Welcome to the 11th issue of DARCO Europe E-Journal

Dear Reader,

Hot news this Summer: DARCO España & the MECRON Tapes

Viva España: DARCO-Europe.com is now online in Spanish! Access to the E-Journal can be reached through all of our multi-language sites. In fact, we're currently working on our French language site – vive la France! Please come and check out what new things we've added to our website.

The E-Journal is just one part of a greater mission we have here at DARCO. Our role in promoting the exchange of information and knowledge spans all the way back to the beginning with our founder Dr. Darby. We continue still to connect professionals in the field in order to elevate the industry standards. The foot and ankle community is ever growing and the E-Journal allows us to reach a larger audience, not only in the medical community, but also with our distributors in Europe and surprisingly, well beyond the EU.

As the summer heats up, so too increases the physical demands of the active individual. Therefore in this E-Journal we would like to introduce our portfolio of MECRON Tapes. The tapes are a simple and effective way to provide that extra help and support for everyone under the sun. So, read on and keep cool.

We certainly hope you enjoy reading this issue of the DARCO Europe E-Journal, wherever you might be.

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

News & Notes

Beach Volleyball World Championships are heading to Vienna, Austria

With the clock ticking down to the first serve for the FIVB Beach Volleyball World Championships Vienna 2017 presented by A1 on the notable 'Donau Island', excitement among Athletes and Fans is growing. (www.beachvienna.com)

The summer is heating up here in Europe as all eyes await the competition and the crowning of the new champions. At the highest level of this professional sport you will see the Athletes taped with bright colors while displaying the many taping techniques leading the way in this form of therapy.

Elastic Taping is taking the world by storm – and DARCO is leading the way. Learn more about DARCO’s MECRON Elastic Tapes at: www.darco-europe.com/tapes.html
Elastic tapes for kinesiology: Treatment and prevention

In the beginning, Kinesiology taping was used only in professional sports. Today, Elastic Tapes are seen worldwide with innovative techniques for multiple uses. Elastic tapes for kinesiology are widely used in Sports medicine and in the practice of physiotherapy. This specialized tape is used for the treatment of muscle, fascia and tendon conditions. The tapes are believed to improve performance by means of continuous receptor stimulation. The natural healing process is enhanced by the improved circulation in the areas taped.

MECRON Elastic Tape

MECRON Elastic Tapes are therapeutic tapes originally developed by a Japanese doctor more than 30 years ago, the adhesive taping is designed to provide muscle and joint support without restricting movement. MECRON Elastic Tapes are extremely comfortable and skin-friendly.

- for the treatment of muscle conditions
- stimulates nerve pathways
- stimulates blood circulation
- elastic and stretchable ca. 30 – 40 %
- single roll size: 5 cm × 5 m

MECRON Elastic Tape Strong

MECRON Elastic Tape Strong was developed specifically for use in more demanding situations. Athletes requiring a stronger adhesive have the added protection. This specialized Tape holds securely even when sweating is excessive and is ideally suited for water sports enthusiasts.

- for treatment of muscle conditions
- stimulates nerve pathways
- stimulates blood circulation
- stronger adhesive is ideal for athletes
- to improve performance
- elastic and stretchable ca. 30 – 40 %
- single roll size: 5 cm × 5 m

Please find detailed information on our website www.darco-europe.com

The clinical efficacy of kinesiology tapes is professionally controversial and not scientifically proven by studies.
Elastic Tape vs. Standard Tape – The difference is in the handling

Physicians, Physiotherapists, Athletic Coaches and many more are familiar with the handling of a standard tape in order to immobilize and support parts of the body i.e. finger joints or the ankle joint. Elastic tape has different characteristics and therefore the handling is different.

- Prepare the skin properly before attaching the elastic tape: Clean the skin with soap and warm water and dry properly. Do not use alcohol based cleansers or any cleanser that influences the pH-balance of the skin.
- The heat sensitive adhesive used in the elastic tape is Hypoallergenic though in some rare cases the skin may have a reaction. If irritation does occur, remove tape immediately after 1st soaking it with warm, soapy water. A very few number of patients have experienced redness, itching or tiny blisters.
- Remove hair on the area to be taped. If you shave, do it one or two days before the taping application to allow the skin to heal from micro irritations due to the razor. If you want to apply immediately, it is better to trim the area instead of shaving it.
- Do not apply directly from the roll. Measure the required elastic tape length and cut the strip by using scissors. Don't try to rip the tape by hand as one would with the standard tape.
- Round off the corners with the scissors.
- Don’t try to peel the protective paper at the edges. Remove backing by holding the tape firmly with both hands at approximately 7 – 8 cm from the intended base or end and stretch a tear in the paper backing.
- Avoid touching the adhesive side of the tape after removing the backing. The adhesive is silicon based and reacts instantly when in contact with the skin. Elastic Tapes are intended for ‘single use’ only.
- Apply the tape with the outer rim of the thumb and be careful to avoid bulging or creasing.
- Ensure the ends are applied without any tension.
- After desired application, activate the heat sensitive adhesive by rubbing over the surface of the tape lengthwise. This will influence the longevity and wearability.
- The tape has to resist mechanical strain. So don’t wear too tight of clothing over a tape application. After bathing, simply pat dry the taped area and do not rub with a towel.

*by Raphael Boehm, Vice President DARCO Europe*

**Literature:** MECRON "Basic Taping" booklet, 2017
Calendar

**July 2017**

- **July 3 – 7 | Bergamo, Italy**
  *Diabetic Foot International Summer School of Surgery*
  www.aigroup.it

**August 2017**

- **August 25 – 27 | Coimbatore, Tamilnadu**
  *30th Annual Meeting of the Indian Foot & Ankle Society-IFASCON*

**September 2017**

- **September 8 – 10 | Porto, Portugal**
  *DFSG Diabetic Foot Study Group*
  www.dfsg.org

- **September 20 – 22 | Raisting, Germany**
  *8th DARCO (Europe) Distributor Meeting*

- **September 28 – 30 | St. Gallen, Switzerland**
  *2nd WundDach Dreiländerkongress*
  www.wunddach-kongress-2017.org