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## Editorial

# Welcome to the 10th issue of DARCO India Newsletter

Dear Reader,

Welcome to our 10th 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.

### Benefits of the digital world: Explore our website!

It's no secret that today's generation rely completely on the Internet for their product information. That's why we here at DARCO transform our digital presence continuously. From anywhere in the world, we're just a few clicks away for patients, as well as for our distributors.

For the marketers, creating more consumer friendly websites is an ever growing challenge. The digital access to product information is very important in India. We're dedicated to reach a broader range of customers and especially those individuals who are traditionally difficult to access with print material. Therefore in the future, DARCO will focus on a more mobile friendly version of our website.

DARCO will offer patients and customers easy access to valuable information as well as providing educational information on the Web. For example, we provide educational videos ([darco.in/videos](http://darco.in/videos)) and an on-going E-Newsletter; both can be downloaded directly from the website. Under our E-News, we provide all previously published articles on expertise and more. Detailed product information is available for our distributor base via our distributor download centre. Explore what we have to offer. Go to [www.darco.in](http://www.darco.in)



DARCO – Your partner for professional foot care!

Yours sincerely

Shashi Surpali  
CEO DARCO Medical India Pvt.Ltd.

## News & Notes



**Come and visit us at the Arab Health  
in Dubai / United Arab Emirates,  
25 – 28 January 2016.**

The 2016 exhibition will showcase more than 4,000 companies exhibiting their latest innovations to more than 130,000 health-care professionals attending from 163 countries. Arab Health is the biggest health fair of the Middle East and as a visitor you will benefit from meeting global industry leaders from around the world, showing their newest products and providing live demonstrations.

Arab Health serves as a meeting point, especially for our Arabic and Indian customers. Historically, the number of visitors from India and other neighbouring countries has been remarkable. This diversity has encouraged us to expand our booth this year as a central hub for DARCO International and DARCO India, represented by both CEO's; Darrel Darby and Professor Shashi Surpali respectively. "The Middle East market is one of the fastest growing markets in orthopaedic footwear and therefore a very important region for us," says Darrel Darby, President DARCO International. A common goal of all Middle Eastern countries is to significantly improve the medical health care of its populations; this is where DARCO wants to contribute.

**Visit us in Dubai at Booth 4D70!**  
[www.arabhealthonline.com](http://www.arabhealthonline.com)

## Featured Product

# DCS™ Plantar Fasciitis Sleeve

The DARCO DCS™ Plantar Fasciitis Sleeve is woven to be anatomically correct.

Wave compression technology on the plantar surface of the foot provides a sustained stretch on the plantar fascia. The DCS™ PF gives relief from the discomfort associated with plantar fasciitis by promoting circulation, reducing edema and foot fatigue, and relieving morning foot pain.

### Indications

- > Plantar Fasciitis
- > Heel Spurs
- > Arch pain
- > Arch weakness
- > Edema

### Features and Benefits

- > Wave compression provides a consistent and sustained stretch to the plantar fascia.
- > The DCS™ PF improves circulation and reduces edema.
- > 24 hour support – wear while sleeping or under socks when active.
- > Anatomically woven for maximum comfort.
- > Constructed of medical grade fabric that is latex free.
- > Comfort Zone on the Anterior Ankle Fold to prevent pinching or binding.
- > Low Profile Design.
- > Can be worn under socks.

Featuring *wave*  
Compression Technology



## Plantar Fasciitis Products





## Expertise

## The importance of treating edema in Plantar Fasciitis conditions

In newsletter No. 5 we explained briefly the condition of a plantar fasciitis. Night splints are a treatment option with high healing potential. But what about wearing an additional device to support healing during the day?

According to A. Jacobs<sup>(1)</sup>, 21 % of patients with plantar fasciitis are also subject to swelling and edema. And of these patients he identified a small group as having plantar fascial fibromatosis (Morbus Ledderhose). Although a true Morbus Ledderhose is less common, it usually occurs in the middle and medial part of the plantar aponeurosis<sup>(2)</sup>. In the Jacobs findings, 25 % of all plantar fasciitis cases experience some kind of fibromatosis. The final 54 % of those suffering from plantar fasciitis were related to degenerative conditions caused by age and/or overuse. In this group, there was an occurrence of microscopic and tiny tears in the plantar aponeurosis, which can eventually lead to partial rupturing.

A compression sleeve can address the edema issue and due to the different compression areas in the sleeve, an increased support of the medial arch can also be achieved. One can also support of the medial arch with orthotics and/or by adding a soft padding to the heel area. For an effective compression sleeve, different compression zones are needed to facilitate the proper flow of fluids without constricting circulation. In order to support the medial arch, a higher compression is needed around the base of the metatarsal bones. Using the same manufacturing process for medical compression stockings, six different zones with varying levels of compression were designed into this Foot Sleeve to strengthen and support the natural foot structures. The end zones on most tight compression garments prove to be troublesome due to the sudden and abrupt increase of pressure, causing an “edge” effect that can lead to an increase in edema where the garment itself stops, which is not the case with the DCS.

by Raphael Boehm, Vice President DARCO Europe

### Literature:

<sup>(1)</sup> A. Jacobs, (2013) “An Evidence Based Medicine Approach to Plantar Fasciitis” Podiatry Today. Vol 26 (11)

<sup>(2)</sup> Sharma S, (2003) “MRI diagnosis of plantar fibromatosis – a rare anatomic location” The Foot 13 (4): 219–22. doi:10.1016/S0958-2592(03)00045-2.

## Anatomy/ Biomechanics



**Zone 1**  
stops just short of the ball of the foot allowing for expansion of the toes.

**Zone 2**  
corresponds to the area where the arch begins to rise and produces a graduated moderate compression as the arch takes shape.

**Zone 3**  
corresponds to the arch area producing a firm compression allowing for stabilization and slight lift & stretch to the structure of the arch.

**Zone 4**  
has a graduated return to moderate compression with a change in material composition allowing for the anatomical curves of the heel as the foot changes to the ankle.

Material composition changes again at zone 5 returning to firm compression for the structures around the lower ankle/Achilles.



## Events

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### December 2015

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**16th – 20th December 2015**

**75th Annual Conference of the Association of Surgeons of India – ASICON 2015, Gurgaon, Haryana**

[www.asicon2015.com](http://www.asicon2015.com)

**17th – 20th December 2015**

**45th Annual Conference of Endocrine Society of India (ESICON 2015), Ahmedabad, Gujarat**

[www.esicon2015.com](http://www.esicon2015.com)

**24th – 26th December 2015**

**The Western India Regional Orthopaedic Conference – WIROC Grande 2015, Mumbai, Maharashtra**

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

**25th – 31st December 2015**

**50th Annual Conference of the Association of Plastic Surgeons – APSICON 2015, Mumbai, Maharashtra**

[www.apsicon2015.com](http://www.apsicon2015.com)

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### January 2016

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**8th – 10th January 2016**

**7th Annual Parekh Indo-US Foot and Ankle Conference Ahmedabad, Gujarat**

[www.ioaindia.org/pdf/FootandAnkleCourse.pdf](http://www.ioaindia.org/pdf/FootandAnkleCourse.pdf)

**9th – 10th January 2016**

**Ganga Update on Musculoskeletal Radiology Coimbatore, Tamilnadu**

[www.goref.org/conference/gumr2016](http://www.goref.org/conference/gumr2016)

**22nd – 24th January 2016**

**35th Annual Conference of Kerala Orthopaedic Association (KOA), Thrissur**

[www.keralaortho.org/koacon](http://www.keralaortho.org/koacon)

**28th – 31st January 2016**

**71st Annual Conference of the Association of Physicians of India, Hyderabad, Telangana**

[www.apicon216.in](http://www.apicon216.in)

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### February 2016

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**12th – 14th February 2016**

**22nd National Conference of Orthotics and Prosthetics Association of India, New Delhi**

[www.opai.org.in](http://www.opai.org.in)

**26th – 28th February 2016**

**Indian Association of Aesthetic Plastic Surgeons Agra, Uttar Pradesh**

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



## Imprint

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