



Your intelligent training partner

# ***HOW TO INTEGRATE ELECTROSTIMULATION INTO SKI TRAINING***



# INTRODUCTION

## BERNARD BONTHOUX – OSTEOPATH



An evolution in skiing techniques and materials has caused athletes to change their training methods and use electrostimulation.

Previously, the post-injury period was often the only instance these devices were used. However, after being in the ski industry for 30 years, I have seen an increase in the use of Compex electrostimulation.

A few years ago, every Nordic skier used electrical stimulation solely for recovery and Alpine skiers used it to increase strength; we can now say that the situation has completely changed.

### USE OF ELECTROSTIMULATION IN SKI:

Compex can be an ideal partner to help you warm up muscles, prevent injuries, recover better and faster, and even develop strength.

This booklet shows you 3 training plans:

- Alpine competition: 8 weeks
- Long distance Nordic skiing over 10 weeks
- Nordic skiing: 5 weeks

The last part of this training guide targets seasonal skiers and/or snowboarders. The primary goal of this preparation is to reduce the risk of injury and avoid the manifestation of aches and pains.

### MAJOR MUSCLE GROUPS TO BE TARGETED:

- Alpine and freestyle skiing: Quadriceps (knee ligaments injury prevention) and core
- Nordic skiing: the recovery of the lower body muscle groups on Quadriceps and Triceps surae. The emergence of new competition standards, with more explosive speed requirements, engenders more intense electrostimulation techniques such as strength building. The importance of the upper body is increasing as well and can be integrated into this program.
- Snowboard: Quadriceps and abs

# INTRODUCTION

## SEVERAL RULES TO HELP YOU ACHIEVE YOUR OBJECTIVES:

- The prerequisite for this training is to be in overall good shape and to train on a regular basis; obviously, the ski season is not just 4, 8 or even 10 weeks of training!
- For people who are not used to muscle stimulation (especially the strengthening program), a 2-3 week initiation is highly recommended before starting with a training plan.
- When you feel comfortable using the Compex device, you can add the Potentiation program to prepare the muscles before competitions
- Practising a sport where you have to 'seek' snow can be challenging when travel is frequent and you don't have a chance for a proper recovery session. Therefore it is essential to use the recovery programs.
- Finally, for casual skiers, this tool can be considered a supplement to other sports activities throughout the year.

Become a champion skier or just ski for fun; Compex will help either way!

## THE USE OF COMPLEX OF ALPINE SKI

### AUTHORS:

Alexis GSELL, Patrice PAQUIER  
and Anael Huard (Members of the French Ski Federation)



### TESTIMONIAL:

Most athletes have their own Compex that they use regularly since the launch of the brand (over 30 years ago). There are four preferred uses: warming up the muscles, injury prevention, improved recovery and strength development.

- For recovery, athletes use electrostimulation in the late afternoon after a running or cycling session, using the programs Capillarisation and Active Recovery. These programs work well together for a superior effect.
- For injury treatment such as tendonitis or contractures, athletes use recovery programs to improve recovery time and reduce pain.
- Regarding treatments post-injury such as ACL, Compex can be used under the supervision of a doctor with specific rehab programs. It is then used in combination with strength exercises to stimulate more muscle fibers. When an athlete is injured and cannot train, the use of Compex is also important to maintain a level of muscle activity in other areas of the body (not necessarily the injured ones).

The ways in which you use Compex depends on your objectives.

# HOW TO USE COMPEX

## IMPORTANT TIPS

### WHEN TO START PREPARING

This booklet offers different training plans:

- The prerequisite for this training is overall good physical condition with regular physical activity during the month prior to starting the training plan. It is recommended to have completed a few shorter ski slopes before preparing for the longer distance.
- For people who have never practiced electrostimulation, including qualitative sessions (endurance, strength, cross-training), an initiation period of 2 to 3 weeks is highly recommended before starting this full training regime.

### SIMILAR PROGRAMS ACROSS DIFFERENT COMPEX DEVICES

Sometimes, CompeX models will use different names to refer to the same program type. Below is a key so you can identify the correct program:

- **Capillarisation = Oxygenation**
- **Core stabilization = Muscle building**

### ADJUSTING STIMULATION INTENSITY IS THE KEY!

#### **For Programs inducing powerful muscular contractions (Endurance, Strength, Cross training, Core stabilization)**

Maximum toleration: It is crucial to reach the highest level of intensity possible (though the session must always remain bearable). Intensity determines the number of muscle fibers which are engaged or 'recruited' by the stimulation. The best way to determine your maximum toleration is simply through your own judgement of what your body can cope with. The contractions must be powerful without ever becoming intolerable. The progress of a stimulated muscle will be greater if the CompeX device recruits a high number of its fibers.

### SOME GENERAL RULES TO HELP YOU TRAIN

- Observe the electrode placements indicated and note their polarity (+ and - ). For wireless devices: the + polarity is located on the electrodes where there is an on / off button; for wired models, the + polarity comes from the color wire.\*
- Consider changing your electrodes on a regular basis. If the gel layer on the electrode deteriorates, it will be less conductive and you will not be able to achieve higher levels of stimulation.
- Always look to progress
  - Increase the intensity marginally every 3,4 or 5 contractions throughout a session.
  - In subsequent sessions aim to exceed the level of intensity reached in the previous session
  - It is often more comfortable to voluntarily contract the muscles, synchronised with the stimulation

#### **For Training recovery and Capillarization sessions**

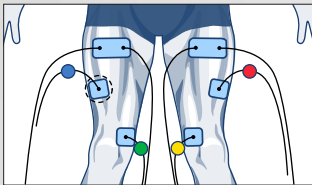
Increase the intensity gradually; it should produce visible muscular twitches.

\*For older generation devices, the + polarity is located alongside the red connector.

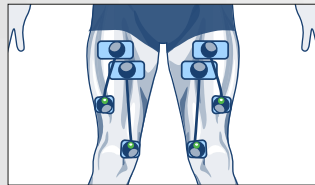
# HOW TO USE COMPEX

## IMPORTANT TIPS

### QUADRICEPS : STRENGTH & RESISTANCE PROGRAMMES



**ELECTRODE PLACEMENT  
(WIRED)**



**ELECTRODE PLACEMENT  
(WIRELESS)**



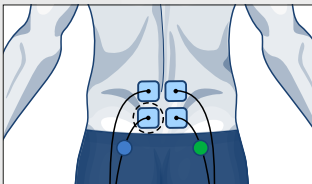
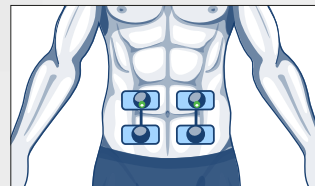
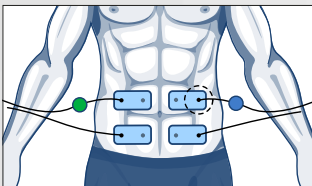
OR



- Sit with knees bent at approximately 90°
- Secure the ankles to avoid knee extension when there is a powerful contraction

- Sit on chair
- When the contraction begins, position yourself in a semi-squat
- Sit back down at the end of the contraction
- Keep the back straight, lower back arched and eyes facing forward (horizontal)

### ABS AND LOW BACK : CORE STABILIZATION PROGRAMME



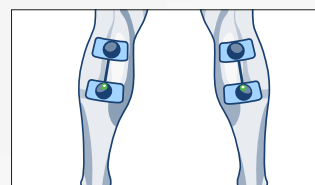
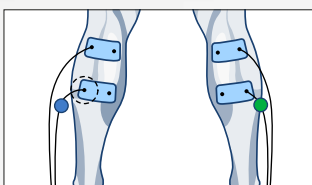
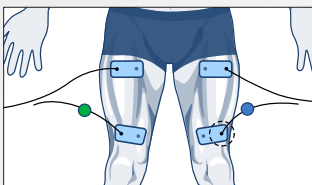
**ELECTRODE PLACEMENT  
(WIRED)**

**ELECTRODE PLACEMENT  
(WIRELESS)**



- Sit on a firm chair with a straight back.
- With each contraction, perform the following routine:
  - Breath slowly emptying the lungs for the duration of the contraction.
  - Pull in the belly

### TRAINING RECOVERY AND CAPILLARISATION PROGRAMS



**ELECTRODE PLACEMENT  
(WIRED)**

**ELECTRODE PLACEMENT  
(WIRELESS)**



- Comfortable body position
- Lie down with foot/leg elevated from the ground

# OBJECTIVE

## ALPINE SKIING 8 WEEKS

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING	Aerobic session 1h30 Max 70% heart rate	Strength: 8 reps at 60%	Activities: motor skill		Aerobic session 1h30 Max 70% heart rate		
	AFTERNOON			Aerobic session 1h30 Max 70% heart rate				
	Compex®	Strength 1 Quads		Training recovery Quads	Strength 1 Quads	Training recovery Quads	Strength 1 Quads	

**ACTIVITIES:** Basic athletics, motor skill

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING			Strength: 10 reps at 75%			Aerobic session 1h30 Max 70% heart rate	
	AFTERNOON	Activities: motor skill Strength: 10 reps at 70%	Aerobic session 1h30 Max 70% heart rate			Activities: Plyos Strength: 10 reps at 75%		
	Compex®	Training recovery Quads	Strength 1 Quads	Training recovery Quads	Strength 1 Quads	Training recovery Quads	Strength 1 Quads	

**STRENGTH:** 12-8 reps 60-75% recovery, upper and lower body

**AEROBIC SESSION:** cycling, running, mountain biking, hiking, roller skating. 1h30 Max 70-75% heart rate

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING				MAP: 10x30/30 MAS 5x1'/1' session			
	AFTERNOON	Activities: motor skill Strength: 10 reps at 70%	Aerobic session 1-1h30 Max 75% heart rate	Strength: 6 reps at 85%			Explosive: speed and jumping series 6-7 s	
	Compex®		Strength 1 Quads	Training recovery Quads	Strength 1 Quads		Training recovery Quads	Strength 1 Quads

**ACTIVITIES:** Basic athletics, motor skill, plyos

# OBJECTIVE

## ALPINE SKIING 8 WEEKS

WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING		Activities: motor skill Strength: 6 reps at 80%	Aerobic session 1h30 Max 75% heart rate	Strength: 6 reps at 85%		Explosive: speed Bouncing Series 6-7 s	
	AFTERNOON				Aerobic session 1h30 Max 75% heart rate			
	Compex®		Training recovery Quads	Strength 1 Quads	Training recovery Quads		Training recovery Quads	

**STRENGTH:** 6 reps 80-85% upper and lower body

**AEROBIC SESSION:** cycling, running, mountain biking, hiking, roller skating. 1h30 Max 70-75% heart rate

**MAP:** 10x30-30 series 100% MAS and 1 5x1-1 series with leaps

**EXPLOSIVE:** work feet speed, jumping against high, skill, short series 6-7 sec

WEEK 5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING		Activities: motor skill Strength: 6 reps at 80%	MAP: 10x30/30 MAS 5x1'/1' session	Strength: 6 reps at 85%		Explosive: speed and jumping series 6-7 s	Competition preparation
	AFTERNOON		Aerobic session 1h30 Max 75% heart rate		Aerobic session 1h30 Max 75% heart rate			
	Compex®	Strength* 1 OR Explosive Strength** Quads	Training recovery Quads	Strength* 1 OR Explosive Strength** Quads	Training recovery Quads	Strength* 1 OR Explosive Strength** Quads		Training recovery Quads

**ACTIVITIES:** Basic athletics, motor skill, plyos

\*Strength program recommended for descent and super-G • \*\*Explosive strength recommended for slalom or giant slalom

WEEK 6		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING						AEROBIC SESSION 1H30 MAX 75% HEART RATE	
	AFTERNOON		Activities: plyos Strength: 5 reps at 90% + speed	Aerobic session 1h30 Max 75% heart rate	Strength: 6 reps at 95%	MAP: 10x30/30 MAS 5x1'/1' session		
	Compex®		Training recovery Quads	Strength* 1 OR Explosive Strength** Quads	Training recovery Quads	Strength* 1 OR Explosive Strength** Quads	Training recovery Quads	Strength* 1 OR Explosive Strength** Quads

**STRENGTH:** 5-3 reps 80-85% upper and lower body

**AEROBIC SESSION:** cycling, running, mountain biking, hiking, roller skating. 1h30 Max 70-75% heart rate

**MAP:** 10x30-30 series 100% MAS and 1 5x1-1 series with leaps

**EXPLOSIVE:** work feet speed, jumping against high, skill, short series 6-7 sec

\*Strength program recommended for descent and super-G • \*\*Explosive strength recommended for slalom or giant slalom

# OBJECTIVE

## ALPINE SKIING 8 WEEKS

WEEK 7		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING	Aerobic session 1-1h Max 75% heart rate	Activities: plyos Strength: 6 reps at 40-80% max speed	Aerobic session 1-1h Max 75% heart rate	Strength: 6 reps at 40-80%		Explosive: speed and jumping series 6-7 s	Competition preparation
	Compex®		Training recovery Quads	Strength* 1 OR Explosive Strength** Quads	Training recovery Quads	Strength* 1 OR Explosive Strength** Quads	Training recovery Quads	

**ACTIVITIES:** Basic athletics, motor skill, plyos

\*Strength program recommended for descent and super-G • \*\*Explosive strength recommended for slalom or giant slalom

WEEK 8		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		Activities: plyos Strength: 6 reps at 40-80% max speed	Aerobic session 1-1h Max 75% heart rate	Strength: 6 reps at 40-80%		Explosive: speed and jumping series 6-7 s	Competition
	Compex®		Training recovery Quads		Training recovery Quads			Training recovery Quads

**STRENGTH:** 6 reps 40-80% upper and lower body

**AEROBIC SESSION:** cycling, running, mountain biking, hiking, roller skating. 1h30 Max 70-75% heart rate



# OBJECTIVE

## NORDIC SKIING - 10 WEEKS

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	DT1 - 1h30	45' - 8x10' speed, recovery 3'-30'		DT1 - 1h30	45' - 8x10' speed, recovery 3'-30'
	Compex®	Strength 1 Quads	Training recovery Quads and Triceps surae	Strength 1 Quads	Training recovery Quads and Triceps surae		Capillarisation Quads and Triceps surae	Training recovery Quads and Triceps surae

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	DT1 - 2h	DT1 - 2h		DT1 - 1h30	45' - 30' Fartlek (interval training) Recovery 3' - 30'
	Compex®	Strength 1 Quads	Training recovery Quads and Triceps surae	Capillarisation Quads and Triceps surae	Training recovery Quads and Triceps surae		Strength 1 Quads	Training recovery Quads and Triceps surae

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	DT1 - 2h			45' - 10x10' speed, recovery 3'-30'	Competition preparation
	Compex®	Strength 1 Quads	Training recovery Quads and Triceps surae	Capillarisation Quads and Triceps surae		Strength 1 Quads	Training recovery Quads and Triceps surae	Training recovery Quads and Triceps surae

WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h15		DT1 - 1h45		45' - 10x10' speed, recovery 3'-30'	DT1 - 1h15
	Compex®		Training recovery Quads and Triceps surae	Strength 1 Quads	Capillarisation Quads and Triceps surae	Strength 1 Quads	Training recovery Quads and Triceps surae	Training recovery Quads and Triceps surae

WEEK 5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	DT1 - 1h45	45' - VMA 10x1'/1' - 45'		45' - 10x10' speed, recovery 3'-30'	Competition preparation
	Compex®		Capillarisation Quads and Triceps surae	Strength 1 Quads	Training recovery Quads and Triceps surae		Training recovery Quads and Triceps surae	Training recovery Quads and Triceps surae

# OBJECTIVE

## NORDIC SKIING - 10 WEEKS

WEEK 6		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30		DT1 - 1h30		45' - 10x10' speed, recovery 3'-30'	DT1 - 1h30
	Compex®		Training recovery Quads and Triceps surae	Resistance 1 Quads	Training recovery Quads and Triceps surae	Resistance 1 Quads	Training recovery Quads and Triceps surae	Capillarisation Quads and Triceps surae

WEEK 7		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	DT1 - 2h	45' - MAS 10x1'1' - 45'	DT1 - 1h15		45' - 45' Fartlek (interval training) Recovery 3' - 30'
	Compex®		Resistance 1 Quads	Capillarisation Quads and Triceps surae	Training recovery Quads and Triceps surae	Training recovery Quads and Triceps surae	Resistance 1 Quads	Training recovery Quads and Triceps surae

WEEK 8		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	DT1 - 1h45	45' - MAS 6x2'1/2' - 45'		45' - 10'x10' speed, recovery 3'-30'	Competition preparation
	Compex®		Resistance 1 Quads	Capillarisation Quads and Triceps surae	Training recovery Quads and Triceps surae	Resistance 1 Quads	Training recovery Quads and Triceps surae	Training recovery Quads and Triceps surae

WEEK 9		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	DT1 - 1h45	45' - 8x10' speed, recovery 3'-30'			45' - 30' Fartlek (interval training) Recovery 30'
	Compex®		Resistance 1 Quads	Capillarisation Quads and Triceps surae	Training recovery Quads and Triceps surae	Resistance 1 Quads		Training recovery Quads and Triceps surae

WEEK 10		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	45' - 10'x10' speed, recovery 3'-30'	DT1 - 1h15		45' - 10'x10' speed, recovery 3'-30'	Long distance objective
	Compex®			2 x Capillarisation Quads and Triceps surae	2 x Capillarisation Quads and Triceps surae	2 x Capillarisation Quads and Triceps surae	2 x Capillarisation Quads and Triceps surae	Training recovery Quads and Triceps surae

DISTANCE TRAINING (DT1) = aerobic

# OBJECTIVE

## NORDIC SKIING - 5 WEEKS

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	MORNING		DT1 - 1h30		45' - 8x10' speed, recovery 3'-30'		DT1 - 1h30	45' - 8x10' speed, recovery 3'-30'
	AFTERNOON		Jogging 45'					
	Compex®	Strength 1 Quads	Training recovery Quads	Strength 1 Quads		Strength 1 Quads	Training recovery Quads	Training recovery Quads

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	DT1 - 1h	DT1 - 2h		DT1 - 1h30	45' - 30' Fartlek (interval training) threshold 30'
	Compex®	Strength 1 Quads	Training recovery Quads	Strength 1 Quads		Strength 1 Quads	Training recovery Quads	Training recovery Quads

WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	DT1 - 1h45	45' - MAS 10x1'/1' - 45'		45' - 10x10' speed, recovery 3'-30'	Competition preparation
	Compex®	Strength 1 Quads	Training recovery Quads	Strength 1 Quads		Strength 1 Quads	Training recovery Quads	Training recovery Quads

WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	DT1 - 1h45	45' - 8x10' speed, recovery 3'-30'		DT1 - 1h30	45' - 30' Fartlek (interval training) threshold 30'
	Compex®		Training recovery Quads	Strength 1 Quads	Training recovery Quads	Strength 1 Quads		Ski session and then Training recovery Quads

WEEK 5		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		DT1 - 1h30	45' - 10x10' speed, recovery 3'-30'	DT1 - 1h15		45' - 10x10' speed, recovery 3'-30'	Long distance objective
	Compex®		Training recovery Quads	Strength 1 Quads	Training recovery Quads	Strength 1 Quads		Ski session and then Training recovery Quads

DISTANCE TRAINING (DT1) = Aerobic

# OBJECTIVE

## ALPINE SKIING - 4 WEEKS

### SEASONAL SKIERS

#### DURING THE 4 WEEKS PREPARATION IT IS RECOMMENDED:

- Walking as much as possible
- Use stairs rather than lift or escalators
- Add 3 weekly sessions for the abdominal and lumbar muscles

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		Jogging 45 mn				Aerobic session: cycling, running, mountain biking, roller skating, etc.	Jogging 45' hilly
	Compex®	Strength 1 Quads	Training recovery Quads	Strength 1 Quads		Strength 1 Quads	Training recovery Quads	Training recovery Quads
WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		Jogging 50 mn				Aerobic session: cycling, running, mountain biking, roller skating, etc.	Jogging 50' hilly
	Compex®	Strength 1 Quads	Training recovery Quads	Strength 1 Quads		Strength 1 Quads	Training recovery Quads	Training recovery Quads
WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		Jogging 1h				Aerobic session: cycling, running, mountain biking, roller skating, etc.	Jogging 1h hilly
	Compex®	Strength 1 Quads	Training recovery Quads	Strength 1 Quads		Strength 1 Quads	Training recovery Quads	Training recovery Quads
WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	TRAINING		Jogging 1 h		Jogging 1h or similar activity		Ski	
	Compex®		Training recovery Quads	Strength 1 Quads	Training recovery Quads	Strength 1 Quads		Ski session and then Training recovery Quads

## FLORENT CLAUDE

### BIATHLON



- 2 Podiums in IBU Cup
- Ten top 10 in IBU CUP (World Cup B)
- 2 World Cup Selections A
- 3rd French sprint championship
- 3rd French championship of France

I use Compex almost every day after training to improve my recovery. As an athlete I think it is great to have Compex as part of my training. Compex also helps me on competition days, when I use Compex warm-up programs. And sometimes to build muscle as well.

## MAXIME MONTAGGIONI

### HANDI-SNOWBOARD



After twelve years practising Taekwondo (including two at the highest level with the Francepara-taekwondo team ), I changed direction towards my passion as a kid: snowboarding. In November 2014 I took part in my first international competitions (European and World Cup) in an artificial dome in Holland where I got encouraging results by finishing in the top 5 twice.

Since then, I have improved my training, and my desire to perform better has grown. It was in 2015/2016 season that I made my first podium placements in the World Cup with 2 bronze medals in bankslalom in France and Italy and a silver medal in bordercross in France.

I was born with an agenesis of the right forearm, I was introduced to Compex thanks to my physiotherapist because I was trying

to find a way to increase muscle on my right side.

It has been difficult for me to increase muscle so there was a big difference in volume between the upper right and left parts of my body when I bought my first Compex (a Mi-Sport). However, I was able to discover other programs for rehabilitation and I used it a lot for the recovery of my legs after the Taekwondo sessions and most often with targeted programs for strength.



# BRACING & SUPPORTS PRODUCT LINE

STAY HEALTHY - RETURN TO FITNESS FASTER - SUPPORT YOUR PERFORMANCE

## ANAFORM™

PERFORMANCE SUPPORT  
AND COMPRESSION



**ANAFORM 4MM  
KNEE SLEEVE**



Recommended for strains,  
minor inflammation and joint stiffness

**ANAFORM 2MM  
KNEE SLEEVE**



## TRIZONE™

COMPRESSION  
AND SUPPORT



**TRIZONE  
KNEE**



Recommended for repetitive motion or fatigue symptoms,  
minor strains, inflammation and swelling,  
and to reduce stress on the knee

## WEBTECH™

SHOCK ABSORBING  
WEB TECHNOLOGY



**WEBTECH  
PATELLA**



Recommended for minor  
anterior knee pain, knee  
instability, overuse symptoms  
and to reduce stress on the knee

**WEBTECH  
PATELLA STRAP**



Recommended for relieving pressure  
around the patella

## BIONIC™

ULTIMATE STABILITY



**BIONIC  
KNEE**



Recommended for minor anterior knee pain,  
knee instability, overuse symptoms  
and to reduce stress on the knee



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