

# ELBOW AND UPPER ARM INJURY BUYER'S GUIDE

presented by:

**body helix™**  
move through it



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# UPPER ARM INJURIES

## COMMON TERMS

Distal Biceps Strain

Distal Triceps Strain

## WHERE IS YOUR PAIN?

If your pain at the lower part of the biceps or triceps area...



TRY EITHER THE



**BICEPS-TRICEPS  
HELIX**

OR



**ELBOW HELIX**

# ELBOW INJURIES

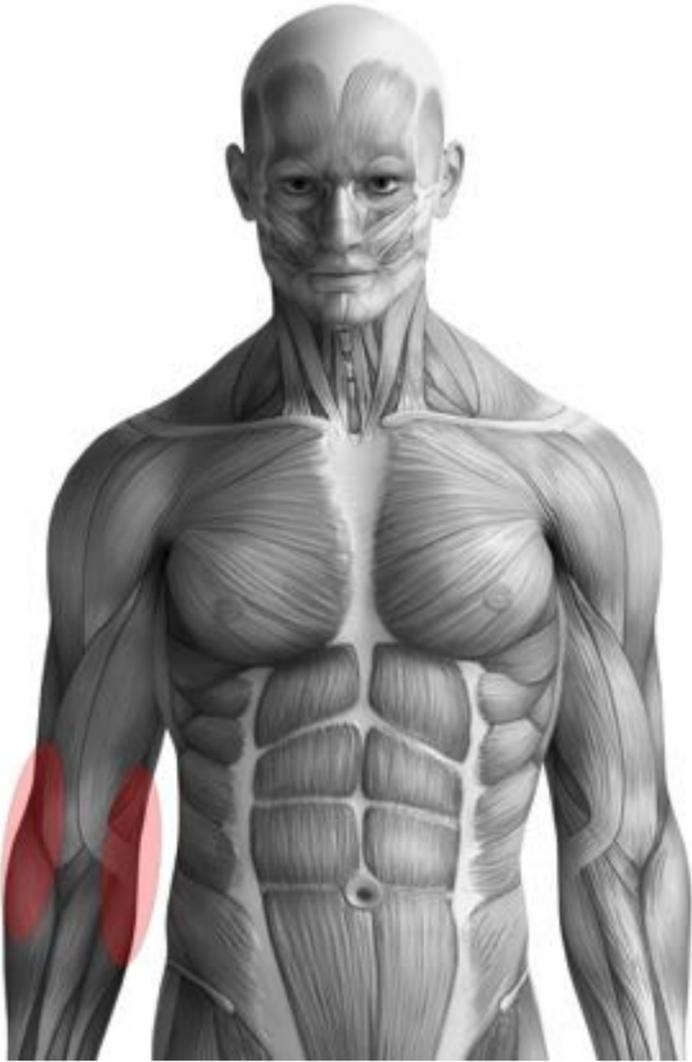
## COMMON TERMS



Tennis Elbow  
Golfer's Elbow  
Elbow Tendonitis

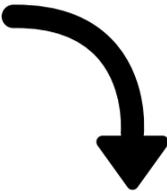
Elbow Arthritis  
Forearm Pain

## WHERE IS YOUR PAIN?



If the issue is on the outside of the elbow or the inside of the elbow...

**TRY THE**



**ELBOW HELIX**

# WHY COMPRESSION WORKS

## LESS SWELLING

Inflammation and swelling can inhibit the healing process. Compression is proven to help reduce swelling.

## FASTER TISSUE REPAIR

The combination of reduced swelling and delivery of oxygen and nutrients to the injury site enables more rapid tissue repair and an overall faster healing process.

## MORE OXYGEN

Injured tissue requires oxygen in order to repair itself. Swelling can inhibit the flow of blood to an injury, slowing down the healing process. Compression helps improve blood flow, thereby enhancing the delivery of oxygen to damaged tissue.

## BETTER PROPRIOCEPTION

Compression increases proprioception, the concept of knowing where your body is in space and the ability to safely maneuver around your environment.

# BODY HELIX DIFFERENCE



## FORM-FIT TECHNOLOGY

A Helix consists of comfortable, uniform medical-grade compression in the range of 20-30 millimeters of mercury. The higher the number, the more pressure we feel.



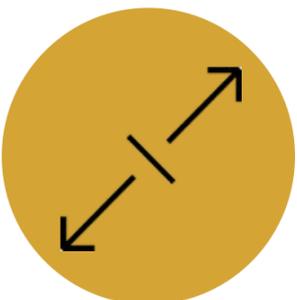
## MOISTURE ACTIVATED ADHERENCE

You've seen the person at the gym or on the court stop to pull up their knee sleeve or adjust their thigh wrap. That won't happen with a Helix. Thanks to our fabric's Moisture Activated Adherence, our sleeves utilize the sweat from your body and allow the fabric to act like an adherent between your skin and the product. It won't slip or move during activities.



## CLOSED-CELL FABRIC SCIENCE

Our competitor's wraps soak up sweat, which often leads to unpleasant odors from bacteria becoming trapped within the fabric. Because a Helix features Closed-Cell Fabric Science technology, it won't hold sweat or water and you'll never have to worry about odors or health issues from trapped bacteria.



## INFINITE MOTION

Many of our competitor's products will only stretch up to 50%, which often restricts joint movement while being active. Our sleeves are made of the highest quality compression material available and will stretch more than the human body. What this means for you is simple: you won't alter your mechanics of motion when you serve, swing, bend, or run. You can continue to play your game, your way, without limits.

# TESTIMONIALS

“

I must say that I cannot do without my Elbow Helix. Terrible Golfer's (inner) Elbow. After much treatment and rehab and discovering Body Helix, I have been able to play competitive tennis on a weekly basis without pain."

-Russell

”

"I have had bicep pain for a long time. I have tried exercise, physical therapy and the doctor and nothing seemed to help. Got a bicep sleeve and I am pain free. The band gives me the support while exercising and doing everyday activities. It stays in place and fits perfectly."

-Kathy H.

## THANK YOU!

If you have any questions about which is the best Helix for your injury, feel free to email us at [info@bodyhelix.com](mailto:info@bodyhelix.com).

We'd like to offer you a **10% off** your next purchase. Please use coupon code **ELBOW10** at checkout.