

**Editorial:** Plantar Fasciitis? We can provide a solution.

**News & Notes:** Improve patient information

**DARCO products:** DARCO Body Armor® Night Splint

**Events:** September – December 2020

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## Editorial

# Welcome to the 29<sup>th</sup> issue of DARCO India Newsletter

Dear Reader,

In this issue of the quarterly published Newsletter we focus on a well proven and tested product of DARCO: The DARCO Body Armor® Night Splint used for the treatment of Plantar Fasciitis.

**Plantar Fasciitis? We can provide a solution.**

The DARCO Body Armor® Night Splint is the only night splint on the market today that actively engages the windlass mechanism of the foot resulting in a specific and sustained stretch to the plantar fascia and a sustained low load stretch to the flexor tendons, Achilles tendon, and calf muscles.

**Plantar Fasciitis** is the term commonly used to refer to heel and arch pain traced to an inflammation on the bottom of the foot. More specifically, **Plantar Fasciitis** is an inflammation of the connective tissue, called plantar fascia, that stretches from the base of the toes, across the arch of the foot, to the point at which it inserts into the heel bone. Overpronation is the most common cause of plantar fasciitis. As the foot rolls inward excessively when walking, it flattens the foot, lengthens the arch, and puts added tension on the plantar fascia. Over time, this causes inflammation.

Learn more about this in this issue of our Newsletter.



Remain confident and enjoy reading!

DARCO – Your partner for professional foot care!

Yours sincerely

Shashi Surpali  
CEO DARCO Medical India Pvt. Ltd.

## News & Notes

### Improve patient information:



Exercise 1

*Stretching  
exercises –*



Exercise 2



Exercise 3

*Be active  
for rapid  
healing!*



Exercise 4

### Heel pain can be effectively combated.

With 4 exercises – performed every day – patients can play an active role in their healing.

A free of charge patient information leaflet  
can be ordered via [info@darco.in](mailto:info@darco.in)

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

DARCO products

Get to know our products better!

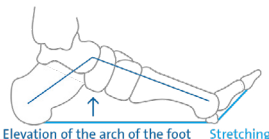
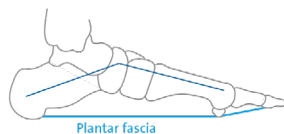
Body Armor® Night Splint  
Dorsal Night Splint

Construction



The dorsal Night Splint stabilises the foot and lower leg position at an angle of 90° in order to avoid Equinus Deformity of the foot and to consequently prevent Achilles tendon shortening. The toe loop elevates the hallux (dorsal flexion) resulting in a sustained stretch to the plantar fascia. The combination of stretching to the fascia and keeping the position by means of the splint enables various indications to counteract. The adjustable straps are quick and easy to use providing perfect fitting.

Windlass Mechanics - The Key to Plantar Fasciitis Relief:



In 1954, J.H. Hicks described the foot and its ligaments as an arch-like triangle, or truss, formed by the Calcaneus, midtarsal joint and metatarsals. Dorsiflexion of the hallux winds the plantar fascia around the head of the metatarsal causing an effective stretch of the plantar fascia and shortens the distance between the calcaneus and metatarsals to elevate the medial longitudinal arch. As we now know, the active application of a controlled and dynamic stretch to the plantar fascia itself is the key to plantar fasciitis relief.

DARCO products are distributed across India through authorised distributors. For more information on our distributors or to obtain a distributorship, please contact us directly or go to our website: [www.darco.in/distributors-india.html](http://www.darco.in/distributors-india.html)

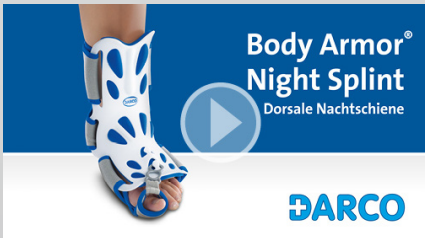
Plantar Fasciitis Products

Are you suffering from heel pain?  
We can help you!



*"Nighttime comfort has increased patient compliance significantly. In conjunction with an isolated, increased stretch on the fascia via dorsiflexion of the 1st metatarsalphalangeal joint, this product has greatly improved patient outcomes in comparison with other dorsal night splints that I have used".*

Kevin Brown, DPM Huntington, WV



This video provides you with information about the Body Armor® Night Splint and how to fit it and the options for customisation.

Please visit the section "Videos" on our website:

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



## Events

### September – December 2020

Unfortunately, all planned events have had to be cancelled or postponed until further notice. We will of course inform you immediately when new events are possible again and can be planned.

Please remain confident that DARCO will continue to provide excellent service and customer care during these unprecedented times.

## Imprint

### About us

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