



620
ENERGY

220
POWER

CODE: 23064540
BRACE, PUSH, SPRINTS
SAFETY ZONES
TO PREVENT INJURY

933
RPTS
ACTIVITY

00:25:03

CONTROL YOUR GAME!

PRODUCT MANUAL

PUSH SPORTS

[PUSHSPORTS.EU](https://pushsports.eu)



620
ENERGY

0000 : 230616:00
BRACE: PUSH SPORTS
SUPERVISORS
TO PREVENT INJURY

220
POWER

933
ACTIVITY

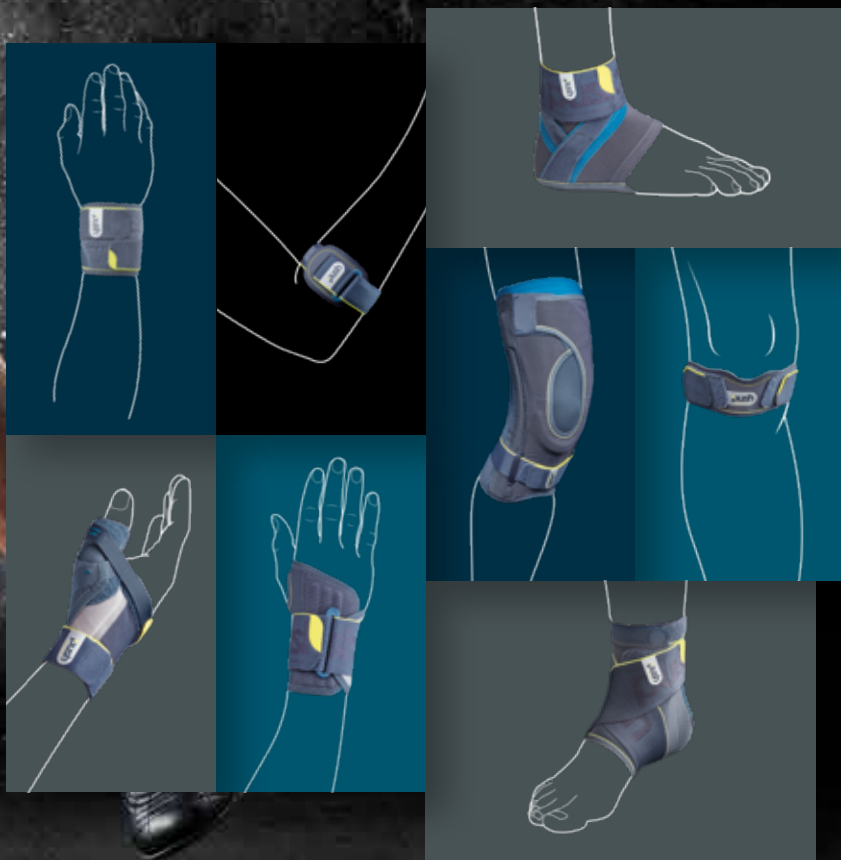
00:25:02
TIME

PUSH SPORTS. YOUR REAL SUPPORTER!

Allowing healthy and safe exercise.
That is the driving force of Push Sports.
When it comes to injuries, for prevention
or in cases of straining a joint, Push Sports
braces allow the user to regain control
in sporting activities.

FOR ATHLETES. CREATED BY SPECIALISTS

The Push Sports line has been developed by a team of experienced specialists in close cooperation with athletes and sports professionals and offers exactly what the user wants. The efficient use of high-quality materials results in a line of ultra-thin and very comfortable sports braces. Braces that support joints when exercising and that due to their slim design are ideal for use in training shoes and under sportswear. The Push Sports line has been developed from the medical background of Push Braces. Each brace has a well-thought out function, optimally suited to healthy and safe exercise.





620
KCAL

CLIM. (THERMAL)
SWEAT. (PERSPIRATION)
HYPERHEAT (TO PREVENT INJURY)

LM 220
PUSH

933
BPM
ACTIVITY

00:05:07

A FREE FEELING

Freedom of movement during exercise is an important factor which Push Sports demands of its products. This is achieved by supporting the injured joint during movements that are prone to injury. The Push Sports Thumb Brace has a cap and effective strap system that stabilises the injured thumb joint and the supporting stays in the wrist brace restrict dorsal and palmar flexion in the wrist. But the sports braces do not impose restriction of movement in areas that do not need it. In this way, the Push Sports Ankle Brace Kick allows full movement and your knee will not be restricted at all when wearing a Push Sports Knee Brace when bending and stretching. A sports brace from the Push Sports line is also an excellent aid for helping to increase the body's ability to exercise. People's concerns about a brace weakening muscles are unfounded. The muscles continue to carry out the same amount of work as they would without a brace. Sports braces do not actually relieve the muscles, they support the ligaments.

A SECURE FEELING

The sports braces in the Push Sports line have an excellent fit. Where needed, anti-slip materials are used. This means the brace remains in position, even during exercise.

The use of breathable materials ensures that the brace breathes and does not feel sweaty. This means Push Sports braces are very comfortable and you can exercise with a feeling of assurance and freedom.



PUSH SPORTS MAKES HEALTHY AND SAFE EXERCISE POSSIBLE.

WHEN TO USE A SPORTS BRACE

WHEN INJURED

Injured athletes not only want to recover from their injury quickly, they want to get back onto the field of play as soon as possible. A sports brace offers an effective way of achieving this, under the guidance of a doctor or other healthcare professional.

FOR PREVENTION

If an injury has nearly healed, the athlete wants to put everything into ensuring they get back on the track or field as soon as possible. The injured joint structures will be in a weakened state for quite some time. To prevent an injury occurring immediately afterwards, it is advisable to use a sports brace for protection. When putting great or repeated stress on joints during training, it is sensible to take added precautions to protect the joint against injury.

WHEN TOO MUCH IS DEMANDED OF A JOINT

Many injuries are caused by too much exercise, exercise that is too demanding or irregular exercise. The wrong technique or unsuitable sports equipment can also cause problems. With injuries caused by placing too much stress on joints, a brace can be really useful. For many common complaints, such as tennis elbow or jumper's knee, the point where the tendon attaches to the bone may be irritated or inflamed. The brace relieves this point of attachment and thus reduces pain.



THE PROPHY-X STRAP SYSTEM
STABILISES THE ANKLE
BASED ON PROFESSIONAL
TAPE TECHNIQUES

ULTRA-THIN AND
SUPER LIGHT

PLEASANT, FIRM FEELING DUE TO A
GOOD FIT AND ADJUSTABLE PRESSURE

RETAINS THE FEELING FOR BALL
CONTROL AND LEAVES SPORT-SPECIFIC
FREEDOM OF MOVEMENT INTACT



PUSH SPORTS

ANKLE BRACE KICX

The Push Sports Ankle Brace Kicx offers the best possible protection against ankle sprains during sporting activities. The Push Sports Ankle Brace Kicx is ideal when resuming training after spraining your ankle and for preventing recurring ankle injuries due to ankle instability. The functional straps that cross on the outside of the ankle offer effective restriction to prevent inversion.

The straps are anchored to the reinforced inner side of the brace and follow an anatomically compatible route to the outer side of the ankle. When the foot tilts inwards, the straps come under tension and this prevents the ankle being sprained. You can still carry out sporting activities, the Push Sports Kicx still allows plantar and dorsal flexion in the ankle joint. The high-quality elastic material closely follows the anatomy of the ankle and provides a reassuring pressure around the joint. The brace is ultra-thin and fits perfectly in slim training shoes.

For optimum wear comfort, the brace can be worn over a thin sock.

In order to work properly, the Push Sports Kicx should always be worn with shoes.

WHEN TO USE?

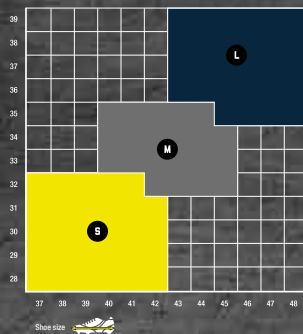
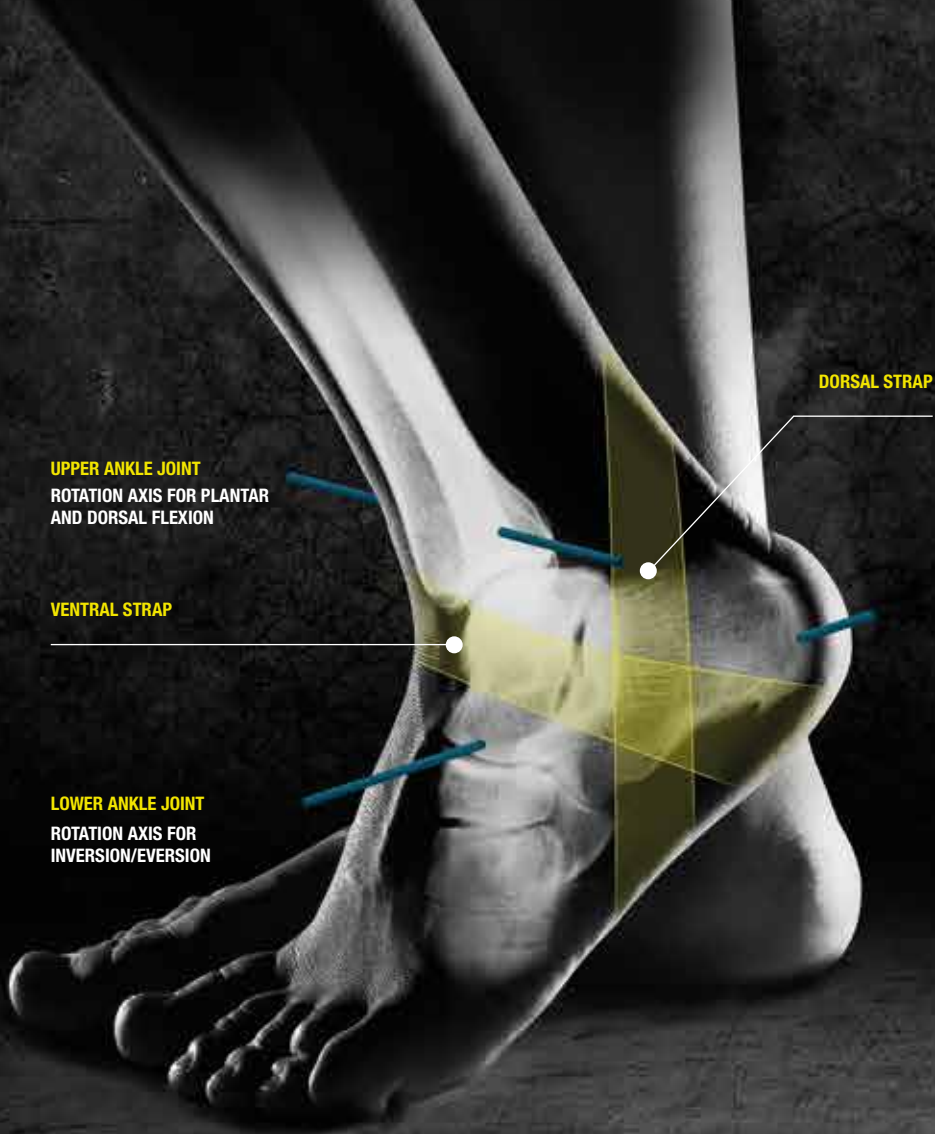


To prevent recurring inversion trauma



In the event of ankle instability







PROPHY-X

The preventive "Prophy-X" strap system is worn on the outside side of the ankle joint and has two straps that cross one another. The dorsal (rear) Prophy-X strap is at right angles to the inversion/eversion axis and prevents the foot from twisting inwards and being sprained. The ventral (front) Prophy-X strap offers a counterbalance and offers resistance to the forces applied to the dorsal strap. The Prophy-X straps criss-cross each other in the rotation axis of the upper ankle joint and this means rolling of the foot is not impeded.



OFFERS EFFECTIVE SUPPORT
AFTER SPRAINS OR IN THE CASE
OF INSTABILITY IN THE ANKLE

INDIVIDUALLY
ADJUSTABLE PRESSURE

VERY SLIM AND LIGHT
AND BARELY TAKES UP
ANY SPACE IN THE SHOE

MAINTAINS ITS POSITION
EXCEPTIONALLY WELL DUE TO
THE TPU ANTI-SLIP STRIPS







PUSH SPORTS

ANKLE BRACE 8

The Push Sports Ankle Brace 8 offers support in the event of slight or virtually restored ankle sprains. The elastic strap forms a figure of eight around the injured ankle, stabilising it and providing pleasant and firm compression. This provides the user with a reassuring feeling when exercising. The special anti-slip sections made of TPU run at an angle across the forefoot and around the heel and enhance the elastic strength of the brace. The TPU sections on both sides of the ankle (stirrup), provide a proprioceptive sensation. The ankle brace is made of very slim and moisture wicking material that dries quickly.

The Push Sports Ankle Brace 8 can also be used without shoes.

WHEN TO USE?

-  To prevent recurring ankle injury
-  Mild distortion of the ankle
-  Capsule irritation
-  Mild instability of the ankle



S

20-22,5 cm

M

22,5-25,5 cm

L

25,5-28,5 cm



execution:
left and right



ADJUSTABLE
COMPRESSION AROUND
THE KNEE

EXCEPTIONAL POSITION RETENTION
DOES NOT SLIP

THE NON-AXIAL LEAF
SPRING HINGES FOLLOW
THE NATURAL BENDING
OF THE KNEE

PROVIDES EFFECTIVE
SUPPORT IN A LATERAL
DIRECTION

U-SHAPED PAD
CONTRIBUTES TO
STABILISATION
OF THE KNEECAP



PUSH SPORTS

KNEE BRACE

Do you have a slightly unstable feeling in your knee? Need extra support during exercise? Do you suffer from residual complaints after a meniscus operation or ligament damage? The Push Sports Knee Brace offers a solution. The Push Sports Knee Brace supports the knee in a special way using non-axial leaf spring hinges on both sides of the knee. Lateral movement is countered, without inhibiting bending and stretching of the knee. The application of this form of articulation means the knee joint is exceptionally well stabilised without inhibiting your movement during exercise. The U-shaped pad in the brace is positioned around the knee joint and helps to stabilise the patella. The knee brace has an excellent fit and is very slim, which means the brace can easily be worn under sportswear.

WHEN TO USE?

-  General knee instability
-  Residual instability following a collateral ligament injury
-  Arthrosis with mild instability
-  Patellofemoral pain syndrome:
Pain complaints around the kneecap
-  Meniscus injury



S

27-31 cm

M

31-35 cm

L

35-40 cm

XL

40-45 cm





MINIMUM AMOUNT
OF MATERIAL IN THE
KNEE CAVITY

INDIVIDUALLY
ADJUSTABLE
PRESSURE

SUPPORTS THE KNEECAP
AND APPLIES PRESSURE
TO THE KNEE TENDON
IN THE EVENT OF PAIN

EASY TO FIT AND
EXCEPTIONAL
POSITION RETENTION



PUSH SPORTS

PATELLA BRACE

Pain complaints around the kneecap or where the knee tendon attaches to the bone, caused by gradually overtaxing the joint, are reduced with the Push Sports Patella Brace. The pressure pad in the Push Sports Patella Brace applies pressure to the kneecap and supports the kneecap in an effective manner. The patella brace presses on the knee tendon directly under the patella, resulting in a slight tilt and this relieves the cartilage at the rear of the patella. The brace ensures pressure builds up on the knee tendon with every step, providing a good even pressure. The amount of pressure can be set by the user, by adjusting the tension to their liking. The Push Sports Patella Brace helps you to exercise again without pain.

WHEN TO USE?

-  Tendinitis of the patellar ligament
-  Jumper's knee: when the knee tendon has been overtaxed
-  Osgood-Schlatter disease: pain at the point the knee tendon attaches to the shin bone
-  Patellofemoral pain syndrome: pain complaints around the knee joint



**ONE
SIZE**



INDIVIDUALLY
ADJUSTABLE PRESSURE

RELIEVES THE IRRITATED,
OVERTAXED TENDON
ATTACHMENT TO THE BONE

RETAINS ITS POSITION WHEN
BEING FITTED AND DURING USE

CAN BE EASILY PUT
ON BY THE USER





PUSH SPORTS

ELBOW BRACE

The Push Sports Elbow Brace is the solution for tennis elbow or golfer's arm. When excessive demands are suddenly made on the tendon where it attaches to the bone of the forearm at the elbow, it becomes painful. The elbow brace applies pressure to specific forearm muscles via the pad, which relieves the tendon where it attaches to the bone of these muscles in the elbow joint. The pressure gradually builds up through the spring-like material in the pad and a small elastic section of the strap. This reduces pain complaints, resulting in exercising with a feeling of assurance.

WHEN TO USE?

-  Tennis elbow (lateral epicondylitis) is an injury caused by overtaxing the wrist extensor muscles where they attach to the outer side of the elbow
-  Golfer's elbow (medial epicondylitis) is an injury caused by overtaxing the wrist flexor muscles where they attach to the inner side of the elbow



ONE
SIZE



**PALM OF HAND FREE
FOR A GOOD GRIP**

**PLEASANT AMOUNT OF PRESSURE
AROUND THE WRIST JOINT**

**LIMITS BENDING
AND STRETCHING
OF THE WRIST**

**EASY AND QUICK
TO PUT ON USING
JUST ONE HAND**







PUSH SPORTS

WRIST BRACE

The Push Sports Wrist Brace stabilises the wrist joint and is ideally suited to help with persistent pain and slight instability of the wrist. The strengthening stays in the brace limit bending and stretching in the wrist and the wearer experiences this as a secure feeling allowing them to continue to exercise. The degree of compression can be adjusted using the elastic strap which also provides a feeling of protection. The comfortable, quick drying material and the slim design, allows the Push Sports Wrist Brace to slip on easily and comfortably with its excellent fit.

WHEN TO USE?

-  To prevent recurring strain symptoms in the wrist joint
-  Strain symptoms in the wrist joint
-  In the event of pain in the wrist joint
-  Laxity or instability in the wrist joint



S

13-15,5 cm

M

15,5-18 cm

L

18-20,5 cm



execution:
left and right



ADJUSTABLE PRESSURE
AROUND THE WRIST AND
EFFECTIVE SUPPORT

EXCELLENT
POSITION
RETENTION

EASY AND QUICK
TO PUT ON USING
JUST ONE HAND






PUSH SPORTS

WRIST SUPPORT

In cases of the wrist joint being slightly overtaxed, the Push Sports Wrist Support is an excellent solution. The wrist support provides compression and support around the wrist, resulting in less pain during exercise. The brace has a great feel, thanks to the slim and comfortable material. The wrist support is simple and easy to put on and the anti-slip sections made of TPU ensures it stays in place. This provides the user with a safe and secure feeling when exercising.

WHEN TO USE?

-  To prevent recurring strain symptoms in the wrist joint
-  Mild sprains in the wrist joint
-  Laxity in the wrist joint



**ONE
SIZE**

execution:
left and right



INDIVIDUALLY ADJUSTABLE
MOVEMENT RESTRICTION

KEEPS THE PALM FREE
FOR A GOOD GRIP AND
GOOD BALL HANDLING

EASY TO FASTEN
WITH ONE HAND

EXCELLENT
POSITION
RETENTION






THUMB BRACE

The Push Sports Thumb Brace offers a solution when there is continuous pain in the thumb as a result of overstretching the middle thumb joint (MCP-1) due to a ball injury or fall when skiing. The thumb brace stabilises the joint and this allows the affected ligaments to heal.

The thumb cap protects the painful thumb against the impact of a ball, for example. The straps on the brace can be individually adjusted so that the user can restrict the extent of extension of the thumb. The straps also take up the slack that has been caused by the damage to the joint ligaments. The strap system runs diagonally and provides lateral support to the middle thumb joint. The remaining thumb joints and the wrist retain their freedom of movement. The thumb brace keeps the palm of the hand free and fits neatly under goalkeepers' gloves or ski gloves.

WHEN TO USE?

-  After overstretching or (partial) rupture of the ligament (inner side) of the middle thumb joint (MCP-1) (skier's thumb)
-  Distortion of the middle thumb joint (MCP-1)
-  Instability in the middle thumb joint (MCP-1)



S

16-19 cm

M

19-22,5 cm

L

22,5-26 cm



execution:
left and right



AN IMPRESSION OF **PUSH SPORTS** IN 2 MINUTES?



WATCH THE TRAILER!
pushsports.eu/trailer





**AN IMPRESSION OF PUSH SPORTS IN 2 MINUTES?
WATCH THE TRAILER!**

FOR MORE INFORMATION PLEASE GO TO:

PUSHSPORTS.EU