

Editorial Motion is Life

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Events September 2015 – December 2015

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Editorial

Welcome to the 9th issue of DARCO India Newsletter

Dear Reader,

Welcome to our 9th 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.

Motion is Life

Devices and bandages from DARCO contribute to restoring and ensuring individual mobility after injury, surgery or as the result of disease. This quarter, we're taking a closer look into the wide range of solutions DARCO has to offer for the treatment of ankle injuries. Our Expertise section provides an insightful perspective on the treatment of ankle sprains.

Care is good – individual adjustment is better

DARCO offers an extensive range of ankle supports. The objective is to design a perfect anatomically fitting device to provide support and stability to the joints while offering relief to the musculoskeletal system so one can heal. Individual adjustment allows for optimal therapy results following traumas to the ankle, i.e. stretched or torn ligaments, capsule injuries, contusions and sprains. DARCO orthotics' are made with high-tech materials and are proven effective for the use in postoperative and rehabilitation treatments to healing the ankle. The diversity also offers ideal solutions for prophylactic strategies use in professional sports as well as the hobby sports enthusiast.

DARCO – Your partner for professional foot care!



Yours sincerely

Shashi Surpali
CEO DARCO Medical India Pvt.Ltd.

News & Notes



World Wide Stop Pressure Ulcer Day November 19, 2015

The worldwide “Stop Pressure Ulcer Day” was created by the Spanish National Group for the Study and Advice on Pressure Ulcers together with the Ibero-Latin-American Society on Wounds. These two organizations formed the Declaration of Rio with the objective to “speak out” against people developing pressure ulcers and to elevate awareness about prevention.

DARCO's involvement with the event is in line with our goal to develop partnerships and multifaceted programs to reduce foot ulcerations worldwide. Our campaign this year's is designed to support proactive prevention. Daily inspection, appropriate foot-wear and good foot care are all important parts in preventing pressure ulcers. For the event, we're offering an inspection mirror plus valuable information designed to help patients keep an eye on their feet.

Please help spread the word ...

We encourage you to reach out to your local community and take part in the “STOP Pressure Ulcer Day” in whatever way you can. You can request your free “Stop Pressure Ulcer Day Kit” by Emailing: info@darco.in or by phone: +91. 836. 2 74 74 46

You too, can join the movement ...



Featured Product

Ankle Supports

Motion is Life – DARCO Ankle Supports



Body Armor® Vario
Ankle Support

- Acute
- Post-op & trauma
- Rehabilitation
- Prevention

The Body Armor® Vario brace is a general use ankle brace that adds an element of customization not seen in other “off-the-shelf” products.

A DARCO advisory board of certified foot and ankle specialist developed the brace as a treatment option for patients with ankle instabilities along with alignment issues (Varus/Valgus), i.e. flat foot caused by PTTD., as well as for supportive ankle/arch positions.

- > For peroneal tendons
- > For lateral ankle ligament sprains
- > For deltoid sprains
- > For posterior tibial tendon injuries
- > After flatfoot reconstruction
- > After lapidus fusion
- > 1 size: universal
- > For right and left side available



Body Armor® Sport
Ankle Support

- Acute
- Post-op & trauma
- Rehabilitation
- Prevention

The Body Armor® Sport is an ankle brace that is applied pre/post-operatively as well as during the process of rehabilitation.

The lower part of the inlay (soft pad) is mainly intended for padding the injured ankle and may be cut off at the marked segments after the ankle has healed.

- > For post-traumatic and preventive care of the capsular ligament of the upper ankle joint
- > Optimal stability with targeted mobility
- > Prevention of chronic instability
- > 3 sizes | available for right and left foot



Web™ Ankle Brace
Ankle Support

- Acute
- Post-op & trauma
- Rehabilitation
- Prevention

The Web™ Ankle Brace is a convertible ankle brace.

Compression can be adjusted as needed using the bungee closure. The removable medial and lateral stays are rigid enough to provide controlled restriction of inversion/eversion of the ankle. The thin vinyl shell enables it to be worn with sport shoes or casual dress shoes.

- > For prevention during sport or daily life as well as a supportive measure for ankle injuries
- > Prevention of chronic instability
- > 5 sizes | can be worn on the right or left

Expertise

R.I.C.E. vs. M.E.A.T. The treatment of ankle sprains

Ankle sprains are one of the most common sports injuries, but can happen during daily work or leisure activities as well. General knowledge often leads patients to cool the ankle with ice.

Recent Studies have shown that a pure R.I.C.E.* treatment for ankle sprains can actually delay the healing of the injured area. Whereas M.E.A.T.**, can encourage and promote the healing process. An acute ankle sprain could still be treated with R.I.C.E. immediately, but only for a maximum of 48 hours.

Uninterrupted icing is not recommended. Cooling can help reduce the initial, massive swelling of an injury at first and act as a pain reliever. This is especially affective in combination with compression. But a permanent icing can also have a negative effect – in worst case – frostbite.

After 48 hours, careful movements are found to promote the body’s own mechanism to heal the injured area. Coupled with physiotherapeutic treatment may actually lead to faster recovery. Naturally, it is important not to overuse the injured ankle and to keep it protected from re-injury. The several braces and orthotics available are designed to prevent unintentional supination/pronation or the reoccurrence of trauma. The different braces are designed to fit the requirements of the patient, i.e. severity of the ankle sprain, patient’s activity level and the patient’s determination to return sporting activities, etc.

Caringmedical.com once published a comparison table with the healing rate and grade of ligament injury relative to R.I.C.E. and M.E.A.T. treatment:

Grade	Ligament(s)	Anterior Drawer Test	Return to Play using R.I.C.E.	Return to Play using M.E.A.T
I	Sprain	Negative	7–10 days	2–3 days
II	Partial Tear	Increased	2–6 weeks	1–3 weeks
III	Tear	Positive	5–16 weeks	2–6 weeks

So if you suffer from a grade II or III ankle sprain, don’t neglect to consult your physician.

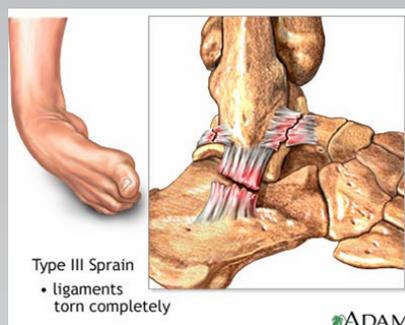
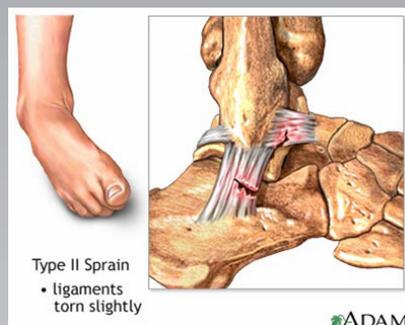
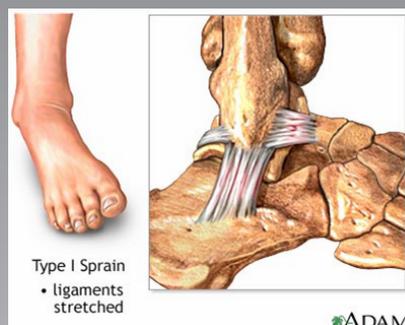
by Raphael Boehm, Vice President DARCO Europe

Literature:

Tseng CY1, Lee JP et al, (2013) “Topical cooling (icing) delays recovery from eccentric exercise-induced muscle damage”
J Strength Cond Res. May;27(5):1354-61. doi: 10.1519/JSC.0b013e318267a22c

* Rest – Ice – Compression – Elevation | ** Movement – Exercise – Analgesics – Treatment

OP Technique



Pictures: <http://slideplayer.com/slide/1529055/#>





Events

September 2015

18th – 20th September 2015
3rd National Ilizarov Conference & Course 2015
Solapur, Maharashtra
www.ilizarovadke.com

October 2015

9th – 11th October 2015
Second International Conference of the Geriatric Orthopaedic Society of India – GOSICON-2015
Bangalore, Karnataka
www.gosicon.in/index.html

10th – 11th October 2015
14th Annual conference of Uttar Pradesh Diabetes Association (UPDA), Nainital, Uttarakhand
www.updacon2015.com

28th – 31st October 2015
22nd Annual Conference of the Vascular Society of India Pune, Maharashtra
www.vsicon2015pune.org

30th October – 1st November 2015
43rd Annual Conference of Research Society for the Study of Diabetes in India, Lucknow, Uttar Pradesh
www.rssdi2015.com

31st October – 1st November 2015
Delhi Orthopaedic Association – DOACON 2015, Delhi
www.doacon2015.com

November 2015

19th – 22nd November 2015
41st Annual Conference of Association of Surgeons of India (UP Chapter) – UPASICON 2015
Lucknow, Uttar Pradesh
www.upasicon2015.in

20th – 22nd November 2015
Maharashtra Orthopaedic Association Conference- MOACON-2015, Mumbai, Maharashtra
www.moacon2015solapur.com

20th – 22nd November 2015
13th Annual Conference of Diabetic Foot Society of India – DFSICON 2015, Chandigarh, Punjab
<http://dfsicon2015.com>

23rd – 25th November
7th Indo Global Diabetes Summit and Medicare Expo – Indo Diabetes Expo 2015, Bangalore, Karnataka
www.obesitynetwork.ca/de.aspx?id=776

December 2015

9th – 14th December 2015
60th Annual Conference of Indian Orthopaedic Association (IOACON-2015), Jaipur, Rajasthan
<http://ioacon2015.org>

16th – 20th December 2015
75th Annual Conference of the Association of Surgeons of India – ASICON 2015, Gurgaon, Haryana
www.asicon2015.com

17th – 20th December 2015
45th Annual Conference of Endocrine Society of India (ESICON 2015), Ahmedabad, Gujarat
www.esicon2015.com

24th – 26th December 2015
The Western India Regional Orthopaedic Conference – WIROC Grande 2015, Mumbai, Maharashtra
www.wirocgrande.com/index.php

25th – 31st December 2015
50th Annual Conference of the Association of Plastic Surgeons – APSICON 2015, Mumbai, Maharashtra
<http://apsicon2015.com>



Imprint

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