



K-Active®

Life!



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TOP4 – The final in the German women's basketball tournament

SHOULDER PAIN – Causes and therapy options



CRYOPUSH –
The next generation
cold compression system

Dear readers,

In the foreword of the last issue of **life!-Magazine**, I promised “corona-free” content. This promise also remains for the current copy in your hands.

Instead, I would like to provide you with interesting information about lifestyle, sport and therapy. This time, the **life!-Magazine** picks up on topics that can make your everyday life easier (key words: wonder tree and sleep) or give you useful tips for shoulder problems.



We'll also introduce you to innovative products that will revolutionize your treatment methods - you only have to try them out to be convinced.

So, just relax and unwind and enjoy reading it. Have lots of fun with it!

Yours



Siegfried Breitenbach

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SLEEP SMARTER

We do it every day, usually for a few hours.
We even do it for up to a third of our lives.
And mostly we do it in bed: we're talking about sleep.



Although man “slept through” so much of his life, science has still not fully explored this condition. Philippe Murrain, Lecturer at the Stanford Center for Sleep Science, wrote, “We don’t really know what sleep is. That may sound shocking to outsiders.” What we do know, however, is that regular sleep is essential for life, health and performance. What sounds so banal is of enormous importance for personal, professional or sporting success. You can implement the following simple tips immediately and increase your performance on all levels - by sleeping properly.

“We don’t really know what sleep is anyway. That may sound shocking to outsiders.”

As is so often the case in life, there is no “right” or “wrong” to our sleeping habits. Everyone is different. Young people sleep significantly more than adults. Some workaholics often claim that they only need a few hours of sleep a day. And then there are those who are grumpy in the morning, who should definitely not be addressed before the second cup of coffee and those who are already flourishing before the alarm clock. Regardless of which group you belong to: like any other, your body needs sleep to complete a considerable number of tasks.

Find out more about your body’s night shift, about 90-minute cycles and whether the power nap is as useful as it is said to be. You can also read in the blog post about the importance of good sleep for the performance in top sport. ■



SHOULDER PAIN



CAUSES AND THERAPY POSSIBILITIES

The cause for shoulder pain can be of various kinds: was it the poor sleeping position, all the work loads or the hard training?

We explain what you can do about the pain and why you shouldn't concentrate on the shoulder alone during treatment.

The myofascial chains

First of all, it should be explained that the body is a multifunctional networked system: During the development of the human body after the egg cell has been fertilized by a sperm, different structures form, some of which move further and further apart as they grow. Nevertheless, structural, neurological and energetic connections between them remain, through which a permanent and intensive exchange of information takes place.

For example, researchers found out that the right shoulder tends to communicate more energetically with the liver and the left shoulder with the stomach. An example: An overgrown or sticky appendix scar in the myofascial chain can be a structural and energetic trigger for restricted mobility and pain in the shoulder joint, although it is not in its immediate vicinity.

Interlinked shoulder

The shoulder joint is supplied with energy by six meridians: In the dorsal (outer) area are the large intestine meridian, triple warmer and small intestine meridian; in the ventral (inner) area run the heart meridian, lung meridian and perikard meridian. Due to the high density of meridians in this nar-



Connection between the appendix scar and shoulder

row space, the body area is very susceptible to disturbances from a distance.

The neural structures that supply the shoulder with sensory and motor functions have their origin mainly in the cervical spine. Disturbances of the intervertebral discs and /or the facet joints can

thus send false impulses to the shoulder, which is known in medicine as “referred pain”.

The influence of the mandibular joint was also often greatly underestimated in the past. In osteopathy it has been shown that the joint and the associated muscles can have a variety of influences on the shoulder region.

Of course, the local structures of the shoulder should not be disregarded when investigating the cause. However, experience has shown that the local situation can change significantly as soon as remote causes have been eliminated.

Find key points

Regardless of medical and therapeutic examination methods, laboratory tests and imaging processes, **K-Active®** has developed its own, simple diagnostics: While the patient repeatedly executes the painful movement, the therapist exerts various tactile stimuli with his hand, which conveys

sensory information to the body. The patient can then report back whether one of the stimuli has contributed to the improvement, deterioration or stagnation of the pain situation. This allows the therapist to touch scars, organs, TMJ or cervical spine to identify key points. The local structures should also be checked according to this scheme.

Take therapeutic measures

If remote and / or local key points have been found, appropriate therapeutic measures can be started. Kinesiological taping has also established itself as a complementary, effective and almost side-effect-free method. A wide variety of tape techniques have been developed over the years, for example to treat the mandibular joint or the cervical spine, internal organs, scars or muscles. You can help to normalize the problem situation by which the tape imitates the stimulus applied by the therapist with a positive effect on the patient. The advantage: The body



Finding trigger points by tactile testing

is supported not only during the treatment by the therapist, but also continuously – “24/7” – in its functions and in its self-healing.

Summary

Regardless of the body region in which problems and pain arise: It is important to always include all networks in the diagnosis and therapy. That can make the difference between purely symptom-related therapeutic approaches and good, long-term success. ■



COOL.PRESS. RECOVER.



Thanks to the symbiosis of cold and compression, **CRYOPUSH** has become an integral part of therapy in practice and at training camps.

Christian Halbig, physiotherapist Austrian national wrestling team

Find out more about CryoPush:



The CryoPush can also be rented.
Make a consultation appointment now!



CRYOPUSH BY K-ACTIVE® – THE DYNAMIC COLD COMPRESSION SYSTEM OF THE NEXT GENERATION

After physical overloads, injuries and operations, counts for ambitious athletes and workers only one thing: the fastest possible return to sport or work. To get the „Return to Play“ or the „Return to Work“ accelerated, healing must get supported from start to finish at the highest level.

The importance of using cold and compression against pain and swelling is well known. However, the problem of using both at the same time often makes optimal treatment impossible. The usual go-to items called cooling bags and pressure bandages do not meet the requirements as well as they actually would be necessary.

There is now an affordable and professional solution to the problem: it's called **CryoPush** by **K-Active**®. Cold water from the the cooler is pumped through cuffs connected with hoses, which adapt perfectly to the respective body part and cool it. In addition, pulsating air pressure massages fluids out of the tissue.

What does CryoPush by K-Active® do?

- It reduces an excessively high temperature in the affected area, which can further increase the pain and swelling.
- It reduces swelling, which improves pain and mobility.

What makes CryoPush by K-Active® so effective?

- Complete enclosure of the body part: complete cooling and compression
- Manual regulation of the water temperature: cooling according to individual needs
- Pulsating compression: more effective removal of liquids

- Different programs: targeted adjustment of the compression strength
- High quality device: professional impression of the therapist on the patient

CryoPush by K-Active® is quickly ready for use: use it in the clinic, practice, with your athletes or even at home. CryoPush is ready when you are. ■

Different cuffs adapt perfectly to the body parts



THE K-ACTIVE®-INTERVIEW WITH: SASCHA PANDER

Physiotherapist of the Rhein-Neckar Löwen

K-Active®: Mr. Pander, how long have you been with the Rhein-Neckar Löwen and how do you get such an exciting job?

Pander: “When I wanted to become a physiotherapist, it was clear to me that I wanted to end up in professional sport. Early on I looked after teams in amateur handball and then submitted an unsolicited application for an internship at the Rhein-Neckar Löwen. Then Sven – my current physiotherapist partner at the Löwen and in our private practice “Therapie-Komplex” – called me directly, we talked for over an hour and surprisingly a 400-euro position was just vacant. That’s how it all started in 2008 and after a year I got a permanent job.”



K-Active®: How does your daily work with players like Uwe Gensheimer, Yannik Kohlbacher and

Co. look like and how is the medical team set up?

Pander: “Sven and I take part in all games and training sessions. Since we are both osteopaths, we work very holistically and try to discover and eliminate asymmetries and imbalances in advance. Every six months the players receive a movement analysis at **adViva** in Heidelberg. The relationship with players like Gensheimer, Kohlbacher and Co. is very professional and friendly. In top-class sport – unlike sport for your health – for sure you are always at the limit of what you can be responsible for. We have a great team and work closely with Dr. Maibaum from **SPORTOPAEDIE** Heidelberg. With Dr. Ullrich Steinhauser we also have an internist on board. “

K-Active®: **K-Active®** has been a partner of Rhein-Neckar Löwen since 2015 and our sports case “Profi” is your loyal companion for training units and games. How do you benefit from the partnership and which products are needed most?

Pander: “We benefit immensely from the cooperation because **K-Active®** provides us with our daily work material. This is indispensable and we are very grateful for that. Probably not



Sascha Pander, Therapist of the Rhein-Neckar Löwen

a day goes by without not using **BSN® Leukotape** or **Gazofix®**. Half of the team is given an ankle tape as a preventive measure. Furthermore, I also use a lot of **K-Active®** Tape. Here I work with the “Myofascial” application technique from Markus Erhard, because, in my opinion, it is very effective.“

K-Active®: With all the sporting successes like the two-time German championship, which was your most wonderful moment as the physiotherapist for the Löwen?

Pander: “The best moment was the first big title – the German Championship 2016. For all of us who have been with the club for a long time, that was pure emotion. That was indescribable and there was a lot of pressure taken off from the whole club. In particular, I remember the flight back from the decisive game in Nettelstedt. While the fans were waiting for us at the public viewing in Mannheim, there was a huge storm. Our family members were already worried, but we hardly noticed it because we were so ecstatic. All of this stays in the heart forever.“

[Here you can find the detailed interview with Sascha Pander:](#)



K-ACTIVE® RECOVERY – THE COMPRESSION SYSTEM

The so-called “recovery boots” have long since found their way into the daily work of trainers and athletes as well as therapists and patients.

There are many suppliers, but very few products are affordable for small amateur clubs or practices. We have made it our mission to solve this problem in order to make the positive effects of compression therapy accessible to everyone. The result of our efforts is called **K-Active® Recovery**.

K-Active® Recovery combines the advantages of high-quality compression systems with an affordable price. The functions of the regeneration system are well

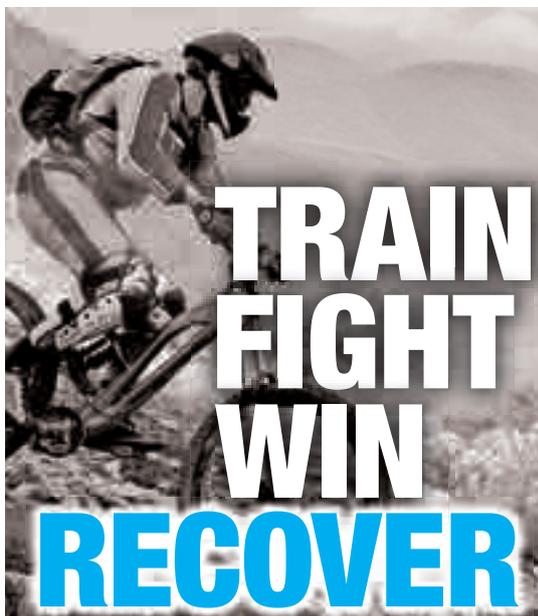
known: four air-filled chambers “massage” the body part from far to near to the body in order to drain fluids and waste products from the extremities, among other things. The volume of the body part is reduced, regeneration is accelerated and pain is reduced.

Regardless of whether you want to regenerate faster as an athlete or you want to get relief as a lymphatic patient: once you’ve tried it, you can no longer imagine your

everyday life without **K-Active® Recovery**.

Effects

- Volume reduction of the legs, arms and hip region
- Regeneration after intense physical activity and sport
- Relaxation against muscle pain
- Stress reduction
- Relief of medical problem conditions (clarification with the treating doctor or therapist required!)



the concentrated power of ayurveda

Moringa oleifera & Brahmi - the ayurvedic wonder plant

Moringa oleifera and Brahmi are no strangers to Ayurvedic medicine: they have been used very effectively to maintain health and to combat diseases for around 5,000 years. Moringa oleifera is also known as

the “miracle tree”: It is one of the most nutritious plants on earth. It contains more iron than spinach, more vitamin C than oranges and more calcium than cow's milk. They can be used in a variety of ways: whether to maintain health, increase performance or for the well-being.

Brahmi, also known as “Bacopa monnieri“, on the other hand primarily promotes our mental and

cognitive abilities. It should increase the memory performance and significantly optimize the stimulus processing.

These “biologically active foods” are 100% natural products. Wouldn't it be possible to easily integrate the positive effects into our everyday lives - especially for work and sport? Think of performance improvement, shortened regeneration phases or protection against injuries, physical overloads and illnesses!

Use the concentrated power of Ayurveda. Become more efficient, more concentrated and healthier! ■

A FRESH BREEZE AGAINST TRIGGER POINTS AND BANDS

Trigger points and bands often do not get the attention they deserve in pain therapy, and a large part of pain syndromes is said to be due to such hardening of the muscles. About time to remember them again!

Ttrigger points are circumscribed, noticeably hardened areas in muscles and fascia tissue that react painfully to pressure. A distinction is made between two types: At the simple trigger point, the pain is limited to a certain area and point. The active trigger point, on the other hand, radiates the pain away from point.

Trigger bands are a “painful line” in the tissue that is felt and displayed as such by the person affected.

By applying pressure manually as part of a therapy, such muscle hardening can be effectively resolved by trained staff or in self-therapy.

Proven tools for therapists or quick treatment at home are, for example, trigger things or freeceps. ■



Easily relieve muscle tension

FLEXVIT – THE BETTER EXERCISE BAND

“Training bands are always made of rubber.” – Or? What we have accepted as a given for many years does not have to be the rule!



The innovative bands from Flexvit are by no means made of the well-known rubber, but mainly of natural rubber threads and polyester material. The result: a cloth-like fabric that conveys a completely new feel. It is pleasantly soft on the skin and pulling your hair is a thing of the past. This makes training on the sports field, in the studio or at home a lot more fun! Thanks to its various strengths, Flexvit meets all requirements in the sports or re-

habilitation sector. The alternative version with loops opens up almost limitless exercise possibilities and also allows easy adaptation to body size and exercise.

Discover the new generation of training bands now. ■



K-Active® TOP4

The cup winner in German women's basketball is determined in a year final tournament. This time, the TOP-FOUR was a lot different than in previous years:

On the one hand, only around 300 spectators were allowed to be there due to the corona pandemic, and on the other, K-Active® acted as the title sponsor for the event for the first time.

In this role, the managing director of K-Active® and DOSB therapist Siegfried Breitenbach was able to look after and provide the players with adequate medical care between matches. On the one hand, kinesiological tapes were put on where they were needed. On the other hand, the girls had the opportunity to stimulate their recovery

and regeneration with the recovery boots by the brands of K-Active® and NormaTec®. The popular regeneration systems were practically continuously in use. It didn't matter whether the girls were from sponsoring partner XCYDE Angels Nördlingen or from the other three participating teams from Keltern, Wasserburg or Hanover.



In the end, the Rutronik Stars Keltern prevailed over the competition and were able to take the trophy home with them. K-Active® thanks everyone involved for an extraordinary, but very successful and well-organized cup tournament! ■





K-Active Europe GmbH

Frohnradstraße 2 | 63768 Hösbach

Phone: +49 (0) 6021 62998-100

Fax: +49 (0) 6021 62998-999

info@k-active.com

www.k-active.com