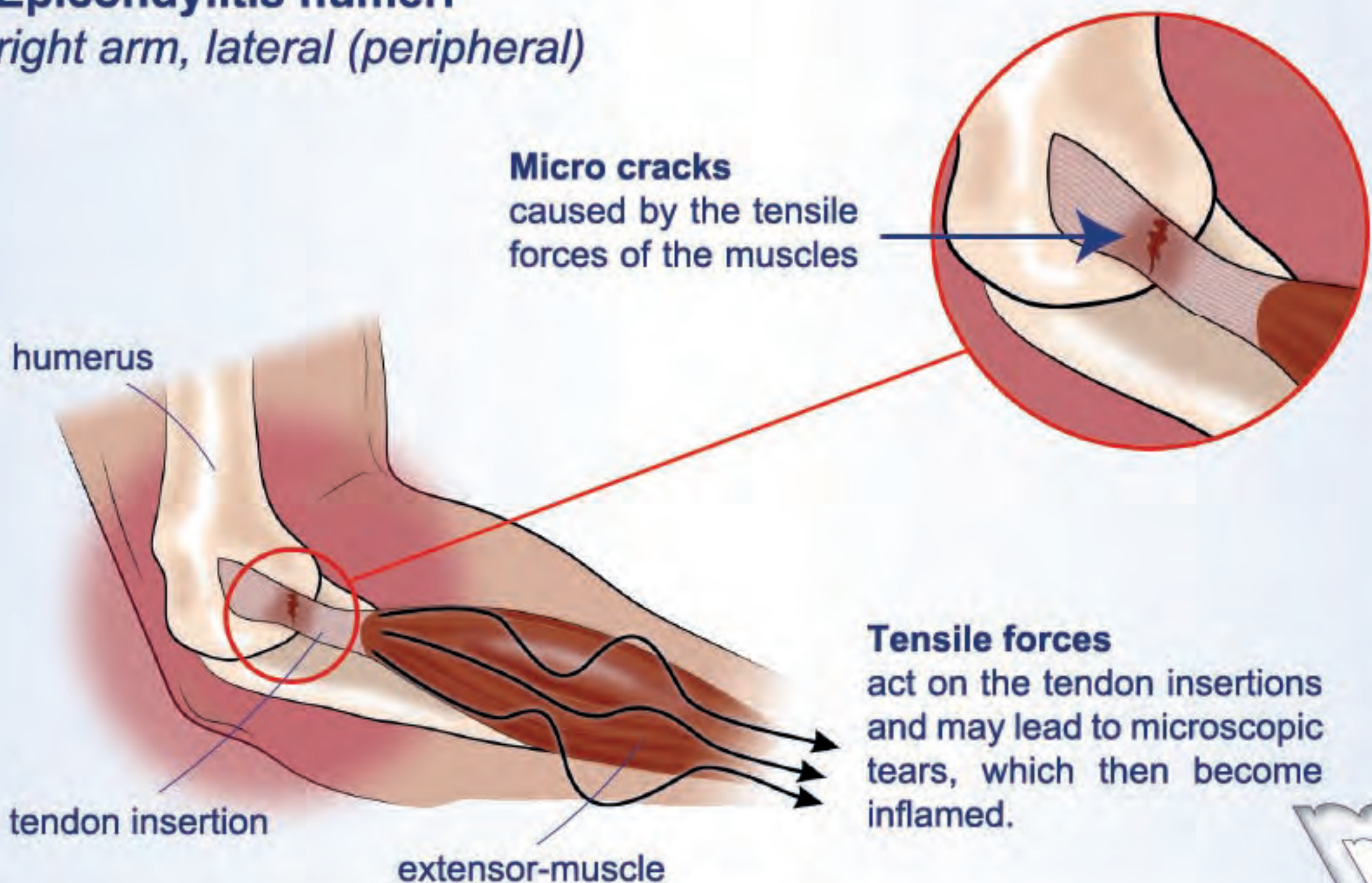
The **epicondylitis humeri lateralis** (radial, “tennis elbow”) or **epicondylitis humeri medialis** (ulnar, “golfer’s elbow”), is a very painful injury to the tendon insertions in the forearm, usually triggered by **overexerting the flexor/extensor muscles and tendons** of the arm.

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

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

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

### Epicondylitis humeri *right arm, lateral (peripheral)*







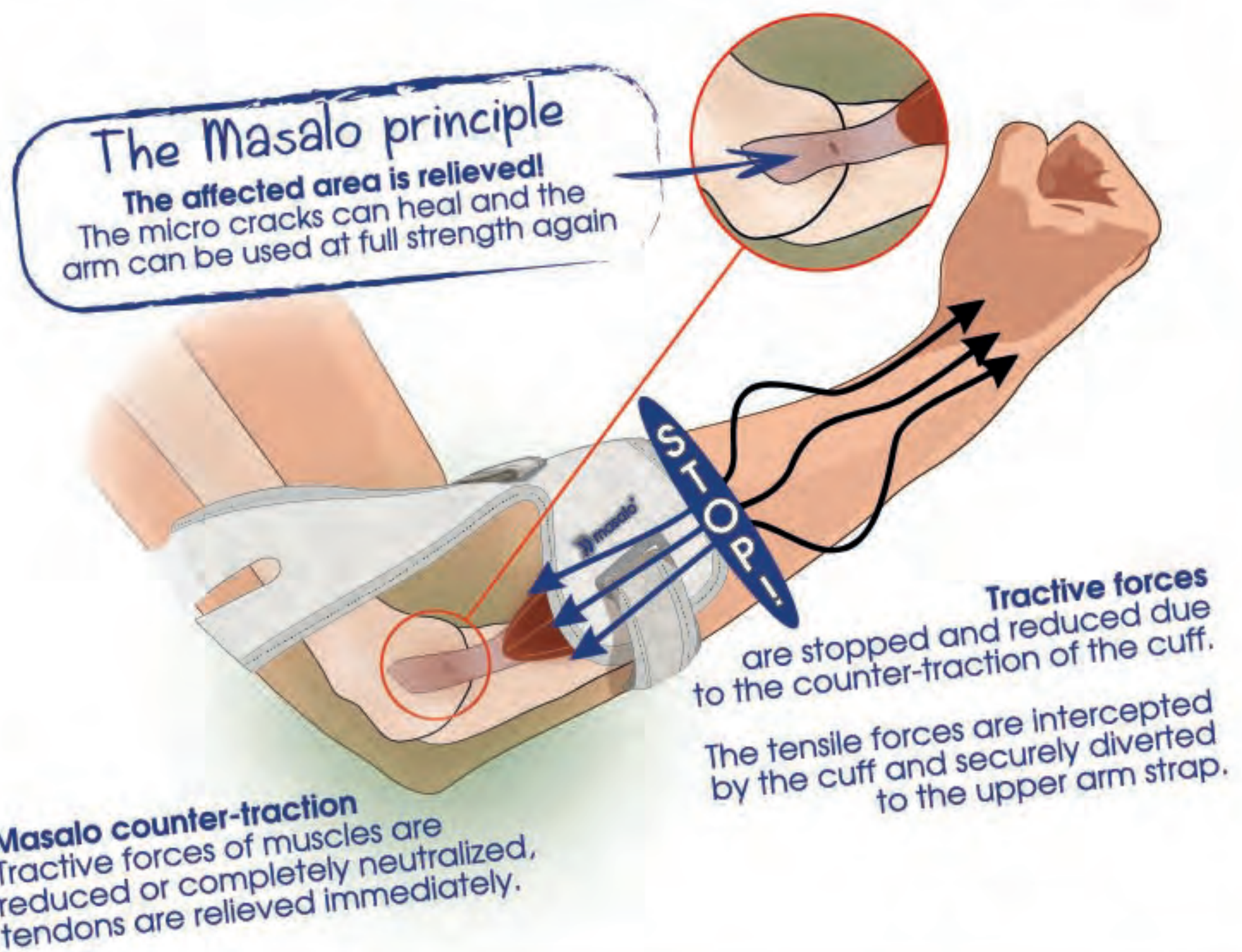
## Operating principle

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

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

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

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





## »» The Masalo® Cuff

The affected area is relieved immediately and sustainably through the **counter-traction** system. The tendons are spared and protected, the pain is relieved and **healing process is positively supported**.

With the Masalo® Cuff **the arm remains mobile** and the muscles are permanently stretched and massaged, which decreases the risk of an aggravation and the emergence of new injuries.

**The Masalo® Cuff MED is comfortable**, easy to put on, easy to use and can be worn both for **acute or chronic epicondylitis** and as a preventive measure.



- »» unique counter-traction principle
- »» hygienic & washable
- »» perfect for life, work & sports



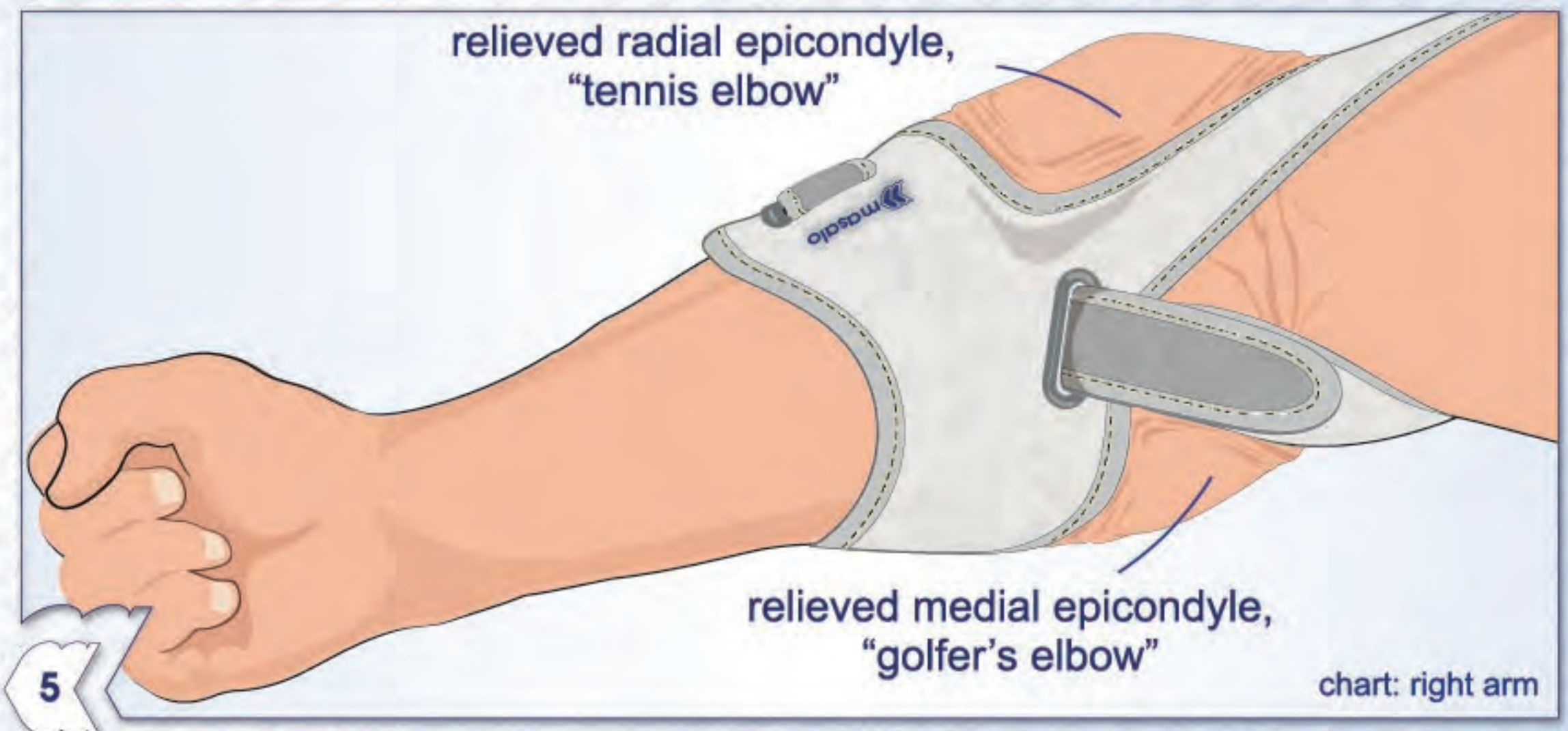
## The Masalo<sup>®</sup> Cuff

Several layers of tested and certified textiles, upholstery and other high-tensile and functional materials ensure a particularly high effect, optimal wearing comfort and an appealing look.

The unique working principle of the Masalo<sup>®</sup> Cuff protects the tendon attachments in almost all everyday situations and movements of the arm - whether at work, when doing sports or in normal everyday life.

Thanks to the **patented construction**, the strap always holds and ensures a safe grip, even when the arm is stretched, and the cuff can be worn permanently, i.e. day and night.

### The Masalo<sup>®</sup> counter-traction principle: simple - logical - effective!





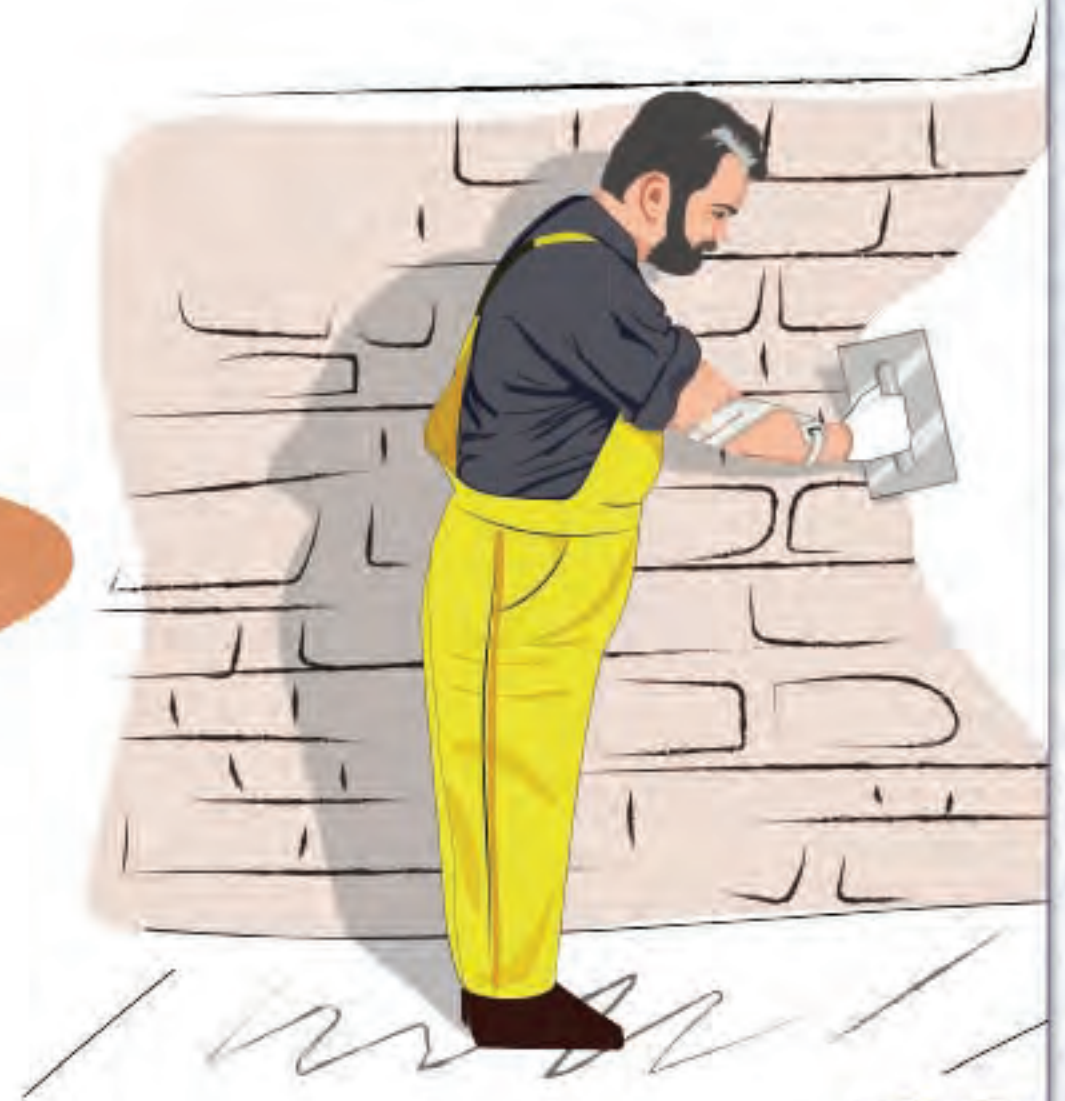
## »» Craft and profession

Anyone with a tennis elbow, golfer's elbow or mouse arm is severely restricted in everyday life and at work and suffers from extreme pain.

What usually starts with relatively mild pain in the elbow area can often turn into a **chronic disease**. If, after all, the profession can no longer be practiced, one's very **existence is at stake**.

The unique counter-traction principle of the Masalo® Cuff ensures that it **permanently relieves the affected area** and that the arm can still be fully deployed and used - whether at **work, during sports or in normal everyday life**.

In extreme cases, the Masalo® Cuff can save a person's livelihood and also **prevent occupational disability** as a prophylactic measure, particularly in manual trades or jobs where it is indispensable that the arm can be used as painfree as possible.





## » Exercising with the cuff

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

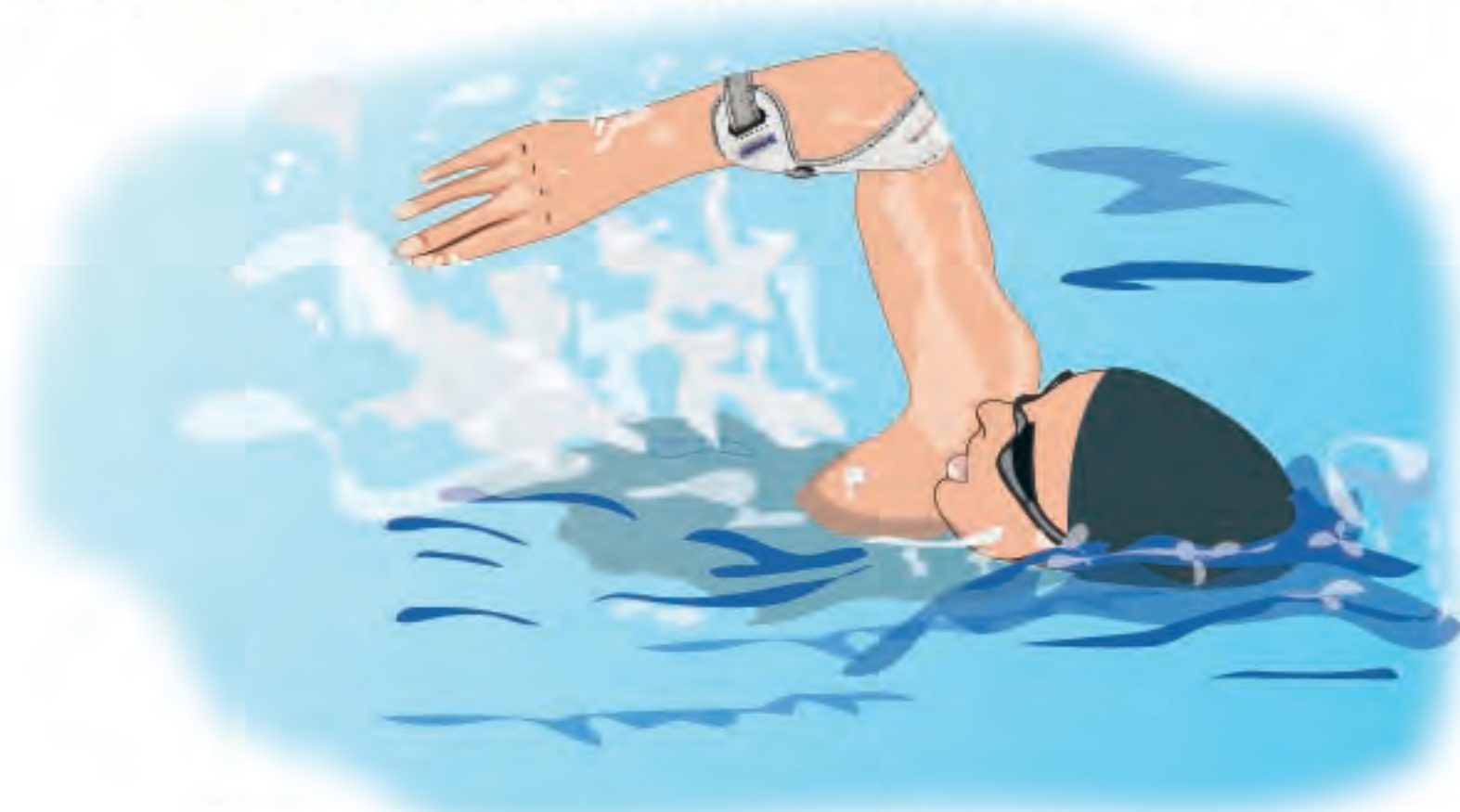


Exercise is generally beneficial to the healing process, but please start your sports activities moderately with caution and care to avoid further injury. The Masalo® cuff MED is also ideal for prophylaxis after recovery as well as for professional competition preparation.

## » Use in water

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

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







## At night

**Many epicondylitis patients often wake up at night and have severe pain, especially in the morning.**

Every person turns back and forth between 30 and 80 times during a night and to get up we usually push ourselves out of bed with our arm, with the entire body weight then resting on the tendons, which can make the injury significantly worse.

**The Masalo® Cuff can and should be worn at night, especially in the beginning, in order to optimally protect and relieve the tendons during this time.**







## Care instructions



### Washing the cuff

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

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

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

**Do not tumble dry!**



## Wearing period

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

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

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





## »» The correct cuff size

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

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

Please perform the measurement in a slightly stretched arm state.



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

### Product variants:

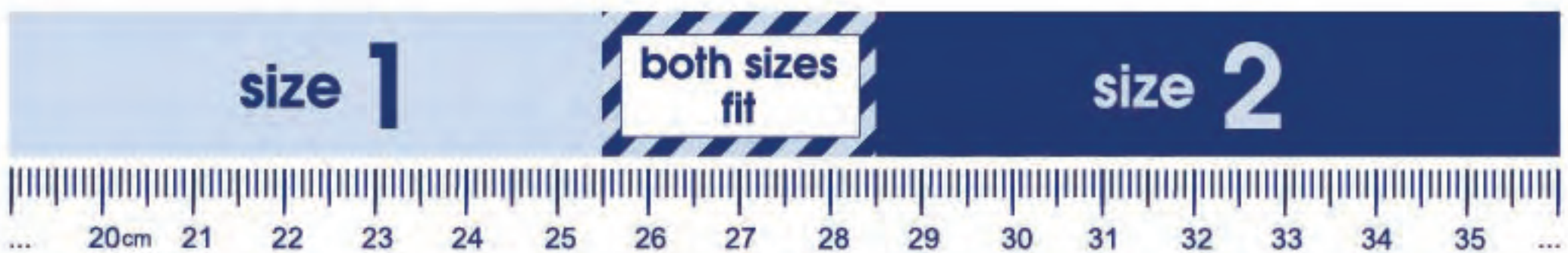
#### ⬅ left arm

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

#### ➡ right arm

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

## »» Size chart



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







## Correctly fitted cuff

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

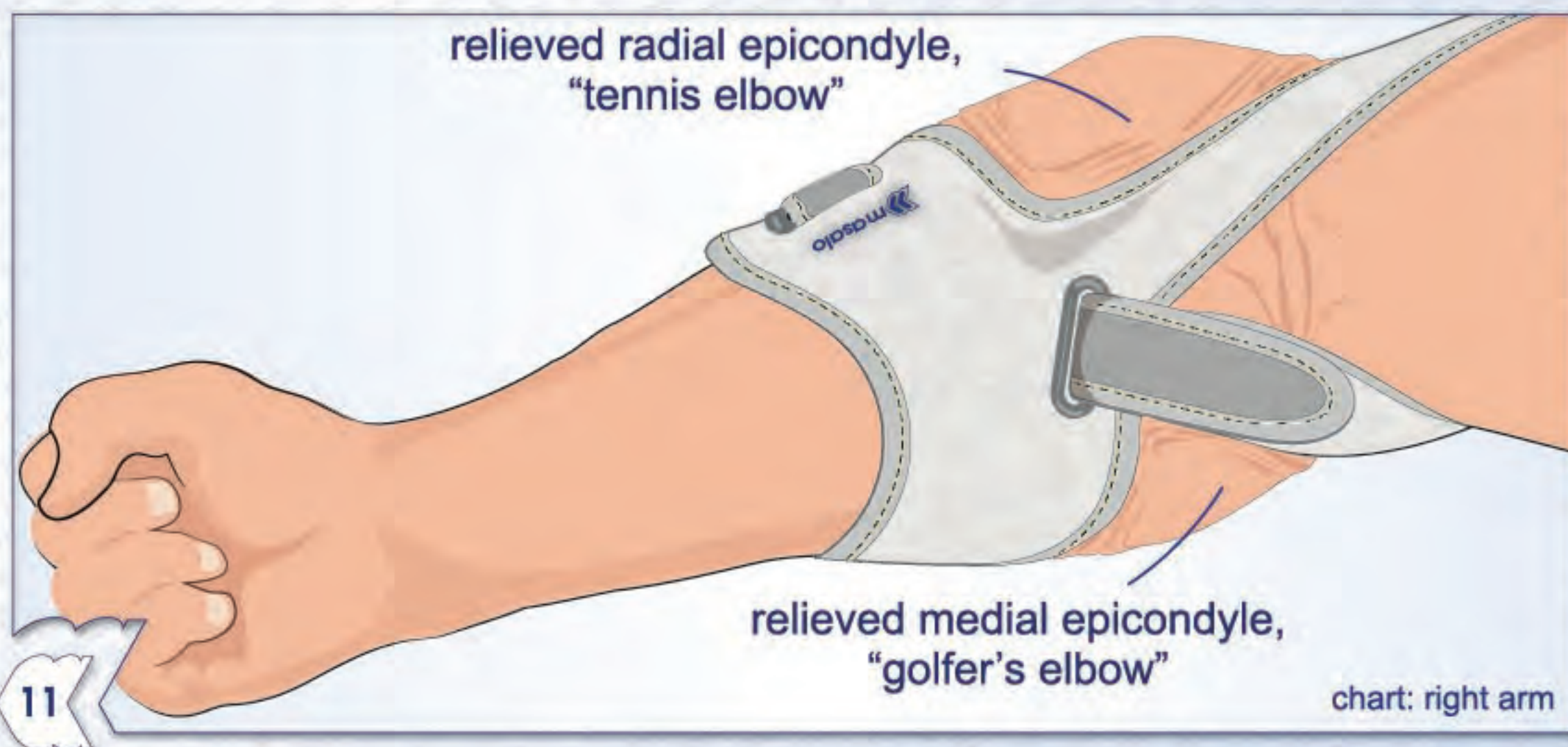
Adjust the position until you have reached the optimal position and relief for you. You can adjust the positioning at any time according to the respective situation (e.g. **for activities with a bent arm**, such as PC work, **make the cuff slightly tighter**, for other activities loosen it slightly as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

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

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

Otherwise, please contact your specialist dealer immediately or contact our support at [www.masalo.eu](http://www.masalo.eu), because then something is wrong.

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







## Medical information



### Indications:

For treatment and prophylaxis of:

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

### Targeted groups of patients:

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

### Contraindications:

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

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

### Side effects:

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

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

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





## Technical information

### Masalo® Cuff MED Size 1

*Product components:* 65% polyester, 26% nylon, 6% viscose, 2% elastane, 1% cotton  
*Measurements:* approx. 67cm x 20cm (unfolded), *Weight:* 65g

### Masalo® Cuff MED Size 2

*Product components:* 65% polyester, 26% nylon, 6% viscose, 2% elastane, 1% cotton  
*Measurements:* approx. 79cm x 22cm (unfolded), *Weight:* 75g

### Product variants:

Size 1 left arm [MMMEDG-1L], Size 1 right arm [MMMEDG-1R],  
Size 2 left arm [MMMEDG-2L], Size 2 right arm [MMMEDG-2R]

### Product lifetime:

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

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

### Disposal:

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

### Exclusion of liability:

Any liability for normal wear and tear is excluded. Compensation claims of every kind are excluded. The liability according to the product liability law is not restricted by the above mentioned statements.

### EU-Patent:

3381423 (more patents pending)



## Explanation of symbols



manufacturer information



article number



product components



refer to instructions for use



lot number containing  
date of manufacture



single patient-  
multiple use



cuff size



medical device



2017/745 EU



## Manufacturer



**Masalo®**  
Luener Weg 32a  
21337 Lueneburg  
Germany

**Web:** [www.masalo.eu](http://www.masalo.eu)

**Mail:** [shop@masalo.eu](mailto:shop@masalo.eu)







Dear epicondylitis sufferers,

We wish you a rapid recovery with our Masalo® Cuff MED.

Enjoy your regained quality of life in everyday life, at work and during sports.

Your Masalo Team





The Masalo® Cuff MED  
is available online or at your  
nearest retailer



**Your retailer:**



**[www.masalo.co.uk](http://www.masalo.co.uk)**



We wish you a rapid recovery! :-)