PRO ORTHOPEDIC DEVICES INC

THE MOST TRUSTED NAME IN SPORTS MEDICINE FOR OVER 50 YEARS!
Welcome to PRO Orthopedic Devices Inc.
The Most Advanced Sports Medicine Supports And Braces Available!

With over 40 years of design and manufacturing experience no one knows neoprene better than PRO. Offering over twenty patented products, PRO is constantly upgrading designs and materials to give you the best support possible. While many new materials have entered the market, none can produce the results obtained with neoprene. It is the four way stretch properties of neoprene, combined with therapeutic heat retention, that makes neoprene so effective in controlling edema. Compression alone cannot produce the same results and all PRO neoprene products are free of latex and natural rubber.

Unlike most providers PRO still manufactures its products in the United Stated in a state-of-the-art facility in Tucson Arizona. Unlike the importers, PRO uses 100% Neoprene with no fillers and can provide additional services such as custom fabricated sleeves and supports for those hard to fit patients.

Try PRO and see why quality, innovation and service have become the hallmarks for which we are known.

Take advantage of PRO’s toll free number to place your order. Call 1-800-523-5611 9am – 7pm EST Monday through Friday. Your order will be processed that day for shipment.

UPS provides quick delivery. All orders will be shipped UPS unless otherwise specified.

N1 or N2 material now available for most supports. The N1 material has the soft nylon lining on the outside of the brace and the smooth neoprene rubber on the inside assuring an athlete a secure fit with no slippage. The N2 material has a soft nylon lining on both sides of the brace for easier application. (Some products are stocked in N2 only.)

Custom fabricated supports for those hard to fit patients are normally ready for shipment within 3 working days. Overnight delivery is available upon request. Contact a PRO customer service representative for measuring instructions.

Team colors are available to schools ordering in quantity at no additional charge. Individuals requesting colors can be accommodated through our custom program for a nominal fee. Please note: Custom made items (including custom colors) are non returnable, non refundable.

Continuing The Tradition Of Quality, Service & Value Since 1964.
Knee Braces

**PRO 105 Spiral Knee Sleeve**
Full length sleeve of 1/8” thick neoprene with nylon lining (N2) provides uniform compression and therapeutic heat. This support features two spiral stays on the lateral and medial sides for additional support. The patella opening eliminates patella pressure. Fits right or left leg. Sold singly. Specify size desired. Refer to size chart.

**PRO 110 Standard Knee Sleeve**
The 110 is the classic knee sleeve which spawned a revolution in the treatment of knee problems and created a whole new industry. This time-proven design is made from the highest grade 1/8” neoprene rubber featuring a nylon outer cover for durability. Measuring 13” in length, the outer oval pad helps control sleeve stretch and fit while increasing the concentration of heat over the patella area. The 110 is helpful for arthritis, strains, and post-operative knee problems. It’s comfortable and effective.

Sold singly. Specify size desired. Refer to size chart. Also available in nylon inner liner, see order form under Nylon Two.

**PRO 110A Altered Standard Knee Sleeve**
All the same features as the classic 110 Standard Knee Sleeve with the addition of a patella opening. This opening relieves pressure on the patella, allowing it to rise where the surrounding two layers of neoprene help stabilize patella tracking. Time has proven this to be the most popular choice in the conservative treatment of Chondromalacia.

Sold singly. Specify size desired. Refer to size chart. Also available with nylon inner liner, see order form under Nylon Two.

**PRO 115 Stabilizing Sleeve**
U.S. Patent # 4,084,584
Building upon the time-tested design of the Classic Knee Sleeve, PRO has taken the next step in intermediate patella stabilization. A channel around the patella opening on the inside of the sleeve holds a soft rubber stabilizer. Openings in this channel on the top, bottom and each side allow access to the stabilizer, any portion of which is easily removed with scissors should you desire. Sold singly. Specify size desired. Refer to size chart.

<table>
<thead>
<tr>
<th>Knee Sleeve Size Chart</th>
</tr>
</thead>
<tbody>
<tr>
<td>12” – 13” XSmall</td>
</tr>
<tr>
<td>13 ¼” – 14” Small</td>
</tr>
<tr>
<td>14 ¼” – 15” Medium</td>
</tr>
<tr>
<td>15 ¼” – 17” Large</td>
</tr>
<tr>
<td>17 ¼” – 18” XLarge</td>
</tr>
<tr>
<td>18 ½” – 19” XXLarge</td>
</tr>
<tr>
<td>19 ¼” – 20” XXXXLarge</td>
</tr>
</tbody>
</table>

TO ORDER CALL TOLL FREE 1-800-523-5611
**PRO 109 Value-Pro Knee Sleeve**

Answering today's healthcare needs, PRO introduces the Value-Pro Knee Sleeve. Constructed of 1/8" thick neoprene with a nylon laminate on each side for durability, this sleeve features an anatomically conforming design. A full 10" in length, the Value-PRO Knee Sleeve gives you the quality you expect from PRO at a price that fits your budgetary requirements.

**PRO 109A Altered Value-Pro Knee Sleeve**

Same as above with patella opening.

**PRO 130 Diamond Back Knee Sleeve**

U.S. Patent # 4,474,573

The exclusive PRO design, unique enough to receive a patent, makes this the most comfortable sleeve yet developed. Geometrically opposed seams provide a bent-knee configuration while eliminating bothersome popliteal irritation. The comfortable controlled tension fit of the sleeve makes it ideal for all-day wear. Sold singly. Specify size desired. Refer to size chart.

**PRO 130A Altered Diamond Back Knee Sleeve**

U.S. Patent # 4,474,573 (Open Patella)

Same patented features as the 130 Diamondback Knee Sleeve but with a patella opening. Sold singly, Specify size desired. Refer to size chart.

**PRO 100 Deluxe Knee Sleeve**

(U.S. Patent # 4,474,573)

The 100 Deluxe Knee Sleeve is the same patented design as the 130 Diamondback Knee Sleeve, only on the Deluxe Knee Sleeve, we use a thicker %34" neoprene for additional heat retention and support. Sold singly. Specify size desired. Refer to size chart.

**PRO 100A Altered Deluxe**

U.S. Patent # 4,474,573 (Open Patella)

All the great features as the 100 Deluxe Knee Sleeve with the addition of a patella opening for better patella control. Sold singly. Specify size desired. Refer to size chart.

**PRO 160 Contact Sleeve**

Utilizing the classic design of the 110 Knee Sleeve, PRO has reconfigured the patella pad to accommodate a specially designed shock absorbing pad. The pad is made of Akton™, a new viscoelastic material far superior to other polymers for shock dissipation. Because Akton is very lightweight, it can be formed into a pad large enough to protect the patella and infrapatella areas without becoming bulky or heavy. The contact sleeve is excellent for those applications where the knee requires protection from contact with hard surfaces.
Patella Stabilizers

PRO 180 Dr “M” Patella Brace

U.S. Patent # 4,084,584 (Jumper’s Knee Brace)
This sleeve has become the time-tested successful conservative approach to patella problems. Designed with several unique features. It’s so revolutionary it’s patented.

A buttress of orthopedic felt in a horseshoe configuration is positioned underneath the sleeve, taking advantage of the compression of the sleeve over the buttress. This assures proper positioning and control of patella movement. Sold singly. Specify size desired. Refer to size chart.

DR. “M” FAMILY FEATURES:

- Unique side-seam design eliminates irritation in the poplateral area for a more comfortable fit.
- Two adjustable pressure straps provide individualized fit.
- Medial and lateral spring stays provide additional support.
- Finest 1/8” neoprene rubber fashioned in patented design.
- Heat is immediate and ongoing for relief of pain.

PRO 180-U DR. “M-U” Universal Patella Support

U.S. Patent # 4,084,584
Same award-winning patented features as the Dr. “M” Patella Brace but with a moveable patella horseshoe. Hook-and-loop fasteners allow wearer to remove and replace horseshoe in desired configuration (inferior, superior, lateral, or medial). Fits either leg. Sold singly. Specify size.

PRO 180-I DR. “M-I” Patella Brace (Not Shown)

U. S. Patent # 4,084,584
Incorporates all the patented features of the Dr. “M” Patella Brace but with the felt horseshoe inverted in position. With the aid of the adjustable strap, compression can be applied to the infrapatella tendon. Effective in altering the mechanics of patella-femoral articulation when indicated in cases of Osgood Schlatter and Chondromalacia patella disorders. Sold singly. Specify size desired. Refer to size chart.

PRO 180-B DR. “M-B” Lateral Buttress Support

U. S. Patent # 4,084,584
The PRO 180B Dr. M-B Lateral Buttress Support features a lateral buttress of rubber tubing in a reverse J pattern sewn in to offer support to the outside of the knee. A neoprene flap with hook and loop closure applies additional compression to the patella area.

TO ORDER CALL TOLL FREE 1-800-523-5611
PRO 180-C DR. “M-C” Cartilage Brace

U.S. Patent # 4,084,584

This adaptation of the Dr. “M” employs the exclusive elastic “dogbone” strap. Designed to apply specific pressure over the lateral and medial menisci. This pressure over the felt horseshoe buttress also provides a positive track for problem patella tracking. Elastic “dogbone” straps attach above and below the patella opening with the aid of hook-and-loop fasteners, without interfering with normal patella tracking. The two standard straps provide a secure locking of the elastic straps while providing a customized fit. Sold singly. Specify size desired. Refer to size chart.

PRO 180-W Wraparound Patella Support

Count on PRO to design a wraparound support that gives the compression and support of a traditional pull-on sleeve. The unique three pull adjustment system (U.S. Patent # 5,865,777) allows the user to independently adjust the fit at the thigh, knee and calf. The center tab enables the wearer to regulate pressure in the popliteal area no matter if they are sitting, standing or running. The moveable patella buttress attaches by means of hook and loop fasteners providing additional support to the patella if desired. Lateral and medial spiral stays provide additional support. Ideal for Chondromalacia, Patella Instabilities, Arthritis, Post Injury and Arthroscopic Rehabilitation. Available in black only. Standard size fits knee circumference of 12” to 18”, extra large fits 18” to 24”.

PRO 135 Patella Strap

Featuring a soft four inch long rubber “bumper” enclosed in a neoprene pocket designed to place pressure on the infrapatella tendon. The strap is a full 2 1/2” wide and closed in the rear to form a “mini sleeve”. The extra width and double thickness across the front provides extra therapeutic warmth. A smooth no-slip inner surface assures a comfortable fit while the elimination of the traditional hook and loop closure system eliminates the possibility of irritation. Ideal for Patella Tendonitis, Chondromalacia and Osgood Schlatter. Available in black only. Size as would for a knee sleeve. Measure and refer to the size chart.

NOTE: 136 Universal Patella Strap Wrap Around Style also available.

PRO 100-B Deluxe Reinforced Knee

U.S. Patent # 4,084,584

This sleeve provides a workable approach to the conservative treatment of patella subluxation. This design uses ¼” thick neoprene for extra compression and support. The addition of a lateral felt buttress under the sleeve places it next to the patella for maximum effectiveness. Patella opening in sleeve allows patella to rise, deriving maximum benefit from the lateral buttress. Sold singly. Specify size and leg desired. Refer to size chart.
Hinged Braces

**PRO 192 Wraparound Hinged Knee Support**

The easy to apply anterior closure design of this support makes application and adjustment quick and effortless. The open popliteal and patella areas mean wearer comfort especially in extended use situations. Posterior and anterior adjustment straps allow the user to obtain a "custom" fit. Dual pivot point hinges provide support through the full range of motion and will not "piston" like single pivot hinges. Neoprene body provides therapeutic warmth. Available in black only. Sized extra small through triple extra large. Refer to size chart.

**PRO 190L Long Hinge Stabilizing Brace**

For the athlete 6’ and taller. The hinges are 4” longer and the sleeve is 5” longer to provide better support for the taller wearer. The elastic straps are also increased to 4” widths for additional support. Available in size medium through xxxlarge. Sold singly. Specify size.

<table>
<thead>
<tr>
<th>Knee Sleeve Size Chart</th>
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<tbody>
<tr>
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</tr>
<tr>
<td>18 ¼” – 19” XXLarge</td>
</tr>
<tr>
<td>19 ¼” – 20” XXXLarge</td>
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</table>

**PRO 196-S**

The New PRO 196-S Hinged Brace provides excellent support while being easy to put on and take off. Constructed of ¼” neoprene in a wrap around design, featuring a polycentric hinge with large, soft condile pads and built in 15° stop to help prevent hyperextension. Ample hook and loop surfaces combined with adjustable straps top and bottom assure proper fit. Available in black in sizes extra small through triple extra large.

TO ORDER CALL TOLL FREE 1-800-523-5611
**PRO 190 Hinged Stabilizing Brace**

U. S. Patent #4,084,584 and U.S. Patent #D-291-596

Redesigned to provide additional hyperextension protection, a new hinge allows the user to set the extension stop at 0, 5, 30 or 45 degrees. Constructed of ¼” thick neoprene for added support, the 190 Hinged Stabilizing Brace features an orthopedic felt horseshoe for added patella stabilization. Two elasticized straps provide additional personalized fit and comfort. Two hinge covers are supplied and easily fitted if desired. Excellent for post-surgical and post injury applications as well as active participation. Available in beige or black.

**PRO 190W Wrap-Around Hinged Stabilizing Brace**

Same as above but in an easy to apply wrap-around design. Available in black only. Both sold singly. Specify size desired.

<table>
<thead>
<tr>
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<tr>
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</tr>
<tr>
<td>19 ¼” – 20” XXXLarge</td>
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</table>

**PRO 190EDO Osteoarthritis Hinged Brace**

The unique hinge used in this support has a built in deceleration mechanism that allows the knee to adjust to the forces as you extend your leg. The quadriceps co-contract along with the hamstring which adds to the stability of the knee joint. The neoprene support body retains therapeutic warmth and stimulates the circulation which aids in pain relief. Spandex back panel provides hours of comfort by eliminating “seam bite”. Sized Small through XXXLarge refer to size chart. Available in black N2 material only.

**PRO 190EDO-W Osteoarthritis Wrap-Around Hinged Brace**

Same as above but is an easy to apply wrap-around design. Both sold singly. Specify size desired. Refer to size chart.
Thigh & Groin

**PRO 500 Thigh Sleeve**

Beneficial in the treatment of thigh and groin pulls. Sleeve provides uniform compression and support. Addition of a “pull pad” to the sleeve provides increased heat when placed over the injury area.

Sold singly. When ordering, measure mid-thigh circumference. Refer to size chart.

<table>
<thead>
<tr>
<th>300 / 500 Size Chart</th>
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</thead>
<tbody>
<tr>
<td>(Measure mid thigh circumference)</td>
</tr>
<tr>
<td>17”–19”</td>
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<tr>
<td>19 ¼”–20”</td>
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<tr>
<td>20 ¼”–22”</td>
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<tr>
<td>22 ¼”–25”</td>
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<tr>
<td>25 ¼”–28”</td>
</tr>
<tr>
<td>28 ¼”–31”</td>
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<tr>
<td>31 ¼”–34”</td>
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</tbody>
</table>

**PRO 300 Groin Strap**

Unequaled for effectiveness and time-saving when dealing with those minor strains and pulls of the upper groin. It’s made of ¼” thick neoprene, sculpted, to fit the groin area and features a hook-and-loop fastening system that allows easy application by the athlete. No more bandaging and rebandaging; quickly adjusted by the wearer. Stays in place without slipping. Reusable and economical. Sold singly. When ordering, measure mid-thigh circumference. Refer to size chart.

**PRO 315 Rodeo Wrap**

Originally designed for use by professional bull riders in the treatment of groin pulls the PRO 315 Rodeo Wrap is a full 14’ in length (15’ for the 6” rolls). The unique elastic contours to the thigh and waist to provide a low profile wrap. Flexible compression and support provide relief for strains and pulls, making it ideal for use on groin, hamstring and quad areas. Machine washable, air dry. Available in white only 3”, 4” & 6” widths.

Sold singly. One size fits all.

TO ORDER CALL TOLL FREE 1-800-523-5611
**Trunks, Calf & Digits**

**PRO 800 Exercise Trunks**

The favorite with professional athletes for years has been redesigned to give better compression and heat retention. The legs have been extended 4" to provide complete coverage of quadriceps and hamstring area. The original high waist has been maintained for low back support. Provides beneficial heat retention during weight training and conditioning programs for low back muscles, hamstrings, groin, hips, quadriceps and waist. Made of 1/8" neoprene Specify waist size. Refer to size chart.

**PRO 850 Thinline Trunks**

Same design features as the 800 Exercise Trunks but constructed of a thinner 1/16" neoprene for slightly less heat retention while maintaining uniform elastic compression. Refer to size chart.

<table>
<thead>
<tr>
<th>800 / 850 Size Chart (Waist Size)</th>
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</thead>
<tbody>
<tr>
<td>28&quot; – 30&quot;</td>
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<tr>
<td>30 ¼&quot; – 32&quot;</td>
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<tr>
<td>Small</td>
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<tr>
<td>32 ½&quot; – 34&quot;</td>
</tr>
<tr>
<td>Medium</td>
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<tr>
<td>34 ¼&quot; – 36&quot;</td>
</tr>
<tr>
<td>Large</td>
</tr>
<tr>
<td>36 ¼&quot; – 38&quot;</td>
</tr>
<tr>
<td>XLarge</td>
</tr>
<tr>
<td>38 ½&quot; – 42&quot;</td>
</tr>
<tr>
<td>XXLarge</td>
</tr>
<tr>
<td>42 ¼&quot; – 46&quot;</td>
</tr>
<tr>
<td>XXXLarge</td>
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**PRO 12 Calf & Shin Sleeve**

This conforming sheath of neoprene is designed to provide uniform elastic compression and support comfortable while retaining beneficial body heat over the calf and shin. The compression and support make these an excellent adjunct in the treatment of shin splints, bruises, muscle strains and pulls. Heat retention is effective in stimulating circulation, aiding in the healing process. Sold singly. Refer to size chart.

**PRO 14 Digit Covers**

Developed by an athletic trainer to protect the toes or fingers when contrast bath and ice therapy is prescribed for the foot or hand. Fits snugly over the toes or fingers to retain the body heat while preventing discomfort due to the contrasting temperature changes. Made of neoprene rubber with nylon facing. Sold in packages of four, Large or XLarge, Black only.

The PRO 14 Digit Cover will not impede circulation.
Ankle Supports

PRO 600Z Zipper Anklet
Providing uniform compression and heat retention, the 600-Z Zipper Anklet is the perfect aid in reducing edema, positioning tarsal pads or controlling malleolus or peroneal tendon restrictors. Constructed of 1/8" thick neoprene with nylon facing. Addition of a zipper makes application easy. Sold singly. Specify right or left, men's or women's shoe size. Refer to size chart.

<table>
<thead>
<tr>
<th>Ankle Brace Size Chart</th>
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<tbody>
<tr>
<td>Shoe Size</td>
</tr>
<tr>
<td>7 – 8</td>
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<tr>
<td>9 – 10</td>
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<tr>
<td>11 – 12</td>
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<tr>
<td>13 – 14</td>
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</table>

PRO 610 Arizona Ankle Brace
Designed to fit either the right or left foot, the Arizona Ankle Brace is constructed of heavy duty nylon for a low-profile, durable and lightweight brace. Two figure-eight lift straps encircle the foot providing lateral and medial support. Hook-and-loop fasteners allow quick and easy adjustment even with the shoe on. The addition of a new breathable mesh / foam tongue provides improved comfort and durability. Stretchable Achilles accommodation panel offers a more custom, comfortable fit and a bottom seam design replaces the Achilles seam reducing potential irritation points. Sold singly; specify shoe size. (Refer to size chart)

PRO 615 Ankle Brace
Designed as an economical ankle support, the 615 Ankle Brace support fits right or left foot and is nearly universal in size. The unique stretch strap system lifts and supports the ankle in a figure 8 pattern. Easy to apply and machine washable this ankle brace is available in black only, Small fits shoe sizes 5-13 Large fits shoe sizes 13-18.

TO ORDER CALL TOLL FREE 1-800-523-5611
Low Back

PRO 200 Low Back Belt
Unequaled for support of the low back when some range of motion is desired. Thick ¼” neoprene with nylon covering provides excellent support to the low back and abdominal muscles. Addition of ¼” thick pad over the lumbar spine aids in maximizing heat to the low back. Pocket formed by the pad allows for the insertion of stiffening or pressure pad if desired. Four adjustable fingers in front allow for easy patient adjustment for all-day comfort – no more digging or binding.

Available in beige only. Specify size desired.

PRO 240 Leightweight Industrial Support
The 240 Lightweight Industrial Support is constructed from heavy-duty mesh and elastic. This support is our most popular model with construction crews, loading dock workers and maintenance crews. The mesh allows the belt to breathe while still offering excellent support. Elastic straps allow complete compression adjustment. Suspenders are fully adjustable and detachable for comfort and safety.

Available in black only.

Specify waist size. Refer to size chart.

PRO 250 Lumbar-Sacral Belt
An innovative breakthrough in the design of neoprene low back supports. Exclusive PRO design concentrates the therapeutic body heat where it is needed...while providing firm abdominal support without the heat. The exclusive bell-shaped back panel of thick ¼” neoprene provides maximum localization of heat over the lumbar back and sacroiliac joints. Two additional elastic pressure straps apply additional support and pressure when bending or stretching. Exclusive frontal elastic “V” belt with breathable padded tongue provides abdominal support.

A hook fastener tab provides full adjustment and wear comfort. Completely machine washable.

Available in black only. Specify size desired.
**PRO 211 Back Support**
This new low profile support is constructed of 3mm thick neoprene rubber and features an adjustable tapered front closure. A full 9” in width, the support provides support and therapeutic warmth to the muscles of the low back. A lumbar pad concentrates additional warmth to this critical low back area. Flexible spiral side stays prevent brace “rollover”. This low profile support is ideal for wear under clothes. Fully machine washable. Two sizes: sm/md 25” - 40” waist. lg/xl 42” - 54” waist.

**PRO 280 Lumbar Support**
This support features a 1/8” thick neoprene back panel for added warmth over the lumbar sacral area. Firm support is provided by a durable orthopedic elastic outer shell. This unique construction technique forms a pocket over the low back area which will accept a thermoplastic insert. The addition of two outer “tension” straps allows the wearer to adjust the support for personal comfort.

**PRO 280-I Heat Moldable Insert**
Low temperature insert can be molded on patient. Hydroculator or warming tray can be used as heat source.

**PRO 280-N Neoprene Insert**
Neoprene insert with a built-in pad provides additional support and compression. Fits in pocket on 280 supports.

<table>
<thead>
<tr>
<th>Size Chart for 280, 1000 &amp; 1010 / Waist Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>28” – 30”</td>
</tr>
<tr>
<td>30 1/4” – 32”</td>
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<tr>
<td>34 1/4” – 36”</td>
</tr>
<tr>
<td>36 1/4” – 38”</td>
</tr>
<tr>
<td>38 1/4” – 42”</td>
</tr>
<tr>
<td>42 1/4” – 46”</td>
</tr>
</tbody>
</table>

**PRO 1000 Deluxe Waistband & Back Support**
Thick 1/4” Neoprene is sewn together to form a step-in type low back support. The 1000 provides excellent low back and abdominal support with all the benefits of extra warmth created by the thicker neoprene. Available in size XSmall through XXXLarge. Refer to size chart.

**PRO 1010 Thinline Waistband & Back Support**
The 1010 Offers the same design features as the 1000 but in the 1/8” thick neoprene for slightly less heat retention and compression which may be more comfortable in warm weather use.
Elbow Supports

PRO 400 Elbow Sleeve
Therapeutic heat and conforming design have made the PRO Elbow Sleeve a time-proven winner. Uniform compression provides support and stability while heat retention soothes the elbow joint. Excellent in the care and prevention of throwing arm injuries and tennis elbow. The 1/8” thick neoprene makes this sleeve comfortable. Slight bent-arm design allows freedom of movement without bulk. Stocked in Beige or Black, N1 or N2, sold singly, specify size desired.

<table>
<thead>
<tr>
<th>Elbow Sleeves (Measure Largest Part of Forearm)</th>
</tr>
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<tbody>
<tr>
<td>8” - 9” XSmall</td>
</tr>
<tr>
<td>9½” - 10” Small</td>
</tr>
<tr>
<td>10¼” - 11” Medium</td>
</tr>
<tr>
<td>11¼” - 12” Large</td>
</tr>
<tr>
<td>12¼” - 14” XLarge</td>
</tr>
<tr>
<td>14¼” - 15” XXLarge</td>
</tr>
<tr>
<td>15¼” - 16” XXXLarge</td>
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</tbody>
</table>

PRO 400-S Short Elbow Sleeve
PRO has cut down the standard 400 sleeve to a comfortable & convenient 7” long which is preferred by many linemen. Just like the original, uniform compression provides support and stability while heat retention soothes the elbow joint. Slight bent-arm design allows freedom of movement. Stocked in Black, N1 or N2, sold singly, specify size desired.

PRO 460 Reverse Seam Elbow Sleeve
U.S. Patent #5,168,577
The PRO 460 Reverse Seam Elbow Sleeve utilizes a new, patented design which eliminates intersecting seams on the inside of the elbow. These seams typically cause skin irritation. By placing one horizontal seam where the elbow naturally bends and the longitudinal seam on the outside of the elbow, the cause of irritation has eliminated. This new design also features a nylon lining (N2) for ease of application and wear comfort. Stocked in Beige or Black N2 only, sold singly, specify size desired.
**PRO 430 Padded Elbow Sleeve**

This form-fitting elbow sleeve features a shock-absorbing pad enclosed in a pocket on the inside of the sleeve eliminating and outer edges that might catch or fray on rough surfaces. Lined with nylon, (N2) it is easy to get on and off. Provides excellent protection for the elbow and forearm, especially on artificial turf or wrestling mats. Stocked in Beige or Black N2 only, sold singly, specify size desired.

**PRO 420 Tennis Elbow Unit**

A practical, proven approach to relieving tennis elbow pain. The 1/8” thick neoprene band provides therapeutic heat to the upper forearm while a 1/4” thick orthopedic felt pressure pad applies pressure over the tendon insertion point - The Point of Pain: New elastic strap wraps around neoprene band providing extra pressure to the forearm. Hook-and-loop fastener allows for comfortable adjustment. Sold singly in beige only. Measure largest part of the forearm; Small = 8” - 10”, Medium = 10”-12”, Large = 12” - 15”.

**PRO 440 Tennis Elbow Sleeve**

Same features as the 400 Elbow Sleeve with the addition of a 1” strip of loop-type material. This allows for specific placement of hook-and-loop strap for maximum benefit and compression over the tendon insertion point. Sold singly. Refer to size chart.

**PRO 413 Protective Elbow Pad**

The Pro Protective Elbow Pad features a 1/2” foam inner pad, combined with a hard outer shell to provide maximum impact protection for the elbow. A small pocket on the inside of the wrap provides correct positioning and helps keep the wrap from, migrating. An outer neoprene cover over the elbow shell meets the requirements of most ruling organizations, eliminating the need for additional padding. The pull-on design features top and bottom straps to secure the pad in place and eliminate slipping. Ideal for Hockey, Football and Baseball.

**PRO 412 Universal Protective Elbow Pad**

The Pro Universal Protective Elbow Wrap has all the same features as the #413, but in a wrap-around design. This allows the user to achieve a “custom-fit” by conforming to their elbow while also discouraging migration. Ideal for Hockey, Football and Baseball. Available in Black Only, One Size Fits All.

TO ORDER CALL TOLL FREE 1-800-523-5611
**PRO 407 Hyperextension Elbow Sleeve**

The PRO #407 Hyperextension Elbow Brace features a pair of lightweight aluminum hinges, fully enclosed in neoprene pockets, to insure proper tracking and stability through flexion and extension. Two adjustable hook and loop straps in a criss-cross configuration allow the wearer to set the amount of extension control desired. Additional hook and loop strapping at the top and bottom of the support limit stretch while customizing the fit of the brace. An opening at the elbow eliminates pressure on the joint, aids in proper positioning of the sleeve and discourages migration in extreme activities such as football. Available in Black, sizes: X-Small – XXX-Large

**PRO 470 Kendall Elbow Brace**

Designed by an NFL Athletic Trainer, the Kendall Elbow Brace is designed to aid in the prevention of elbow hyperextension. Easily accessible hinges allow the user to set the extension stop point at 0, 15, 30 or 45 degrees. The hinges are completely enclosed and padded to meet the requirements of sports participation. Adjustable straps maximize support and stability. Sold single. Refer to size chart.

<table>
<thead>
<tr>
<th>Elbow Sleeves (Measure Largest Part of Forearm)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8” - 9”</td>
</tr>
<tr>
<td>9½” - 10” Small</td>
</tr>
<tr>
<td>10½” - 11” Medium</td>
</tr>
<tr>
<td>11½” - 12” Large</td>
</tr>
<tr>
<td>12½” - 14” XLarge</td>
</tr>
<tr>
<td>14 ¼” - 15” XXLarge</td>
</tr>
<tr>
<td>15 ¼” - 16” XXXLARGE</td>
</tr>
</tbody>
</table>

**PRO 475 SuperBowl Sleeve**

The favorite elbow sleeve of several multi-time SuperBowl athletes, the PRO 475 SuperBowl Sleeve features a nylon lining for ease of application. A contoured body design assures a snug fit while also providing extra protection to the forearm. The outer neoprene skin adheres to the ball for extra grip making this a favorite of running backs and receivers. Sized small through double extra large, refer to the size chart for sizing.
Shoulder & Wrist

PRO 450 Shoulder Sleeve
This universal fit shoulder support is designed to provide therapeutic heat to the shoulder area to provide symptomatic relief for strains, bursitis, arthritis and tendonitis. Easy to slide on and adjust. Available in small and large, refer to the size chart based on chest measurement. Fits right or left shoulder. Sold singly.

Size Chart for 450 Shoulder Sleeve
(Chest Measurement)

<table>
<thead>
<tr>
<th>Size</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>30” - 36”</td>
</tr>
<tr>
<td>Large</td>
<td>39” - 52”</td>
</tr>
</tbody>
</table>

PRO 740 Wrist Support W/ Abducted Thumb
Constructed of 1/8” neoprene with a hook compatible outer covering for ease of fit. Provides therapeutic heat and support while holding the thumb in an abducted position. Hook and loop closure allows complete adjustment.

PRO 762 Wrist Wrap
Same design as the 740 but without the abducted thumb enclosure. Wraps around the wrist for therapeutic heat and support. Easily adjustable with hook and loop closure.

One size fits all, right or left.

PRO 770 Cockup Wrist Support
Features 1/8” neoprene with a nylon lining (N2) for ongoing therapeutic heat. Plush outer covering allows hook-type fastening straps to vary attachment points for a customized and comfortable fit. Pocket on underside of support holds lightweight aluminum cockup spoon in position. Specify right or left hand. Refer to size chart for small or large Measure circumference at wrist.

Size Chart for 770 Wrist Support
(Wrist Circumference)

<table>
<thead>
<tr>
<th>Size</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>4 1/2” - 7 3/4”</td>
</tr>
<tr>
<td>Large</td>
<td>8” - 12”</td>
</tr>
</tbody>
</table>
Baseball Specialty Items

PRO 710 Wrist Support
Neoprene band of ¼” thick material wraps around wrist to provide therapeutic heat and comfort. Nonstretch hook-and-loop fastener encircles wrist threading through looper, which allows tension adjustment. Provides heavy-duty support for lifting and other demanding activities. Sold singly. One size fits all.

PRO Baseball Wrist Support With Strap
No more sticky tape residue! Constructed with 100% neoprene to give firm pressure and therapeutic heat providing relief to painful wrist joints. The addition of a non-elastic hook and loop strap allows additional adjustment of compression and support. Three sizes, measure Wrist Circumference 5”-6” = 701Y (Youth) * 6¼”-7” = 701 (Standard) * 7¼”-8” = 702 (XLarge)

PRO Baseball Wrist Support No Strap
Same design as the Baseball Wrist Support only with no strap. Much faster than taping and reusable too! Three sizes, measure Wrist Circumference 5”-6” = 777Y (Youth) * 6¼”-7” = 777 (Standard) * 7¼”-8” = 778 (XLarge)

PRO 779 Padded Wrist Support
PRO 779 provides protection from bad hops on the infield as well as hits by pitches on the wrist. The body is constructed of 1/8” 100% neoprene with a pocket to accommodate the insert comprised of 1/4” slow rebound foam that disperses the force from an impact coupled with the 1/8” perforated rigid foam to provide durability and support; the pad is removable and/or can be worn so the protective pad is positioned where you need it. Two sizes available, measure Wrist Circumference * 6 1/4”-7” = 779 (Standard) * 7 1/4”-8” = 779-4 (XLarge)
**PRO 771 Infielder Wrist Guard**
Revised design for additional longevity and durability, the PRO 771 protects an infielder’s arm when a ground ball takes an errant bounce. Using 1.5mm neoprene for the body along with a spandex panel it goes on quickly and off just as easily. Two separate pockets contain a dual density foam pad which couples a high density EVA foam with a slow rebound foam to maximize shock dispersion upon impact. Easy access to the foam pockets makes removal easy for simple cleaning. Available in black, Adult or Youth size. Fits right or left arm.

**PRO 772 Sliding Mitt**
The next evolutionary step in the PRO 775 Baseball Sliding Support featuring a fully enclosed “Mitt” to protect the entire hand. The mitt is constructed using 3mm thick neoprene with a heavy duty coating for added durability. A stretch panel along one edge facilitates easy on/off. Aluminum stays are enclosed in a pocket on the palm side and the top of the hand to provide protection to the wrist. Reinforcements at the end of the finger pocket provide additional protection for the fingers. A wrist strap secures the mitt in place. Can be used for left or right hand. Available in Adult or Youth size, black only.

**PRO 773 Batting Wrist / Hand Guard**
Revised design for additional longevity and durability, the PRO 773 protects the back of the hand and wrist while at bat. Constructed from 1.5mm neoprene with nylon on both sides the guard slides easily on the forearm. A thin stretch loop strap wraps around securing the guard to the back of the hand. Two separate pads comprised of a combination of stiff EVA foam and slow rebound foam provides protection to the back of the hand and the lower forearm and wrist. Access to the pads is easy should the user wish to remove one or to facilitate easy cleaning. Available in black, Adult or Youth sizes.
**PRO 775 Baseball Sliding Support**
Protects the palm and wrist from abrasion and extension injuries encountered on the bases. The brace features a neoprene body, hook and loop strap, and two aluminum splints for superior protection from twists, hyperextensions, and sprains. Designed specifically for baseball.

**PRO 776 Breathable Baseball Sliding Support**
Same design as is featured in our 775 with a Breathable Spacer Material for the body. This support also has a Spandex side panel that is designed to be able to get the brace on & off the wrist easily and accommodate a larger size range. See size chart below.

**775 / 776 Measuring Chart & Instructions**
Measure the width of the palm of the hand at the base of the fingers from the index finger to the pinky finger as shown:

<table>
<thead>
<tr>
<th>Size</th>
<th>775</th>
<th>776</th>
</tr>
</thead>
<tbody>
<tr>
<td>Small</td>
<td>2 1/2” to 3 1/4”</td>
<td>Small</td>
</tr>
<tr>
<td>Medium</td>
<td>3 1/4” to 3 3/4”</td>
<td>Medium</td>
</tr>
<tr>
<td>Large</td>
<td>3 3/4” to 4 1/2”</td>
<td>Large</td>
</tr>
<tr>
<td>XLarge</td>
<td>4 1/2” to 5 1/4”</td>
<td>XLarge</td>
</tr>
<tr>
<td>XXL</td>
<td>5 1/4” and up</td>
<td>XXL</td>
</tr>
</tbody>
</table>

**PRO TURF Pad**
The PRO Turf Pad was designed by an all star 3rd baseman to protect the knee from abrasion on artificial turf or grass infields. Sold singly stocked in beige or black, colors available with custom up-charge. Sizes small through xxlarge. Refer to Knee Sleeve Size Chart Pg 22.

**PRO 175 Baseball Knee Pad**
Designed to provide additional coverage over the PRO Turf Pad. the baseball knee pad has a larger, contoured body for improved patella coverage and protection. Constructed of three layers of terrycloth-covered neoprene for impact and abrasion protection. Available in sizes small through xxlarge, in black only. Refer to Knee Sleeve Size Chart Pg 22.
Training Aids

**PRO Scissors**

**PRO 11 Scissors**  
Evolutionary continuation of the original Super Pro scissors. Now features smaller, easier to use safety tip. Offset handle and large finger rings provide additional leverage and comfort. New power lock screw will not loosen. Indispensable on the field or in the training room.

**PRO 21 Scissors**  
Extra-sharp diamond-honed blades make these ideal for difficult to cut materials. Features safety tip and ergonomic handle for better leverage and comfort.

**PRO 11T & 21T Non Stick Scissors**  
PRO Scissors are now available with an upgrade, a Non-Stick coating that withstands adhesive build up and cleans much easier than the standard scissors. You will find these Non-Stick scissors work great on Kinesio tape and Elasticon. Available in 11 or 21 style.

**PRO 805 Ice Bath Brief**  
Ice bath therapy can be a very effective modality. Unfortunately, it is often accompanied by complaints that “the boys” get too cold! The easy solution to this problem is the PRO #805 Ice Bath Therapy Briefs. Constructed of 1/8” neoprene with hook and loop fasteners on each side for easy application. Available in black only in sizes medium, large, xlarge, and xxlarge.

**PRO 316 Spine Board Strap**  
The PRO #316 Spine Board Strap is a fast easy way to stabilize a helmet/head on a spine board. A non-slip rubber surface contacts the helmet and the strap is long enough to wrap through the hand holes on the spine board. Hook and loop fasteners allow easy closure and adjustment, making helmet stabilization secure. Sold singly, black only. Fully washable and reusable.
PRO Ice Wraps
Quick and easy to use, PRO ice wraps are the perfect method for applying cold therapy to most minor injuries. Made with quality neoprene for durability these wraps are perfect for treatment of pulls and strains. Adjustable compression keeps ice packs in place. Available in Black only. One Size.

#439 - Shoulder  #208 - Waist  #103 - Knee

PRO Tubular Knit Compression Bandage
After years of searching, PRO has found a manufacturer to knit a compression bandage to our exact specification. Using a heavier knit, this tubular knit doesn’t easily stretch out, making it ideal for the rigorous demands of athletics. Machine washable Available in white or black in 11 yard rolls in 2”, 3”, 3 1/2”, 4”, 5”, 6” and NEW 7” or 8” Widths.

PRO Apollo Scuff Pads
Prevent turf burns with this lightweight sleeve constructed of “Tubular Compression Bandage”. They feature a sewn, breathable foam pad for added protection without restricting range of motion making them popular with skill position athletes.

The 4” width is available with or without the foam pad and comes in the standard 12” length or an 8” length.

<table>
<thead>
<tr>
<th>With foam pads</th>
<th>Without foam pads</th>
</tr>
</thead>
<tbody>
<tr>
<td>4” x 12”</td>
<td>4” x 12”</td>
</tr>
<tr>
<td>4” x 8”</td>
<td>4” x 8”</td>
</tr>
</tbody>
</table>

Our No Foam Apollo Scuff pads are also available in any width we carry, cut and hemmed to custom length using our Compress Bandage. Custom length Apollo’s up to 30” can be fabricated for as little as $12.95 per pair; call for details.
Custom Made Supports

**Custom Knee**
Take your measurements with your leg extended straight and relaxed.

**Custom Elbow**
Take measurements with your arm extended and relaxed.

**Custom Back**
Take your measurements from a standing position if possible.

**HOW TO ORDER A CUSTOM SIZED SLEEVE**

1. Select a product. PRO currently offers over twenty patented products, and we are constantly upgrading designs and materials to give you the best support possible.

2. Select a color. PRO offers beige or black as a standard color for most items, however some products are available in seven other colors for the same custom fee.

3. Measure. For best results use the diagrams on this page as a guide to customize your supports.

4. Call, fax, Email or mail your order. Speak to a customer service representative for total cost of your order.

**N1 or N2?**
Nylon 1 and Nylon 2. With some products you can choose the material that will be against the skin. Neoprene (N1) or a nylon fabric between the skin and the neoprene (N2).

Special orders and team colors are available upon request. Custom fabricated supports are normally turned around in three to four days - no overnight on custom orders. Contact a PRO customer service representative for the special charges for your order. TEAM COLORS are available to schools ordering in quantity at no additional charge. Individuals requesting colors can be accommodated through our custom program at a slight additional charge. Contact a PRO customer service representative for additional information.

**NO EXCHANGES OR RETURNS ON CUSTOM ITEMS.**

**TO ORDER CALL TOLL FREE 1-800-523-5611**