

**Editorial** DARCO Trauma Care  
**News & Notes** “The Vulnerable Spot”  
**Featured Product** AirTraveler™ Stirrup Walker  
**Expertise** Total Contact Cast (TCC)  
**Events** March 2015 – April 2015  
**Imprint** About us / Disclaimer

## Editorial

# Welcome to the 7th issue of DARCO India Newsletter

Dear Reader,

Welcome to the 7th issue of the DARCO India Newsletter, a quarterly publication which provides information to the medical community, institutions and distributors in India working in the field of the treatment of the foot.

### DARCO Orthopaedic Devices in Trauma Care

#### Achilles Tendon Rupture, Broken Leg, Injured Ankle ...

Almost 25 % of our bones are located in the feet. This is the reason ruptures, sprains and fractures are the most common injuries. For perfect treatment, it is recommended to ensure the utmost care with regard to biomechanical conditions. In addition to healing the wound, the patient is supported to regain his mobility as soon as possible.

DARCO has thus launched a special product line meeting the needs of every single patient in an individual and perfect way.

We welcome the opportunity to explain the features and benefits of our different splints and orthotics with regard to their application and handling.

In this issue you will learn more about our AirTraveler™ Stirrup Walker and it's use for ruptures and ankle injuries.

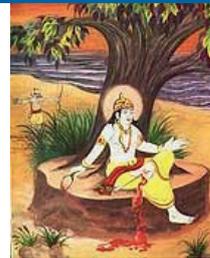
DARCO – Your partner for professional foot care!



Yours sincerely

Shashi Surpali  
CEO DARCO Medical India Pvt.Ltd.

## News & Notes



# “The Vulnerable Spot”

### The Achilles Heel and Thighs of Duryodhana

Achilles heel is a well-known synonym from Greek mythology symbolizing an area of weakness. In Greek mythology a story is told of Achilles. When he was a small child his mother Thetis dipped him in the river Styx. The water was believed to be magical offering power of invulnerability. But as the mother was holding her son by his heel, this area remained vulnerable. Achilles grew up and survived many battles, but finally a poisonous arrow wounded his heel and he died.

Indian mythology tells us of a similar story. The mother of Duryodhana, Queen Gandhari, wanted to help her son be a winner. She asked him to appear naked before her. With the great power of her eyes she could make the exposed body invincible. But Shri Krishna convinced Durodhana to wear a loin cloth, as it wouldn't be good for a son to appear naked before his mother. Because Duryodhana had covered his groin, his thighs were not protected by the mystic power of Gandahari's gaze. This area of weakness was the cause of his untimely death by Bheem / Bhima.

Isn't it amazing how the two mythologies, eastern and western, resemble one another?

## Featured Product

# Air Traveller™ Stirrup Walker Stabilising Orthosis

The Air Traveler™ walker features a circumferential air bladder that provides the ultimate compression and security for the wearer.

The AirTraveler™ Stirrup Walker is an economical, pneumatic walker. In comparison with the FXPro™, the Air Traveler™ ensures more compression with the inclusion of the circumferential air bladders. The posterior channel system effectively restricts movement without adding pressure to the achilles tendon.

### Indications

- > Soft tissue injuries (grade 2 and 3 sprains)
- > Stabilizes Fractures
- > Postoperative care
- > Trauma and Rehabilitation
- > Other conditions recommended by a physician

### Features and Benefits

- > **Circumferential Air Bladder** – provides the ultimate compression and security. The patient can easily adjust pressure.
- > **10 mm EVA Insole** – patient comfort and support.
- > **Five way strapping system** – five heavy duty straps adjust to patients needs, keeping liner secure.
- > **Low profile** – the Air Traveler™ is one of the lowest profile walkers on the market.
- > **Rocker Sole** – the Air Traveler™ has a slight rocker sole to aid patients' transition from heel to toe.
- > **Anatomically Contoured Spatula Stirrups** – conform to the leg and immobilize the ankle comfortably.

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

## Trauma Care



Easy to use –  
with circumferential  
air bladder



## Expertise

## Total Contact Cast (TCC) The Golden Standard – Or is it?

TCC is still regarded as the golden standard in the treatment of the severe diabetic foot, but also frequently common in trauma care. According to the literature CAM Walker can be an alternative.

In conservative treatments and after surgical suture of Achilles tendon ruptures a cast is still widely used. In general there is a trend to prefer a conservative treatment. Carter et al (1) observed no higher complication rate in 21 patients with surgically repaired Achilles tendon and treated with a functional orthosis rather than routine cast (in reliable patients). For Buchgraber et al (2) cast immobilization after Achilles tendon suture repair is no longer justified as there was no higher re-rupture rate when a functional orthotic was used. Speck et al (3) also had no higher re-rupture rate by using a plantigrade splint for 24 hours, followed by 6 weeks in a removable walker. Petersen et al (4) recommend CAM walker as a useful alternative to a cast after observing 21 patients having no re-ruptures, but 5 re-ruptures in 29 patients treated with a routine cast. In 2003 Weber et al (5) stated that in their study, comparing operative with non-operative treatments of Achilles tendon ruptures, the overall outcomes were equal.

All these studies had a small number of patients (n=20 – 50). Therefore Suchak et al (6) conducted a Meta-Analysis on an extensive literature research for randomized studies. They identified six trials involving 315 patients. Their conclusion was that early functional treatment protocols, when compared with postoperative (cast) immobilization, led to more excellent rated subjective responses (by the patients) and no difference in re-rupture rate. These studies contribute to Mueller's et al findings for the treatment of plantar ulcers. If Achilles tendons rupture could be well treated conservatively with a CAM Walker, so could be a Achilles tendon tenotomy. Mueller et al (7) published already in 2003 the positive effect of such an Achilles Tendon Lengthening procedure. All ulcers healed, in both groups, with or without tenotomy. But the group with tenotomy had significant lower rate of recurrence of the ulceration.

Should the Achilles Tendon Lengthening incl. an early functional post-operative treatment with partial weight bearing in a CAM Walker be considered as an effective strategy to reduce recurrence of neuropathic ulceration of the plantar aspect of the forefoot? Especially in patients with diabetes mellitus and limited ankle dorsiflexion?

by Raphael Boehm, Vice President DARCO Europe

## Literature Review

- (1) Carter, TH.R. et al (1992)  
“Functional postoperative treatment of Achilles tendon repair”  
*Am J Sports Med*, July 1992 vol. 20 no. 4; 459 – 462
- (2) Buchgraber, A. et al (1997)  
“Percutaneous Repair of Achilles Tendon Ruptures; Immobilization versus Functional Postoperative treatment”  
*Clin. Orthopaedics & Rel. Research*, August 1997, vol. 341
- (3) Speck, M. / Klauke, K. (1998)  
“Early Full Weightbearing and Functional Treatment after Surgical Repair of Acute Achilles Tendon Rupture”  
*Am J Sports Med*, Nov 1998 vol. 26 no. 6; 789 – 793
- (4) Petersen, O.F. et al (2002)  
“Randomized comparison of CAM Walker and light-weight plaster cast in the treatment of first-time Achilles Tendon Rupture”  
*Ugeskrift for Laeger*, vol. 164 (33) 3852 – 3855
- (5) Weber, M. et al (2003)  
“Nonoperative Treatment of Acute Rupture of the Achilles Tendon”  
*Am J Sports Med*, Sept 2003 vol. 31 no. 5; 685 – 691
- (6) Suchak, A. et al (2006)  
“Postoperative Rehabilitation Protocols for Achilles Tendon Ruptures: a Meta-Analysis”  
*Clin. Orthopaedics & Rel. Research*, April 1997, vol. 445; 216 – 221
- (7) Mueller, M.J. et al (2003)  
“Effect of Achilles Tendon Lengthening on Neuropathic Plantar Ulcers”  
*JBJS Am*, Aug 2003, vol. 85 (8) 1436 – 1445  
<http://jbjs.org/content/85/8/1436>



## Events

### March 2015

**6th – 8th March 2015**

**44th Annual Conference of Orthopaedic Surgeons Society of Andhra Pradesh OSSAPCON 2015, Guntur, Andhra Pradesh**

[www.ossapcon2015.com](http://www.ossapcon2015.com)

**13th – 15th March 2015**

**The 5th congress of the Asia Pacific Trauma Society & 6th Infection Section Scientific Meeting, Mumbai, Maharashtra**

[www.apoa2015.com](http://www.apoa2015.com)

**19th – 21st March 2015**

**4th Annual India's Indovasc Symposium, Bangalore, Karnataka**

[www.indovascsymposium.org](http://www.indovascsymposium.org)

**27th – 29th March 2015**

**BOSCON 2015, Bangalore, Karnataka**

[www.bangaloreorthopaedicsociety.com](http://www.bangaloreorthopaedicsociety.com)

### April 2015

**4th – 5th April 2015**

**11th Annual Conference of Uttaranchal Chapter of Indian Orthopaedic Association – UAIOACON CORBETT, Dhikuli, Uttarakhand**

[www.uaioaconcorbett2015.com](http://www.uaioaconcorbett2015.com)

**9th – 12th April 2015**

**6th World Congress of Diabetes India, Chennai, Tamilnadu**

[www.diabetesindia2015.com](http://www.diabetesindia2015.com)

**19th April 2015**

**MDCON2015, Delhi**

[www.delhiortho.org](http://www.delhiortho.org)

## 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)