

# ARTIFACTS

10733 - 124th Street • Edmonton, AB T5M 0H2 • (800) 387-5053 • (780) 452-5771 • www.khager.com

## What Does The Field Of Orthotics Entail?

The field of orthotics is an area of medicine specializing in the design, fabrication and fitting of orthoses (braces).

Certified Orthotists evaluate and design solutions for patients requiring an orthosis due to muscle/bone impairment, disease or deformity. Their primary goal is to restore mobility and to prevent or limit disability. Prescribed orthoses can provide support to those with fractures, ligament tears, and spinal cord injuries, and limit the effects of challenges resulting from birth complications such as cerebral palsy and spina bifida. Some examples of orthoses include knee braces, elbow supports, ankle, foot or leg braces, spinal and neck braces.

Certified Orthotists take a holistic approach to their patients, carefully analyzing the chronic problem or injury as well as the underlying cause. With a thorough understanding of the disability and patient lifestyle through physical and biomechanical assessment as well as gait analysis, they can then design and manufacture the appropriate support.



Orthotists are highly trained, certified experts in the specialized science of custom orthoses. You can be confident that our Certified staff are up to date in today's technology through mandatory professional development and ongoing certification requirements. In-depth technical and clinical training is required, as well as an extended internship period prior to receiving certification in Canada.



### Inside This Issue:

Proven Success & Experience... pg. 2

Those Among Us ..... pg. 2

Plantar Fasciitis Sock Update ..... pg. 2

Upcoming Conferences & Conventions ..... pg. 3

New Innovative Prosthetic Knee Orthosis ..... pg. 3

Fun Facts..... pg. 3

## What Does The Field Of Prosthetics Entail?

The field of prosthetics is the branch of medicine involving the design, fabrication, fitting and use of artificial body parts (protheses) intended to replace a portion of the body absent at birth or lost through amputation.

A Prosthetist's goal is to return the patient to the highest activity level possible within the limitations and challenges created by his or her impediment.

Your certified prosthetist is a highly trained professional, experienced in the design and manufacture of artificial body parts. They work closely with a team of medical professionals that may include your physician, surgeon, physical, and occupational therapist to ensure the best results for each individual. Continuing patient care and evaluation of any changing conditions or requirements also helps to maintain optimum use of the device.

Prosthetist's also follow the same mandate as Certified Orthotists with required professional development and ongoing certification requirements. The same in-depth technical and clinical training is required, as well as an extended internship period prior to receiving certification in Canada.

Source: <http://www.pando.ca>



Over the years we have had much success and have been able to help many patients. While the realm of our business is a full service Orthotic / Prosthetic & Custom Footwear facility, we have focused a lot of our time developing knee braces based on the demands of our clientele. We are happy to announce that The Knee Centre is celebrating its 5 Year Anniversary since its induction in 2001. Because we created The Knee Centre we have been able to continue our focus on knee bracing without sacrificing resources from Karl Hager Limb & Brace. Having the Knee Centre has allowed us to move forward working with new technologies and materials to better advance our line of knee braces. In addition to The Knee Centre we are also proud to announce the 20 Year anniversary of the Double X as well as the 10 Year anniversaries for the Flex X and the Neutralizer O.A. The Double X brace is like no other. It has seen various style changes but it has always incorporated a "Total Contact" design allowing for superior control of the knee. When a Double X or Flex X is required please remember to include a medical diagnosis on the prescription, for example: *2nd degree MCL & ACL tears or, Gross Knee Instability from total knee replacement.* A prescription for the Neutralizer O.A. can be wrote out in various ways, for instance: *Osteoarthritic valgus deformity.* For a complete list of prescription wording please feel free to contact our office and ask to speak with one of our client coordinators. All of our custom braces continue to be manufactured by hand in our facility to a cast of the patient's leg.



The Honorable Lois F. Hole-Lieutenant Governor of Alberta  
oil on canvas 54" x60", 2003  
Painted by  
Izabella Orzelski Konikowski & Bogdan Korol Konikowski

## Those Among Us

We wish to congratulate and acknowledge Miss. Jessica Duvenage for being accepted to the "Those Among Us" project. This project is about recognizing Albertans who live with a disability and have met the challenges of their disability head-on and have contributed to life in the province in a dynamic way. The project will include 20 portraits of various men and women throughout Alberta. Jessica was one of twenty individuals accepted to this project. Jessica has a prosthetic arm and has been a patient of ours since she was a young girl. We were excited to nominate Jessica to this project and were delighted to hear of her acceptance. The same artists that created the portraits of "Alberta's Unsung Heroines" which included the likes of the late Honorable Lois Hole are painting the 20 portraits. The display will be featured in Edmonton and then travel across Canada for eighteen months. The portraits are schedule to be revealed in conjunction with the International Day of the Disabled in December. Please refer to future editions of our "Arti-Facts" newsletter for an update and possible images of Jessica's portrait.

## Plantar Fasciitis Sock Update

In the fall of 2004 we introduced a new plantar fasciitis sock to help individuals deal with the chronic pain associated with the condition. During the night the plantar fascia becomes tight and stiff causing pain with the first few morning steps. This sock has been well received by many of our patients allowing them to better treat the ailment. If you are new to this sock it is a comfortable tubular knit sock with two adjustable straps, which extends from the toes to the upper calf. The upper strap is secured around the leg just below the knee and helps to keep the sock in position. The other strap is attached to the toes of the sock and passes through a "D" ring from bottom to top and then secured to itself. This strap maintains the foot in the desired position. The user can easily adjust the strap to prevent any discomfort to the foot. In the morning the fascia is already stretched preventing the typical morning pain caused by the stiff tendon. Over a longer period of time the use of the sock will strengthen the arch of the foot reducing the potential of re-occurrence. Although larger more rigid night splints work well this sock uses the same principles but is soft and more comfortable. This affordable alternative to other night splints is available in two sizes, which accommodate most calf and foot sizes.



# Upcoming Conferences & Conventions

There are certain conventions and conferences that we always strive in being part of. This year will feature one locally and the other being out west in Kelowna, BC. The **Canadian Academy of Sports Medicine will take place May 10th – 13th at the Westin Hotel, Edmonton.** This year we are increasing our support of the Academy by being a Corporate Sponsor of the event. If you are going to take in the conference please come by Booth #35 to see all that we offer. In addition to exhibiting at this conference we also take in various lectures that aid us in continuing our knowledge of understanding sport injuries. The other significant meeting is the bi-annual meeting of the **Canadian Association of Prosthetists and Orthotists that will be held August 16th – 20th in Kelowna.** This meeting involves

all that is relevant to Orthotics and Prosthetics including many case studies and new innovative procedures. We also exhibit our knee braces at this convention and our staff gains new knowledge and techniques to complete their continuing education credits to continue as a Canadian Certified Orthotist/Prosthetist or a Registered Technician.



Canadian Association for Prosthetics and Orthotics  
Association canadienne en prothèses et orthèses



## New Innovative Prosthetic Knee Orthosis

While we continue to strive forward in manufacturing custom made knee braces to patients with ligamentous instabilities and other knee ailments, we designed a new style of knee brace for trans-tibial amputees. This new innovative design allows an amputee to simply fasten the knee brace to their prosthesis giving them the added security and support when they deem necessary. We incorporated two of our current designs to create a “hybrid” knee brace. As most amputees are using a lightweight rigid graphite socket we knew that we would not need a rigid distal shell that would be fastened over this socket. With that in mind we created the P.K.O. (Prosthetic Knee Orthosis). The P.K.O. features a rigid proximal shell borrowed from the Double X design knee brace and the distal shell incorporates the Bladerunner flexible design. Since we have introduced this design it has been very well received. Please contact our office if you would like to receive some literature on this new innovative design!



## Fun Facts

- Amount of plaster used in one year – 13200 pounds – Equivalent to the weight of the Edmonton Oilers Hockey Team 3 times over.
- Yardage of graphite used in one year – 3000 yards – Which is greater than the length of 25 Football Fields.
- Sheets of plastic used for custom knee bracing in one year – Over 300 sheets.
- Plaster bandage used to cast patients in one year – 23000 yards – Equivalent to the height of the CN tower almost 40 times!
- Amount of kilometers our Orthotists travel each month to service our Northern Albertan clientele– 4473 kilometers round trip = A distance longer than driving from Edmonton to Montreal!
- Our Technical staff has a combined length of experience that totals 91 years. An average of 11 years per employee.
- Our Clerical staff has over 50 years of experience. An average of 10 years per employee.
- Our Canadian Certified Orthotists have over 50 years of combined experience.
- Our Canadian Certified Prosthetist has over 24 years of experience.

## Clinic Locations

### A Full Service Prosthetic & Orthotic Clinic

Karl Hager Limb & Brace and The Knee Centre  
 10733-124 Street Edmonton, Alberta T5M 0H2  
 (780) 452-5771, Fax (780) 452-2752  
 Toll Free 1-800-387-5053 [www.khager.com](http://www.khager.com)

### St. Paul

St. Paul General & Auxiliary Hospital  
 4713-48 Ave  
 St. Paul, AB T0A 3A3  
 Appointments: 1-800-387-5053

### Cold Lake

Cold Lake Health Centre  
 314-25 Street  
 Cold Lake, AB T9M 1G6  
 Appointments: 1-800-387-5053

### Slave Lake

The Family Clinic (Dr. Payne)  
 608-6 Street SE  
 Slave Lake, AB T0G 2A3  
 Appointments: 1-800-387-5053

### High Prairie

High Prairie Health Complex  
 Bag 1  
 High Prairie, AB T0G 1E0  
 Appointments: 1-800-387-5053

### Peace River

Peace River Health Centre  
 1010-68 Street  
 Peace River, AB T8S 1T6  
 Appointments: 780-624-7553 (Rose or Shelly)

### Vermilion

Vermilion Health Care Complex  
 5720-50 Ave  
 Vermilion, AB T9X 1K7  
 Appointments: 780-853-3213 (Dot Hartwell)

### Fort McMurray

Northern Lights Regional Health Centre  
 7 Hospital Street  
 Fort McMurray, AB T9H 1P2  
 Appointments: 1-800-387-5053

If you would like literature on the following please contact our office.

#### Free Literature:

- Double X Knee Orthosis
- Accelerator Knee Orthosis
- Bladerunner Knee Orthosis
- Neutralizer O.A. Knee Orthosis
- Flex X Knee Orthosis
- Foot Orthotics
- Strassburg Plantar Fasciitis Sock
- Viscosupplements: Synvisc, Durolane, Orthovisc
- Who Pays For What Guidelines

## 2006 Clinic Dates

### Karl Hager Limb & Brace and The Knee Centre

Dates subject to change

Clinic	May	June	July	August	Sept.	Oct.	Nov.	Dec.
Fort McMurray	4	1 & 29	26	31	27	NA	2 & 30	NA
St. Paul	8 & 29	NA	4	8	5	10	6	4
Cold Lake	8/9 & 29/30	NA	4/5	8/9	5/6	10/11	6/7	4/5
High Prairie	NA	26/AM	6/AM	2/AM	7/AM	4/AM	8/AM	6/AM
Slave Lake	24/PM	26/PM	6/PM	2/PM	7/PM	4/PM	8/PM	6/PM
Peace River	17	14	12	16	13	18	15	13
Vermilion	25	22	20	24	21	26	23	20