Welcome to the 10th issue of DARCO Europe E-Journal

Dear Reader,

The DARCO E-Journal quarterly publication is now in its third year and it remains our goal to provide insightful information to the medical community and to our distributors throughout Europe. We take pride in the effectiveness of the publication and our ability to share knowledge with the ever growing community of foot and ankle specialists. The demand for our Compendium Booklet was greater than forecasted and we’ve printed more. If you didn’t get yours yet, please contact us today.

“April showers bring May flowers”

Once again the change in seasons brings about the desire for physical activity. People are inspired and motivated to enjoy the outdoors and to engage in different activities. Back on their feet, from a morning walk to an afternoon run; everyone wants to shape up for summer. Though many individuals suffer from heel pain and that may prevent them from participating in those activities associated with warmer weather. For this reason, we’d like to introduce to you the Body Armor® Sleeve developed by DARCO. This simple but technologically advanced sleeve can give relief to heel pain and improve the discomfort associated with plantar fasciitis.

Please read on and learn more about this new device on the next page.

I hope you enjoy reading each issue of the DARCO Europe E-Journal.

Yours sincerely,
Rainer Kalleitner
Director of International Sales DARCO (Europe) GmbH

Achilles – “The Vulnerable Spot”

Achilles heel is a well-known synonym from Greek mythology symbolizing an area of weakness. As the story goes, Achilles was a small boy whose mother dipped him in the river Styx. The water’s magic empowered his body with protection; except for the heel of his foot. The mother was holding the boy by a single foot and hence this heel remained vulnerable. Achilles grew up and survived many battles. Until one day, a poisonous arrow penetrated his heel and he died.

Today, we use the phrase “Achilles heel” to describe a vulnerability or weakness. In medicine, this anatomical term is a fibrous band or tendon attaching the calf muscles to the plantar aspect of the foot. The Achilles tendon withstands a lot of stress and pressure because of its instrumental role in jumping, running, and walking. Therefore, it’s important during athletic or recreational activities. Passing over the ankle joint, the Achilles tendon is the largest tendon in the body. It connects the gastrocnemius and soleus to the calcaneus or heel. Common injuries of the Achilles tendon include tendonitis (inflammation), tendinosis (degeneration) and rupture.
Body Armor® Sleeve
Plantar Fasciitis Sleeve

The new Body Armor® Sleeve has an anatomically correct designed weave. The wave compression technology provides a consistent and sustained stretch to the plantar fascia.

The Body Armor® Sleeve gives relief from the discomfort associated with plantar fasciitis including the typical morning foot pain. By promoting circulation, reducing localized edema and improving foot fatigue; the sleeve can be effective for plantar fasciitis, heel spurs, ankle contracture and arch pain.

**Indications**
- Plantar Fasciitis
- Heel Spurs
- Arch pain or arch weakness
- Localized Edema

**Purpose**
- promoting circulation, reducing edema, foot fatigue and relieving morning foot pain
- 24 hour support – can be worn while sleeping or under socks
- supports anatomical structure of the foot
- eases foot pain and optimizes blood flow
- effective aid for heel spurs, heel pain and swelling

**Features**
- different compression zones to facilitate blood flow
- continuous wave-compression
- special weave technique for easy wear without constrictions or pinching
- anatomically correct weave for maximum comfort
- low profile design
- made in Germany and constructed of medical grade fabric
- soft, moisture-permeable material
- also ideal for athletes
- 3 sizes: S, M, L (can be worn on the right and left)
- washable at 40° C
- sold in pairs

**Perfect match:**
Body Armor® Night Splint
Dorsal Night Splint

Night Splint for heel spurs, plantar fasciitis, shortening of the plantar fascia, Achilles tendonitis and tendinosis. As well as Talipes equinus and ankle contracture.
The importance of treating edema in Plantar Fasciitis conditions

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, 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. 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 tiny, even microscopic tears in the plantar aponeurosis, which can eventually lead to a partial rupture.

A compression sleeve can address localized edema by offering varying compression zones in the sleeve, while also increasing the support of the medial arch. 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 Body Armor® Sleeve.

by Raphael Boehm, Vice President DARCO Europe

Literature:
Events

April 2017

April 27 - 29 | Kassel, Germany
EXPOLIFE
www.expolife.de

May 2017

May 03 - 05 | Amsterdam, Netherlands
EWMA (European Wound Management Association)
www.ewma.org

May 05 - 06, 2017
4th Vienna Seminar for practical Foot Surgery (GFFC)
Vienna, Austria
www.gesellschaft-fuer-fusschirurgie.de

May 08 - 11 | Cape Town, South Africa
ISPO 16th World Congress
www.ispo2017.org

May 10 - 12 | Bremen, Germany
Deutscher Wundkongress, Bremer Pflegekongress
www.deutscher-wundkongress.de

May 15 - 18 | Shanghai, China
CMEF China International Medical Equipment Fair
www.cmef.com.cn

Imprint

About us
DARCO (Europe) GmbH
Gewerbegebiet 18
82399 Raisting | Germany
Tel. +49 (0) 88 07 92 28-0
Fax +49 (0) 88 07 92 28-22
info@darco-europe.com
www.darco-europe.com

Responsible for the content
Raphael Böhm
Vice President DARCO (Europe) GmbH

Editor
Alexandra Panizza
Marketing Coordinator EMEA / India / Asia

Editorial advisor: Laurie Norquist

All legal matters are subjected to judicial jurisdiction of Munich Local Court

Legal information / Disclaimer
1) Despite careful control DARCO (Europe) GmbH 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 (Europe) GmbH disclaims any liability for any direct or indirect damages resulting from the use of the contents of this E-Journal.
4) Database storage of contact data published in this E-Journal 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 E-Journal may neither be changed nor be copied for commercial use and / or used without permission of DARCO (Europe) GmbH. 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 (Europe) GmbH and others named separately.

Product Photography / Graphics
DARCO (Europe) GmbH, DARCO International Inc.
Christian Bullinger, www.bullinger.net
westcoastmedia, www.westcoastmedia.de
Elena Panizza, www.elenakoktanek.com