

**Editorial** We care about the cast and so too, should you ...

**News & Notes** DARCO Indication Card

**Featured Product** Casts Products

**Expertise** When a TCC treatment is needed, protection of the cast and gait support is important

**Events** March 2016 – April 2016

**Imprint** About us / Disclaimer

## Editorial

# Welcome to the 11th issue of DARCO India Newsletter

Dear Reader,

Welcome to our 11th issue of the DARCO India Newsletter. This quarterly publication provides information to the medical community, institutions and distributors throughout India – all dedicated to the treatment of the foot.

### We care about the cast and so too, should you ...

One might not consider the importance of wearing a cast shoe to protect your cast but as you read through our newsletter, you'll see exactly why this simple addition can make a dramatic difference in the effectiveness of the cast therapy.

Whether the cast is made from plaster or from a synthetic material, it is critical to keep the cast dry and well protected. DARCO offers a range of Cast boots and Shoes that are effective not only for protection but also for supporting a correct gait cycle while providing comfort and stability needed on a daily basis. Complications associated with cast therapies include the negative effect from the height discrepancy which may cause abnormal forces while walking; potentially resulting in long-term structural issues, and the impact of shear forces which may cause stiffness of the joints resulting in a lack of movement contributing to muscle atrophy. Both of which undermine the benefits of the cast therapy.

DARCO's cast boots and shoes can mitigate such problems and promote mobility to support muscle retention. The cast boots and shoes are engineered to be used with all casting materials while our modern design will easily appeal to all patients.



DARCO – Your partner for professional foot care!

Yours sincerely

Shashi Surpali  
CEO DARCO Medical India Pvt.Ltd.

## News & Notes

# Get your free DARCO Indication Card!



### Designed for use in daily practice.

In the treatment of forefoot disorders, i.e. Bunions, different kinds of osteotomies and arthrodesis are necessary; therefore different post-operative therapies are required.

Our postcard-size quick reference tool details the most frequently used surgical procedures and the corresponding DARCO products. This card is a handy aid to help determine the right post-op solution to secure and protect the desired surgical outcome.

If you are interested in receiving free DARCO indications cards please contact us!

**DARCO Team Dharwad:**  
info@darco.in  
phone: +91. 836. 2 74 74 46

## Featured Products

### Body Armor® Cast Shoe

The ultimate cast protection in a new modern design. The Body Armor® Cast Shoe provides the ultimate cast protection in a new modern design that will appeal to all patients. Soft, durable EVA is combined with a patent protected unique bungee closure system to seat and secure the cast in the shoe, all the while providing the comfort patients need.

#### Indications

- > a walking shoe worn over cast bandages

#### Features

- > convenience – cast protection
- > easy entry and easily fitted to the cast
- > ergonomically designed to facilitate a correct walking pattern
- > slip-resistant, stable outersole
- > extremely light weight EVA material
- > can be worn on the right and left

### SlimLine™

The SlimLine™ is able to enclose voluminous bandages due to its square shape in the forefoot area and a flexible closure technology. For modification, the insole can be taken out. The upper is Nylon and the special outer-sole warrants a physiological correct gait. Used over a fiberglass or zinc cast. Outer-soles provide shock absorption from shear forces.

#### Indications

- > fractures, cast treatments
- > for use over a fibreglass or zinc cast

#### Features

- > effective shock absorbing sole
- > adjustable closure technology for bulky bandages or casts
- > square shape forefoot for extra protection
- > ergonomically designed to facilitate a correct walking pattern
- > can be worn on the right and left



Compatible with PegAssist™ Off-loading Insoles.

Please find detailed information on our website [www.darco.in](http://www.darco.in)

#### Cast Shoes

Body Armor® Cast Shoe



SlimLine™



## Expertise

# When a TCC treatment is needed, protection of the cast and gait support is important

An earlier Newsletter (No. 7/2015) offered a literature overview on CAM Walkers as an alternative to the TCC. Physicians seek to achieve the best results based upon indications and within the confines of available resources. Therefore, a natural or synthetic cast may be the best solution at hand.

Orthopedic casts were first developed in the 1850s and their aesthetics haven't changed much over the past 160 years. A cast can be used to brace, immobilize, protect as well as off-load at and around the foot and ankle, hence providing effective treatment for many indications. Fiberglass replaced plaster in the 1970s and waterproofing arrived in the '90s.

Walking on a cast without protection can lead to cast damage and other complications. Foreign bodies can find their way through the sole of the cast (pic 1 & 2), and the toes are exposed and unprotected. In the 1950s, rubber heels were invented and are still often used today (pic 3). The rubber walking heel prevents direct contact of the cast with the ground and is designed to make the gait more comfortable. But the height difference can lead to biomechanical stress and may interfere with a normal gait cycle. This can be avoided with a height compensation shoe (pic 4). The abnormal walking pattern often leads to lateral rotation affecting the ankle joint. This is especially true after several days as the cast loosens around the calf due to muscle atrophy. Self-Repair strategies are often seen, including "shoe-like" improvements (pic 5 & 6).

These improvements can easily be achieved with an off-the-shelf cast shoe, which not only provides protection, but can also allow the patient to experience a normal gait cycle as much as possible while wearing a cast.

*by Raphael Boehm, Vice President DARCO Europe*

### References:

Pic 1: By courtesy of Dr. Rajesh Kesavan, Chennai, India

Pic 2: Edmonds, M, A practical Manual of Diabetic Foot Care, Blackwell, 2008

Pic 3: Rubber Heel <https://lh3.googleusercontent.com/-OhBtY6qK2Is/VXc28psTpWI/AAAAAAAAAJI/UnrY3AEfZ9E/w506-h380/SLWC2.jpg>

Pic 5 & 6: <http://travelogue.travelvibe.com/romania/crippled-couchsurfer-romanian-x-ray-experience/>

### Footwear





## Events

### March 2016

**4th – 6th March 2016**

**45th Conference of Orthopaedic Surgeons  
Society of Andhra Pradesh, Kakinada, Andhra Pradesh**  
[www.ossapcon2016.com](http://www.ossapcon2016.com)

**5th – 6th March 2016**

**Annual Conference of RSSDI – Gujarat Chapter-2016  
Surat, Gujarat**  
[www.rssdisurat2016.com](http://www.rssdisurat2016.com)

**19th – 20st March 2016**

**Consortium of Accredited Healthcare Organizations  
Conference, Bengaluru, Karnataka**  
[www.caho.in](http://www.caho.in)

### April 2016

**29th – 1st May 2016**

**AESURG 2016 – Indian Association of Aesthetic Plastic  
Surgeons, Kolkata, West Bengal**  
[www.aesurg2016.com](http://www.aesurg2016.com)

## Imprint

### About us

DARCO Medical India Pvt. Ltd.  
# 32A1B1/A1, First Floor, Vaibhav Complex  
Opp to District Court, P. B. Road  
Dharwad 580 008, Karnataka, India  
Telephone +91. 836. 2 74 74 46  
Fax +91. 836. 2 44 44 32  
[info@darco.in](mailto:info@darco.in), [www.darco.in](http://www.darco.in)

### Responsible for the content

**Raphael Böhm**  
Executive Director DARCO India

### Editorial

**DARCO (Europe) GmbH**  
**Alexandra Panizza**  
Marketing Coordinator EMEA/India/Asia

All legal matters are subjected to judicial  
jurisdiction of Hubli-Dharwad courts

### Legal Information / Disclaimer

- 1) Despite careful control DARCO Medical India Pvt. Ltd. does not assume any liability for the contents of external links. Responsible for the contents of linked sites are their operators only.
- 2) No guarantee or liability will be assumed for the accuracy, topicality and completeness of the information provided. The information should not be used for self-treatment / self-diagnosis and will never replace qualified medical assistance. Please do not hesitate to always consult a physician in case of health problems.
- 3) DARCO Medical India Pvt. Ltd. disclaims any liability for any direct or indirect damages resulting from the use of the contents of this Newsletter.
- 4) Database storage of contact data published in this Newsletter for advertising purposes is not permitted without express authorization. In particular the right to take legal action against the senders of spam mails is explicitly reserved.
- 5) If any parts or individual formulations of this legal information do not comply with, no longer comply with or do not entirely comply with valid legal regulations, the remaining parts will not be affected in their content and validity.

### Copyright Information

Contents of this Newsletter may neither be changed nor be copied for commercial use and / or used without permission of DARCO Medical India Pvt. Ltd. Unauthorized downloading and copying of contents are a source of duplicate content in search engines, and consequently cause serious damages. The copyright of all contents of this website are the property of DARCO Medical India Pvt. Ltd.

### Product Photography / Graphics

DARCO (Europe) GmbH, DARCO International Inc.  
Christian Bullinger, [www.bullinger.net](http://www.bullinger.net)  
[westcoastvideo.de](http://westcoastvideo.de), [www.westcoastvideo.de](http://www.westcoastvideo.de)