Welcome to the 5th issue of DARCO Europe E-Journal

Dear Reader,

The DARCO Europe E-Journal quarterly publication is designed to provide insightful information to our associates in the medical community, professional institutions and to our distributors throughout Europe.

Benefits of the digital world: Explore our website!
It’s no secret that today’s generation rely completely on the World Wide Web 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.

DARCO will offer patients and customers easy access to valuable information as well as providing educational information on the Web. We are providing product videos which can be seen on our website and the E-Journal which is available for download. Our dedicated category, E-Journal provides 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-europe.com

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

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

Editorial

DARCO Founding member of:

Gesellschaft für Fuß- und Sprunggelenkschirurgie e.V.
Society for Foot and Ankle Surgery
www.gesellschaft-fuer-fusschirurgie.de

WOUND CARE
Circle
Get pressure ulcers under control
www.woundcare-circle.com

In review: 23rd International Symposium for Foot Surgery, Munich

The Annual Meeting of the German Society for Foot and Ankle Surgery (GFFC) in Munich signifies the most important event of the year for the nearly 1700 members. DARCO is front and centre exhibiting innovations achieved throughout the year. Since its inception, DARCO has been one of the main sponsors of this yearly event.

The GFFC was founded shortly after the opening of DARCO Europe in 1996. From the beginning, DARCO Europe has supported the society in its effort to promote the exchange of knowledge and expertise among the most experienced foot surgeons from all over the world. Upholding the motto; “putting real life examples into practice” GFFC continuously strives to nurture the highest quality of standards in the realm of foot surgery.

Keeping with tradition, DARCO hosted a workshop luncheon focusing on the advancements we’ve achieved in new product development.

In 2015 DARCO’s Relief Dual®, created a shift in paradigm in the scientific community. The Relief Dual® revolutionizes the “off-loading” technology. Our philosophy: “off-loading as much as needed – weight bearing as much as possible”.

News & Notes

In review: 23rd International Symposium for Foot Surgery, Munich
Motion is Life – DARCO Ankle Supports

Body Armor® Vario
Ankle Brace

- 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® Embrace
Ankle Brace

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

The Body Armor® Embrace is an ankle brace that is applied pre/postoperatively 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 Bandage

- 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

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

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

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:

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

January 2016

January 17 – 19, 2016 | Paris, Porte Maillot
Conférence Nationale des Plaies et Cicatrisations
www.mfcongres.com/congress_welcome.jsp?congress=134

January 25 – 28, 2016 | Dubai
Arab Health
www.arabhealthonline.com

March 2016

March 1 – 5, 2016 | Orlando, Florida
American Academy of Orthopaedic Surgeons AAOS 2016 Annual Meeting
www.aaos-igd.com

March 16 – 19, 2016 | Scheffau, Austria
Intensive Workshop Total Ankle Replacement
www.aaos-igd.com/Home.aspx

March 31 – April 2, 2016 | Going, Austria
11th International Meeting of the Austrian Foot Society