Editorial

Welcome to the 8th issue of DARCO Europe E-Journal

Dear Reader,

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

Always one step ahead: Innovative Technologies for Foot and Ankle Care
Since the founding of DARCO International Inc. USA in 1985 DARCO has maintained its focus on the foot and ankle and has grown to become one of the most widely recognized brands in the global foot and ankle community.

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

For effective therapeutic treatment, it is recommended to support and maintain a proper biomechanical setting. The new Relief Dual® by DARCO is one step ahead ...

Learn more about this promising postoperative shoe in this issue and on our web site.

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

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

DARCO is a founding member of:

Gesellschaft für Fuß- und Sprunggelenkchirurgie e.V. Society for Foot and Ankle Surgery

www.gesellschaft-fuer-fusschirurgie.de

Woundcare Circle
Get pressure ulcers under control

www.woundcare-circle.com

News & Notes

November 2016: Events worth noting!

According to IDF data, the absolute number of diabetics in the EU-27 will rise from approximately 33 million in 2010 to 38 million in 2030. In 2010, approximately 9% of the adults (20 – 79 years) population was diabetic. (EU-27 countries)

Foot problems frequently develop as a result of having diabetes – but this can be avoided. Understanding the risk factors, proper foot maintenance and the need for regular foot examinations are essential for preventing foot ulcers in patients with diabetes. One of the most critical factors in prevention is education. Education can empower those suffering from diabetes to take control of their condition and reduce the risk of ulcerations. With knowledge, skills and confidence, individuals can integrate effective self-management strategies into their daily routine and hence, improving their quality of lives.

DARCO realizes the importance of elevating awareness. You too can get informed and involved. There are two major campaigns in November. Check them out!

World Diabetes Day
November 14
Please visit: www.idf.org/wdd-index/

STOP Pressure Ulcer Day
November 17
Please visit: www.epuap.org
Relief Dual® Off-loading Shoe

The new off-loading shoe provides the balance of stability and the reduction of pressure on the foot following foot surgery.

The Relief Dual® innovations revolutionize the »off-loading« technology. This newly designed »Dual« sole combines the benefits of a EVA shock absorbing material and the anti-slip features of rubber; for a ground-breaking step in the post-operative treatment for foot care. In addition, through these improvements we’ve optimized the rolling characteristics of the shoe.

Breaking from convention, we’ve increased the surface area of the rigid shank to the entire sole area; maximizing pressure redistribution while effectively immobilizing the metatarsophalangeal joint I & V (MTP) and the distal interphalangeal joint I & V (DIP).

Indications
- used postoperatively for stability and off-loading, e.g. after foot osteotomy procedures

Purpose
- stability, shock absorption and pressure relief after surgical procedures
- in combination with the Puzzle Insole® or Relief Contour Insole and their unique wedge design, the load is displaced away from the forefoot
- accommodates insole replacement (including diabetic-compliant foot bedding)
- in combination with the PegAssist® creates interim solution for the diabetic foot in need of urgent care

Features and Benefits
- innovative dual-sole technology
- optimal impact relief – slip-resistant rubber sole – light-weight breathable upper
- rigid shank throughout entire inner-sole
- wide opening for bulky dressings
- easy entry, and easy insole access
- can be worn on the right and left
- low profile – no height compensation necessary

Postoperative Care

Back-shifted pivot point for less pressure on the forefoot

The average overall reduction of pressure is
- 70% less pressure
- 59% less pressure
- 57% less pressure

Neutral Relief Dual®

Exchangeable insole

Please find detailed information on our website www.darco-europe.com
Wearing a forefoot off-loading Wedge Shoe – is this still state of the art?

Wearing a wedged post-surgical off-loading shoe usually leads to pre-stretched calf muscles which automatically leads to a reduction of the walking speed which then leads already to a certain pressure reduction. The main off-loading effect results in the interruption of the normal gait. Without the toe-off phase, there is no pressure on the forefoot, nor any joint movement in the MTP Joints.

Beside a potential knee and back pain issue due to the height difference of a wedge shoe to the contralateral shoe, the main problem is still the patient’s gait. Patients intend to walk with a full gait circle including the toe-off phase. But “walking normal” in a wedge shoe leads to a tilt forward and the shoe’s tip acts like a stopper so that the patient’s heel likes to slip out of the shoe. This heel slippage leads to a movement in the MTP joints and an increased pressure under the metatarsal heads. Even a pre-surgical gait training for patients does not necessarily result in a proper gait with a wedge shoe.

As a conclusion, a modern off-loading shoe should

> have a rocker outsole rather than a forefoot plateau to mimic a regular gait
> have a stiff sole. This limits the joint motion in the forefoot, especially at the MTP and PIP joints and reduces pressure in the forefoot
> change the pivot point to further proximal. This allows an early toe-off in the regular gait, limits joint movements and gives additional pressure reduction/redistribution
> have a proper closing mechanism in the anterior area of the lower ankle joint to avoid heel slippage
> be able to carry additional, indication designed insoles for further pressure redistribution

by Raphael Boehm, Vice President DARCO Europe

Literature:
Birke, (2004) The effectiveness of a modified Wedge Shoe in reducing pressure at the area of previous great toe ulceration, Wounds (164)
Hoar, (2008) A Case Study for Off-Loading, Wound Care Canada (6/1)
Dawin et al (2016), Analysis of Bending and Torsional Stress on the Foot in Different Off-loading Shoes, Foot & Shoe, 01/2016
Events

October 2016

12th – 15th October | Pisa, Italy
The Pisa International Diabetic Foot Course Management of the Diabetic Foot
www.diabeticfootcourses.org

15th – 16th October | Raisting, Germany
DARCO Taping Workshop
www.darco.de

25th – 28th October 2016 | Berlin, Germany
German Congress of Orthopaedics and Traumatology, Booth: 4.2/84
www.dkou.org

November 2016

17th – 19th November | Glasgow, Scotland
College of Podiatry Annual Conference, Booth: 32
www.scpod.org/conference/2016-college-of-podiatry-annual-conference

18th – 19th November | Aurangabad, India
DFSICON – Diabetic Foot Society of India
www.dfsicon2016.org

December 2016

2nd – 3rd December 2016 | Munich, Germany
24th International Symposium for Foot Surgery
www.gffc.de

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

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