



**K-Active®**

*Life!*

Edition 11 | 03/2022

## **CHECK YOUR PATIENTS AND ATHLETES!**

Test, analysis and training tools



**REVITALIZE YOUR FEET!**  
With LASSO and BLACKBOARD®

**DEEP OSCILLATION®**  
Bring your lymph and  
fascia in motion!

Dear readers,



In this issue we focus on a topic that always advances further into medicine and therapy: the analysis and evaluation of the patient's condition. Measuring and visualizing the progress made during therapy motivates the patient and can help optimize results even more!

One part of the body that often gets far too little attention are our feet, the foundation of our body. Do you take care of them enough? We will show you how you can easily support your stability and foot health in everyday life.

We also spoke to Bogdan Suci, physiotherapist at Bundesliga basketball club Telekom Baskets Bonn. He tells us why the team is so successful this season and what innovative tool he uses in his treatments to keep the players fit.

I hope you enjoy browsing and reading!

Your



Siegfried Breitenbach

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Many people suffer from swollen feet, and not just in the evening. Instability in the ankle area is also a common ailment. But that is now a thing of the past, because there is a solution for both problems!

The innovative socks from the US company **LASSO** ensure medically certified compression and support your ankle and arch thanks to the special weave. This combination reduces swelling and pain while improving your mobility and performance – all day long.

#### What do LASSO Socks do?

- They reduce swelling, support blood circulation and thus prevent heavy and aching legs.
- They support the optimal posture of the ankle and arch and thus prevent the feet from tiring and reduce the susceptibility to injury.
- The special fabric optimizes breathability, reduces friction and thus the formation of unpleasant blisters.

#### That is why LASSO Socks work:

**HyperCompression™** technology provides comfortable compression of 15-20 mmHg, helping to reduce or prevent swelling.

The patented foot and arch support is provided by an integrated, sensory „compression band“. So, it has a similar effect to a sports or kinesiology tape, but without restricting mobility. The compression pattern also provides more stability in the foot and ankle.

The moisture-wicking **tri-blend threads** used ensure for excellent breathability to always keep the foot dry. Friction and blistering are prevented.

The **Strike Padding™** cushions the most important areas of the foot and the ankle to significantly improve shock absorption and comfort.

#### Advantages

- Medically certified compression
- Integrated arch support
- Sensory stabilization of the ankle without sports tape
- Supports ligaments and tendons in their important functions

*The LASSO socks are available in short, medium and knee length and in different colors*



\* by the FDA in the USA

## CHECK YOUR PATIENTS AND ATHLETES!

At the beginning of every therapy, the first thing is to diagnose the current condition of your patient. On this assessment you build an individual treatment.

**B**ut often it is not an easy task to find out what the right therapy is for your patient and where the origins of his problems, weaknesses or dysfunctions are.

State-of-the-art tools can now support you! But they not only make the initial diagnosis easier for you. You can use them throughout therapy to document

and visualize progress in rehabilitation or training and to create a final assessment for the patient, athlete, doctor or payer.

### It's that easy:

One app - 7 different measurement tools: that's all you need. The patient carries out the exercises with the state-of-the-art

equipment and in the app, you can see all measurement results, save them and compare them over a longer period. So, you can constantly monitor the progress of your patient or athlete. ■



### KForce Plates

They measure the balance and power distribution of the lower extremities in both static and dynamic exercises.

### KForce Link

The link can be integrated into cables or elastic bands as a measuring tool. This can be used to measure isometric and dynamic exercises as well as the exercise intensity of the patient.

### KForce Bubble

A simple force measurement is possible with the Bubble. It is inserted into the valve of inflatable, deformable therapy tools and measures the force exerted on them. Very different statements of strength can be made with the Bubble.

### KForce Deltas

The Deltas are the state-of-the-art advancement of the Plates. Very versatile measurements, e.g., B. in squats, jumps and other complex forms of movement, be made and documented.

### KForce Grip

The name says it all: The grip measures the patient's grip strength. Evaluates maximum isometric strength and fatigue.

### KForce Sens

With the Sens you can measure the movement amplitudes of joints and determine differences between the joints. Based on these results, you create the optimal rehabilitation program for your patient.

### KForce Muscle Controller

It enables the measurement strength of muscle strength in order to identify imbalances and document training results.



# Go down Deep



## THE DEEP OSCILLATION - AN INNOVATIVE AND UNIQUE THERAPY PROCEDURE

Would you like to get your blood circulation and lymph flow going, set targeted stimuli on fascia and muscles or do something for your beauty?

It doesn't matter whether it's about pain relief, healing after injuries and operations, prophylaxis, performance enhancement or beauty applications: everything is possible with the patented „**DEEP OSCILLATION**®“ method!

### What is deep oscillation?

Deep oscillation uses electrostatic impulses to set the treated tissue in pleasant vibrations through attraction and friction. This effect reaches the skin, conductive tissue, fatty tissue, muscles, blood and lymph vessels!

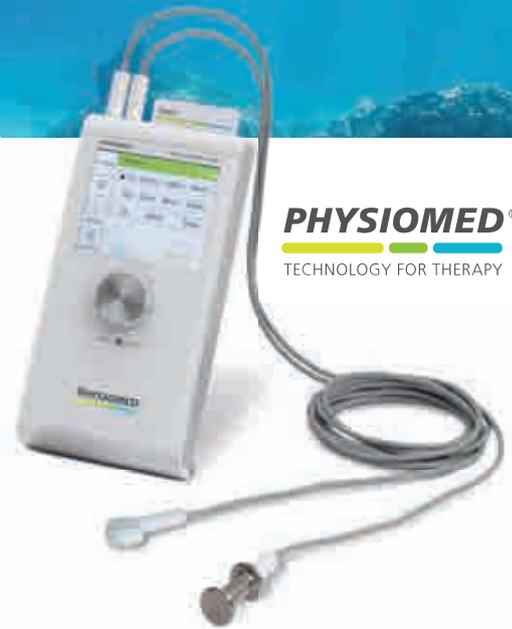
The movement of liquids is stimulated by the vibrations, which can be imagined as a gentle “shaking” of the structures. As a result, cells are better supplied with new substances and waste products are removed more effectively. This improves the condition of the cells.

The resulting heat (due to friction) ensures that the metabolism is booted up. In addition, the deep oscillation influences receptors that are responsible for pain transmission. Their activity is reduced, which also reduces the sensation of pain. This relaxes the structures and bodily fluids can circulate even better.

### When is deep oscillation used?

Users use deep oscillation in the following areas:

- Pains
- Lymph problems & edema
- Liposuction
- Muscle tension
- after injuries and operations
- to increase performance and regeneration
- to affect nerves
- in the beauty sector



**PHYSIOMED**®  
TECHNOLOGY FOR THERAPY

You can find out how easy it is to use deep oscillation and what experienced users really think about the effects here: (QR code above)

Veterinarians also like to use deep oscillation in the treatment of animals.

## THE K-ACTIVE®-INTERVIEW WITH: BOGDAN SUCIU

Bogdan Suci is one of the people who is particularly well versed in basketball support. Bogdan is a physiotherapist at Telekom Baskets Bonn in the BBL. We wanted to know from him why the team is so successful this season, how the athletes are suffering from the Corona restrictions and what he does every day to ensure the club's success.



*Bogdan Suci,  
Physiotherapist*

**K-Active®:** Hello Bogdan! Nice that it worked out with a short interview!

**Bogdan:** Thanks, I'm happy too!

**K-Active®:** The Telekom Baskets have held up excellently among the first places in the BBL this season so far. At times you were even in first place – First of all, congratulations on this top performance!

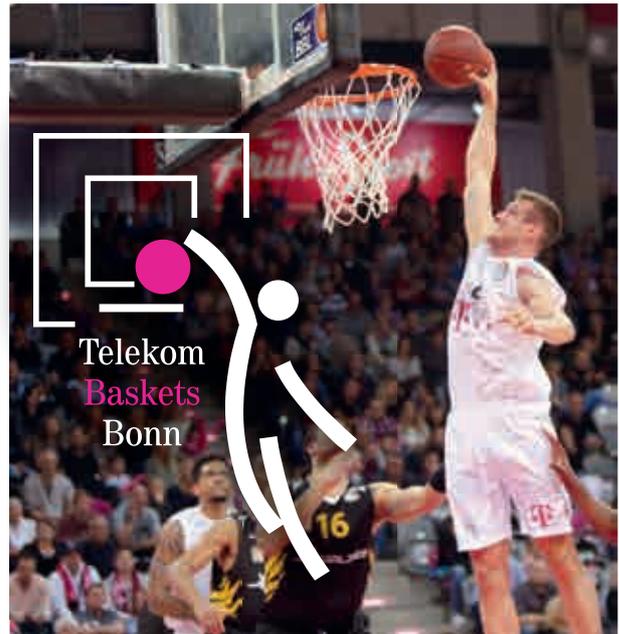
This success can be attributed to hard work. What adjustments were made after two rather mediocre seasons in order to be able to bring about this boost in performance?

**Bogdan:** The biggest twist was definitely the signing of the new coaching team: the Iisalo broth-

ers Tuomas and Joonas. These are two absolute top coaches in Germany, if not even in Europe. I am personally very pleased that our club management was able to convince them to come to Bonn.

**K-Active®:** Due to the Covid-19 pandemic, basketball has been severely restricted in the last two years in terms of training, games and fans. How has everyday sport changed for you since then and how do the players deal with playing in front of empty stands?

**Bogdan:** The Corona period is a huge burden for all of us, especially mentally. Due to the lockdowns, our foreign players couldn't get to know the great fans and the city. That has led to loneliness. Because many players could not bring their families with them.



In addition to my regular work as a physiotherapist, there was also the work of the corona tester and the contact person for corona virus matters. The BBL guide last season provided three tests per week for all players, coaches and support staff. That was quite a bit of work. Since this season and with the vaccination of the players, testing has now been reduced to a minimum. Luckily, we can now admit fans in Bonn again. That's a very big advantage, which you can see from our home game results. Playing in an empty hall was more of a "tragedy".



**K-Active®:** Our cooperation has existed for several years now and we provide your team with everything you need for the medical and therapeutic care of your players. Which product or therapy method do you use most often and why?

**Bogdan:** I am very proud of our cooperation! I think it's more than a normal cooperation. In the past, I've had the privilege of paying a visit to the **K-Active®** family and we always had a great exchange.

In my day-to-day work, of course, I need the sports tape most often to look after the players. The various creams from the Vitality Line and, of course, the high-quality kinesiology tapes are also loyal companions.

**K-Active®:** Most recently, you were able to use the „**DEEP OSCILLATION®**“ device to benefit from the many effects of deep oscillation. In which situations is it used and what is the feedback from the players?

**Bogdan:** The device is absolutely awesome! Your managing director Siegfried Breitenbach recommended the device to me, and it came at exactly the right time. I had to treat two ankle injuries and had great results, especially in the area of lymphatic drainage.



*Always in focus: Suciu treats acute cases on the sidelines. The fully equipped K-Active® case is always with you.*

**K-Active®:** The therapy method of deep oscillation is quite an innovative procedure. What is your basic attitude when it comes to trying new things? Are you open to modern technology and innovative therapies, or do you prefer to rely on the tried and tested?

**Bogdan:** Basically, I'm always open to new things, no question. I think a good mix of tried and tested, new knowledge and innovative tools make the therapy more successful and in sports also faster and more efficiently!

**K-Active®:** A very good conclusion! And with that we say goodbye and thank you very much for your time!

**Bogdan:** For you any time gladly! Thank you for your time, your work and your support!

**More information and videos about his work and application of DEEP OSCILLATION® can be found here:**



*With the **DEEP OSCILLATION®**, Suciu achieves effective results with ankle injuries.*

## 6D-TAPE: ACTIVATE YOUR LYMPHATIC SYSTEM!

Especially (breast) cancer patients, but also people with injuries or after operations, often suffer from swollen and painful arms or legs. To provide noticeable relief in such cases, the 6D-Tape was developed.



Six-Dimensional Method®  
**6D TAPE**

The **6D-Tape** is an innovative cotton tape, which is equipped with so-called „activation pads“. These pads allow stimulation of the structures by lifting, pulling, pressing and twisting. And that’s exactly what you want to achieve with the use of **6D-Tape**, because it brings a variety of benefits!

Users primarily use the **6D-Tape** to

- reduce swelling and relieve pain,
- improve the condition and elasticity of scars,
- reduce tensions in the connective tissue (“fascia”),
- to have a positive influence on joint swellings

How to apply the tape correctly, how 6D-Taping is supposed to stimulate the lymphatic flow and thus promote self-healing, and what advantages the tape brings in therapy and sports, you can find out in the detailed article at:



## PRACTICE TIP: TAPE APPLICATIONS FOR PROBLEMS AND PAIN IN THE AREA OF THE ISG

The patient indicates his back pain in the pelvic area, lateral to the spine? Often these are disorders of the sacroiliac joint, or “ISG” for short. They can be triggered by local, biomechanical overloads, but also by so-called “remote effects”. For example, possible remote effects originate from the temporomandibular joint via the descending chain or from the longitudinal arch via the ascending chain.

### Approach for taping therapy

According to the findings, so-called CrossTapes or a muscle technique can be applied in the

area of the temporomandibular joints.

As a local tape application, two “fans” have proven to be effective: Here, too, it is important to question the body and choose the correct technique accordingly.

If a disturbance starts from the foot, a “held technique” can optimize the ascending chains.

Only if local as well as distant disturbances are considered and integrated into the therapy the body can fully correct the problems completely. ■





Mikael Appelgren



# Looking for the last percent in performance improvement The Project „Löwen-Vita-Chips“

In order to be able to keep up in top-class sport, our players, coaches and supervisors no longer must worry only about the right training and sufficient regeneration. Work-life balance, private life, sleep – all of this has long been one of the important parameters if you want to be successful. Radiation exposure, often called “electro smog”, is also becoming more and more important.

The company ac blue planet has dedicated itself to exactly this problem: In order to minimize the influence of radiation on the body, it has developed the “Vita Chip®”. Together with ac blue planet, the Rhein-Neckar Löwen dared a project under the motto “In search of the last percent increase in performance” – with amazing insights.

## The Backgrounds

All electronic devices generate electromagnetic fields, “EMF” for short. The human body is exposed to them almost

everywhere. Unfortunately, studies indicate that EMFs can disrupt the body’s own functions. Possible consequences: stress, lower performance, higher likelihood of illness.

## The Vita Chip®

A small black plate the size of a 2-Euro-Coin – at first glance the Vita Chip® is small and inconspicuous. But it’s not about looks, but what’s inside: The chip contains finely ground magnetite (comparable to the tapes of the good old video cassette) on which various frequencies are stored. These are supposed to balance the electromagnetic fields that surround us and thus protect our body from them. This type of treatment is called “information medicine”.

## The Vita Chip® at the Rhein-Neckar Löwen

Our project started with each player sticking on a Vita Chip® onto their smartphone. Since this is a constant companion for many, an initial protection should be created – both against the radiation of the smartphone and that of the environment. The recommendation even goes as far as to put the cell phone equipped with the chip (in flight mode) next to the bed at night in order to be protected against EMF during this important regeneration phase and to improve the quality of sleep. ■

Find out in the full article what simple measures the players and coaching staff of the Rhein-Neckar Löwen have taken and how the positive effects of the Vita Chip® have made themselves clearly felt: (QR code above)



Vita Chip® „E“

Note: The effect of the technology presented here has not been scientifically proven. These are currently exclusively personal and subjective opinions of individual users or medical staff.



Who hasn't experienced it?  
After a long day at work, a strenuous sports session or an extensive shopping tour, your feet simply hurt.

No wonder, because our feet are the foundation of our body, on which we spend about 25% of our lives. A foot consists of 26 bones, 33 joints, 20 muscles and 114 ligaments! Unfortunately, this complex structure is often neglected: Incorrect footwear, mal-



The Meta Trigger in action

positions, overloading or lack of movement can lead to disorders in this "system foot". The possible consequences: flattened longitudinal arches, heel spurs, Haglund's heel or hallux valgus.

The **BlackBoard®** company has set itself the task of counteracting precisely these problems. The re-

sult is three perfectly coordinated products:

**The foot trainer**

The foot trainer enables a wide variety of exercises that mobilizes the bones and joints in a targeted manner and "re-align" them with each other. It can support and optimize the various functions of the foot.

**The Meta Trigger**

The Meta Trigger is the perfect tool for the specific treatment of trigger points and tension in the plantar fascia.

**The ToeBands**

After mobility has been restored through regular exercise and trou-

blesome tension and pain have been eliminated, the toes should also be considered: ToeBands can be used to train toes and foot muscles in a targeted manner.

**Conclusion**

If the three products are combined, then the stability and coordination of the foot can be trained and optimized in its entirety. The result: a higher load capacity of the foot and less disturbance of the body via the ascending chains.

Whether in therapy or in sports: **BlackBoard®** is particularly suitable for regular self-treatment of athletes or patients. ■



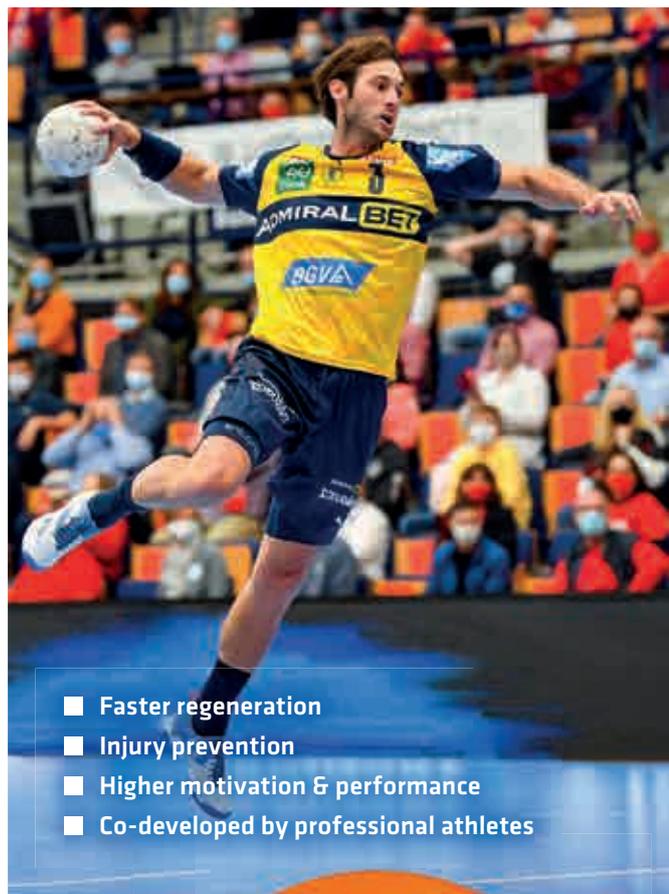
## entorch® COMPRESSION CLOTHING – CO-DEVELOPED BY PROFESSIONAL ATHLETES

The benefits of compression clothing are well known to most athletes: Regeneration, injury prevention, performance. There are many manufacturers offering their compression socks or pants on the market, but only real athletes know what is important. Only they know how enormously important it is to feel comfortable in your „second skin“ during training and especially during competition.

That is why **entorch®** has involved athletes in the development of its

compression garments from the very beginning. The constant exchange and feedback from athletes have made the garments what they are today: Perfect companions, from professional to amateur sports.

By athletes, for athletes: let the **entorch®** compression garments convince you. ■



- Faster regeneration
- Injury prevention
- Higher motivation & performance
- Co-developed by professional athletes

## THE TRIGGER BUTTON: THE INNOVATIVE COMBINATION OF TRIGGERING AND TAPING

When it comes to treating trigger points, two therapy methods are among the top favorites: Trigger Point Massage and Kinesiology Tape.

The benefits of both applications have now been combined into one product: The “trigger button”, originally “Triggerknopf”, is applied with a **K-Active®** tape over the painful trigger point. By

pressing and releasing the trigger button, you can gently massage and loosen the underlying tissue. With an additional strip of tape placed over it, the pressure into the tissue can be increased even more.



**Small button - big effect.**

**Try the trigger button now!**

- Targeted trigger point treatment and pain reduction - always and everywhere
- Additional support through Kinesiology Tape Application
- No restriction of your mobility
- Reusable as often as you like





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