

The Buzz this Spring

Spring is in full force and the buzz is all about being active and enjoying the warmer temperatures. Here are 4 ways to sneak fitness into your spring days;

Go on a nature walk - Get in touch with nature and enjoy newly sprouting plant life. A nature walk burns more calories than typical city walking at approximately 170 calories an hour.

Gardening can be soothing and therapeutic as it is usually done in solitude. Weeding is also good exercise and burns 182 calories for only half an hour.

Biking - Even if you're not a regular cyclist, playing tourist and exploring your city by bike can be a great way of seeing the sights in a new light ... and burning approximately 355 calories for each hour.

Park and Shop - Make a day of errand-running active by finding one parking space and walking to all the stores you will visit. Instead of driving to each place, you'll be able to burn about 100 calories for every 30 minutes.



264 Bronte St.S., Unit #11
Milton, ON L9T 5A3

1-800-661-5329

Tel: (905) 876-0873

Fax (905) 876-2958

www.cturnermedical.ca

C. TURNER 
MEDICAL
ORTHOPAEDIC BRACING

SupportLine

SPRING 2011

New products from CORFLEX



C. Turner Medical Ltd. is excited to announce 5 exciting new products from *Corflex*, just in time for Spring!

Now available is a new addition to the **Suede Wrist Lacer** line is the **8-inch Suede Wrist Lacer Support with an Abducted Thumb**. Manufactured from the same perforated suede-like material, it features malleable aluminum palmar and thumb stays with a flexible dorsal stay. It is ideal for the treatment of deQuervain's Syndrome, tendonitis and post cast removal. It is designed to provide comfortable thumb and wrist immobilization while preserving mobility of the other fingers.

Brand new to their **Cooltex** line is the **J-Pull with Hinge** by *Corflex*. It is designed to provide controlled pressure to the patella with a sewn-in J-shaped tubular buttress and features 1-inch low profile hinges for medial/lateral stability. This new J-Pull stabilizer is indicated for patients with patella instability, lateral subluxation and dislocation where medial/lateral support is also required. Its breathable and hypo-allergenic material makes it ideal for patients with a sensitivity to neoprene.



Coming in June from *Corflex*, is the **Game On** ankle stabilizer; a low-profile lace-up ankle brace that helps provide comfortable protection for the unstable ankle. It features the same high level security and support you have come to trust from professional ankle taping without the costly time and expense. **Game On** is designed with figure-8 straps to lock the calcaneus and help control abnormal inversion and

eversion. **Game On** is indicated for the treatment of moderate ankle sprains, strains, ankle instability and weakness, or to help prevent injury during high-risk activities.

Also coming in June is the new **Universal Plantar Fasciitis Splint**, a brand new addition to the *Corflex* line of plantar fasciitis treatment products. It is designed to provide pressure and continuous support to help reduce plantar fasciitis pain. The 1-1/2" elastic tension strap applies pressure over the medial calcaneal tubercle and plantar fascia, helping in the pain reduction associated with inflammation and allowing the patient to exercise and maintain proper muscle tone. The **Universal Plantar Fasciitis Splint** helps provide relief day and night and can be worn with shoes, slippers, sandals and even barefoot. Its breathable body wicks away moisture for added comfort.



*Available in two sizes - fits left or right ankle.

epX

Be ready for those soccer players coming to you with their painful ankle sprains and strains by stocking up on the **V-Lock Ankle Stabilizer** by epX.

Designed to help provide immobilization and pain control, the **V-Lock** allows the wearer to remain active. It limits inversion and eversion movements without restricting plantar flexion and dorsiflexion. So the **V-Lock Ankle Stabilizer** is ideal for soccer players who want to remain in the game, as it will allow the player to still kick the ball.

Don't Miss Our Email Promotions!

C. Turner Medical Ltd. is offering special discounts and promotions on our products to our valued customers by email.

Make sure we have your email address on file so that you too can take advantage of these exciting offers!

Bracesox

Your partner for brace comfort

Those customers who order our custom brace by VQ Orthocare are familiar with *Bracesox*, the manufacturer of the popular undersleeve designed for brace comfort. *Bracesox* now makes a brace oversleeve designed for performance.



The *Bracesox* oversleeve is ideal for practice or game situations. It is designed for compliance during sporting events for brace protection. This lightweight and perforated sleeve features breathable 4-way stretch cotton/lycra panels and padding at the hinges. It is universally sized to fit over any custom knee brace.

focus on OActive

The *OActive* osteo arthritis knee brace by VQ Orthocare is designed for mild to severe unicompartmental osteo arthritis. This lightweight, low profile brace features a unique angle adjustment to optimize pain relief. Its single upright design is ideal for those patients who require bilateral braces and those who have limited room between the thighs during gait because it is applied laterally. Its lateral application also avoids the common tibial crest pressure issues.



The custom *OActive* by VQ Orthocare offers a superior and intimate fit when manufactured using the state-of-the-art eCast custom measurement system. Quick release buckles offer easy removal and patient compliance. The custom *OActive* is available in the same colour options as the *Eagle* and *Eagle OA* custom braces.

The *OActive* by VQ Orthocare is also offered in an off-the-shelf version. It is universally sized for the ultimate in easy sizing and features sili-grip liners and strap pads for optimal suspension. The off-the-shelf *OActive* features a laterally applied frame and hinge that corrects for either medial or lateral compartment osteo arthritis.

*Available in 2 lengths; Standard and Tall.

TRIVIA QUIZ

Please email or fax your answers to (905) 876-2958 by May 27th and we will randomly draw a winner from all correct entries. **GOODLUCK!**

1. Name one of the new Corflex products that will be coming in June.
2. How is the Bracesox oversleeve sized?
3. How is the O-Active brace by VQ Orthocare applied?
4. What is one of the indications for the Suede Lacer wrist support by Corflex?

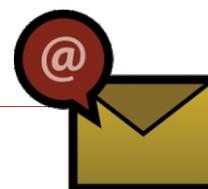
Protect Yourself from Identity Theft



Identity theft is a very serious crime. It occurs when your personal information is stolen and used without your knowledge to commit fraud or other crimes. It can destroy your credit and ruin your good name.

Deter identity thieves by safeguarding your personal information in the following ways;

- **Shred** financial documents and paperwork before you discard them.
- **Protect** your social security number by not carrying it in your wallet or writing it on a check.
- **Don't give out** any of your personal information through the mail, over the phone or on the internet.
- **Don't use** an obvious password like your birth date, your mother's maiden name or the last 4 digits of your social security number.
- **Keep** your personal information in a secure place at home, especially if you have roommates, employ outside help or are having work done in your house.



SEND US YOUR COMMENTS...

SupportLine is a newsletter designed to keep our customers informed and updated on the products that C. Turner Medical Ltd distributes. Your comments and feedback are always welcome. If there is anything that you would like to read about in future issues of *SupportLine*, or if you'd just like to tell us how we are doing, please email your comments to turnermedical@bellnet.ca.