

Some figures

4.5 million in the UK suffer with OA and 2.5 million are of working age.

Most frequent osteoarthritis of the lower extremities.

The first symptoms can be perceptible from 40-45 years of age.

The risk over a lifetime of developing symptomatic knee osteoarthritis has been evaluated as approximately 40% in men and 47% in women.

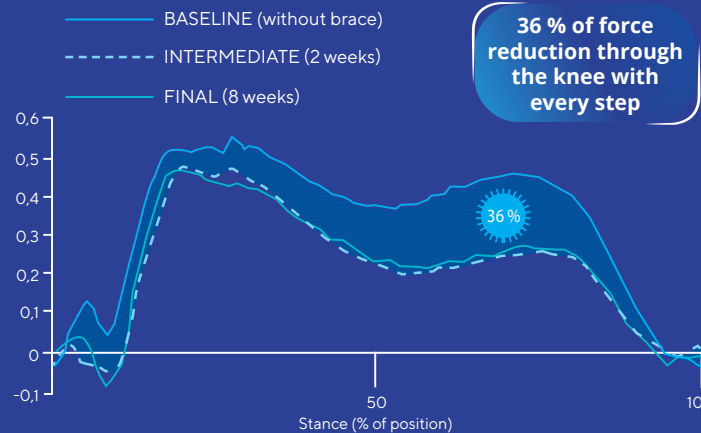
Rebel Reliever™

Clinically proven osteoarthritis knee brace

"The Rebel Reliever Knee Brace is proven to significantly reduce pain immediately and for a sustainable time."



Moment of adduction of the knee (Nm/kg)



SESSION	KAI (Nm/kg's)
	0,25 ± 0,12
POST	0,16 ± 0,10*
FINAL	0,16 ± 0,09*

* Significantly different from baseline



Scan QR code to see full study



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THUASNE



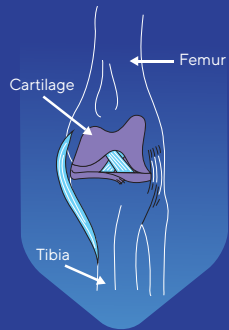
CLINICALLY PROVEN

Rebel Reliever™

Osteoarthritis (OA) & Ligament (ACL, PCL, MCL, LCL) Instability Knee Brace

What is knee osteoarthritis?

Osteoarthritis is a disease which first affects **articular cartilage** and subsequently spreads **to the entire joint**.



Cartilage covers the extremities of the femur, tibia and kneecap (also known as the patella) bones. This cartilage enables **good joint mobility**.

Cartilage is a **living tissue** which must remain "smooth" and "flexible" in order to fulfil its functions: **as a shock absorber** and **facilitating sliding** of the joint.

Without it, bones would come into contact with one another.

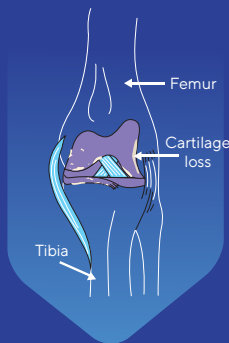
Moreover, the joint is surrounded by an envelope, known as the **synovial capsule**, which helps lubricate the joint and nourish cartilage.

With age, cartilage progressively loses its ability to retain water, its flexibility and **wears thin**.

Excess pressure on this weakened cartilage will cause it to become damaged. This will gradually cause it to disappear in some areas revealing the underlying bone.

In parallel, an onset of an **inflammatory phenomenon** occurs at the synovial membrane, liable to generate excess synovial fluid (known as synovial effusions).

The bony part stripped of its cartilage and under the effect of day-to-day pressures and the local inflammatory phenomenon will progressively form outgrowths: **osteophytes**.



All this can become **extremely painful** when moving the knee and **impede day-to-day activities significantly, impairing quality of life**.

Rebel Reliever™ Osteoarthritis Knee Brace

3-point Pressure System

The purpose of an off-loading brace is simply to apply corrective forces on the leg in order to reduce the load of the compartment affected by osteoarthritis (referred to as 3-point pressure).

By helping hold the leg in a normal alignment and maintaining a homogeneous load on the knee joint as a whole, the **Rebel Reliever** knee brace will help reduce compression and inflammation. This load reduction generally relieves pain.

"The Rebel Reliever Knee brace is proven to significantly reduce pain immediately and for a sustainable time."



Watch the Rebel Reliever 3D video on YouTube  by scanning the QR code

Some tips...

Keep moving !

The pain caused by knee osteoarthritis can cause you to reduce your level of physical activity (walking, sport, etc.) and even avoid certain everyday tasks (walking upstairs, housework, travelling on foot, etc.).

Unfortunately, **lack of movement diminishes not only physical fitness**, in other words **muscle strength** and **stamina**, but also **flexibility** and **weight control**. All of which results in increased pain and stiffness!

Resuming physical activity and **suitable exercises** can break this vicious circle and **increase your well-being** considerably.

It has been proven:

The **positive effects of regular physical exercise** on stiffness and pain from knee osteoarthritis associated with a very low risk of adverse effects have been observed by numerous studies.

Other tips...



Wear the right footwear, add orthopaedic soles in your shoes if needed ; they absorb shocks and rebalance posture.



Limit stationary positions in the daytime.



Avoid carrying heavy loads in the incorrect position.



The most important thing is to **exercise regularly at your own pace** rather than occasional spurts of intense activity.