

Bauerfeind EpiTrain® Elbow Support

Worn by many professional athletes, EpiTrain is our most popular elbow support.



Product Features:

- Knitted elbow support incorporating two anatomically contoured silicone inserts surrounding the medial and lateral elbow bones (epicondyles) and lying over the flexor and extensor muscles
- Silicone inserts leave the elbow bones pressure-free and provide an intermittent compression to the soft tissue of the joint, leading to increased circulation, thus aiding in the resorption of swelling and edema
- Promotes proprioception, thus heightening sensory awareness in the elbow for increased joint stabilization
- Graduated compression at the edges prevents constriction of circulation
- Lightweight, breathable knit will not retain heat and is completely machine washable

Can be used to treat:

- Lateral Epicondylitis (tennis elbow)
- Medial Epicondylitis (golfer's elbow)
- Post elbow Arthroscopy
- Elbow strains or sprains
- Pre and Post-Operative elbow conditions
- Chronic swelling and edema
- Arthritis/osteoarthritis

EpiTrain



Size	Circumference in inches	Item #
0	6 ^{1/2} - 7 ^{1/2}	110616030*0000
1	7 ^{1/2} - 8 ^{1/4}	110616030*0001
2	8 ^{1/4} - 9	110616030*0002
3	9 - 9 ^{3/4}	110616030*0003
4	9 ^{3/4} - 10 ^{1/2}	110616030*0004
5	10 ^{1/2} - 11 ^{1/2}	110616030*0005
6	11 ^{1/2} - 12 ^{1/4}	110616030*0006

**1=Nature, *7 =Black, *8=Titanium*

Size is determined by loosely measuring the circumference of the arm, with the arm slightly bent, at 4^{3/4} inches below the lateral elbow bone