

ARTIFACTS

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WalkAide Update

In the last issue of ARTIFACTS we talked about Myo-orthotics technology and a device called **WalkAide**. The device simulates the typical nerve-to-muscle signals in the leg and foot, effectively lifting the toes at the appropriate time during the gait cycle. The resulting movement is a smoother, more natural and safer stepping motion. Users are able to walk faster and for longer distances with less fatigue. In fact, many people who try the **WalkAide** system experience immediate and substantial improvement in their walking ability, which increases their mobility, functionality, and overall independence.

Frank Hayday C.P.O. (c) recently became the first in Canada to be an approved supplier for the device. Frank completed the comprehensive 2-day certification course in New York. Currently **Karl Hager Limb & Brace** has begun the processes of acquiring all the necessary components to be a competent approved vendor to dispense the **WalkAide** device. To acquire the **WalkAide** system, like many medical devices, a prescription is needed. To date there are no paying agents that have approved funding for the device. There is hope that once this device is accepted by patients different paying agents will approve partial or full funding. For more information on **WalkAide** please contact our office at (780) 452-5771.

What Option Is Best For You?



OR



DUROLANE – Exclusive to Karl Hager Limb & Brace

More and more often we are being asked the question, “I have recently been diagnosed with Osteoarthritis (OA), what are some options for helping me?” Today we are fortunate to have several different options. As mentioned in previous issues of ARTIFACTS viscosupplementation is a drug-free effective way to manage osteoarthritis pain. Viscosupplementation is a class of products whereby a biosynthetic version of a complex carbohydrate polymer called hyaluronan or hyaluronic acid (HA) is injected into the joint.

Karl Hager Limb & Brace is pleased to announce that it has recently become the sole distribution centre in Edmonton for the single injection, **Durolane®** distributed by **Smith & Nephew Inc.** **Durolane®** can be used for the treatment of both knee and hip OA. There are many differentiating features to **Durolane®**. It is the only **SINGLE INJECTION** joint fluid therapy. The **Hyaluronic Acid (HA)** in **Durolane®** is highly purified and is derived from a non-animal source. Patients enjoy long-lasting pain relief with **Durolane®** due to the increased intra-articular residence time, high molecular weight (1013) and increased amount of the active ingredient. This helps to lubricate and cushion the joint and by doing so reduces the pain.

There are several advantages of having only one injection:

- Only one appointment is needed at the medical office where procedure will take place.
- In a single injection, **Durolane®** has the same effect of multiple injections.
- Because of its pure and synthetic properties, patients are at low risk of developing problems due to infection.
- With multiple injections patients may feel a little uncomfortable for a short time after any injection, so the fewer injections the better.



smith&nephew

DUROLANE®
Simply Flexible

For more information on **Durolane®** please call Magdalena Olszynski, Product Specialist, Western Canada at (403) 617-2621 or visit www.durolane.com.

Diabetic Foot Care Guide

The following information is a simple guide for taking proper care of vulnerable feet associated with diabetes. There are various seamless socks and footwear styles that are available from **Karl Hager Limb & Brace**.

Do's:

- ✓ Inspect the feet daily for blisters, cuts, and scratches. The use of a mirror can aid in seeing the bottom of the feet. Always check between the toes.
- ✓ Wash feet daily. Dry carefully, especially between the toes.
- ✓ Avoid extreme temperatures. Test water with hand or elbow before bathing.
- ✓ If feet cold at night, wear socks. Do not apply hot water bottles or heating pads. Do not soak feet in hot water.
- ✓ Inspect the inside of shoes daily for foreign objects, nail points, torn linings, and rough areas.
- ✓ If your vision is impaired, have a family member inspect feet daily, trim nails, and buff down calluses.
- ✓ Cut nails straight across.
- ✓ For dry feet, use very thin coat of lubricating oil such as baby oil. Apply this after bathing and drying the feet. Do not put the oil or cream between the toes. Consult your physician for detailed instructions.
- ✓ Wear proper fitting stockings. Do not wear mended stockings. Avoid stockings with seams. Change stockings daily.
- ✓ Shoes should be comfortable at the time of purchase. Do not depend on them to stretch out. Shoes should be made of leather. Running shoes may be worn after checking with your physician.
- ✓ In winter take special precautions. Wear wool socks and protective footwear, such as fleece-lined boots.
- ✓ Avoid crossing your legs; this can cause pressure on the nerves and blood vessels.
- ✓ See your physician regularly and be sure that your feet are examined at each visit.
- ✓ Inform any medical professional you see that you are diabetic.

Don'ts:

- ✗ Do not smoke.
- ✗ Do not walk on hot surfaces such as sandy beaches or the cement around swimming pools.
- ✗ Do not walk barefooted.
- ✗ Do not use chemical agents for the removal of corns and calluses. Do not use corn plasters. Do not use strong antiseptic solutions on your feet.
- ✗ Do not use adhesive tape on the feet.
- ✗ Do not soak feet.
- ✗ Do not wear garters.
- ✗ Do not wear shoes without stockings.
- ✗ Do not wear sandals with thongs between the toes.
- ✗ Do not cut corns and calluses.



**Common
Result Of Not
Examining A
Desensitized
Diabetic Foot**



Those Among Us Update

In our spring 2006 ARTIFACTS issue we congratulated and acknowledged 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 included 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. Ten of the 20 portraits have been completed and have been on display at various events. All of the paintings can be viewed on the artists website at: <http://www.artiza.com/those.htm>.

Continuing Education – ISPO Vancouver



The 12th World Congress of the International Society for Prosthetics and Orthotics

This summer marks the first time the International Society for Prosthetics & Orthotics conference will take place in Canada. This year the 12th triennial conference will take place in Vancouver July 29th – August 3rd. With over 1500 delegates attending the scientific program and exhibition hall, including one of our own, it continues to be a great resource for continuing education on various materials, products, and treatment options. John Zubko C.O. (c) will be attending the conference and will share all his knowledge gained from the conference with other staff members when he gets back. The conference covers many different disciplines of Orthotics and Prosthetics including; Diabetic foot care management, Scoliosis bracing solutions, Understanding 3D gait analysis, Biomechanics of amputee sports and running, and many more interesting topics. In addition to the scientific forum there are over 150 different businesses presenting the many different services, materials, and products they offer. For more information on this conference please visit the informative website: www.ispo.ca.

Fun Facts

- 1) **GLOBAL COVERAGE** – *Our staff have come from all over: London, England – High Prairie, Alberta – Edmonton, Alberta – New Glasgow, Nova Scotia – Sydney, Cape Breton Island – Bogotá, Columbia - Dirkshorn, Nederland – Addis Ababa, Ethiopia – Namur, Belgium.*
- 2) **ANIMAL LOVERS** – *Our staff also have a soft heart for animals: Marley - Labrador Retriever / Nellie – Boxer / Lucy - Mix Breed / April - Miniature American Eskimo Cross / Minette – Cat / Brynne – Bouvier / Mahere – Parakeet / Danny - American Cocker Spaniel / Jimmy - Terrier Cross / Thelma – Cat / Ossie - Cat / Sally – Cat / Pasha - Labrador Retriever / Sonny – Chihuahua / Zeus - Miniature Poodle / Petrie - Hedge Hodge / Tristan – Cat / Clover & Jerry – Rabbits.*
- 3) **EXPERIENCE** - *Over the years we have assessed and assisted numerous patients. We see approximately 2500 patients per year and continue to offer free assessments!*
- 4) **FEET KNOWLEDGE** - *Since introducing our custom Foot Orthotic system; AMFIT, we have manufactured over 6000 Orthotics in our laboratory!*
- 5) **SPORT SPECIALISTS** - *Karl Hager Limb & Brace has had the opportunity to look after many professional athletes from the American Hockey League, Canadian Football League, and the National Hockey League. To date we have helped over 120 athletes get back to playing competitive sport in addition to the thousands of amateur and recreational athletes.*

Prosthetics – Items of Interest

- Patients have the option of selecting where they have their prosthesis manufactured.
- If there is a specific sport or activity that a patient would like to pursue, there are specially designed attachments/ components that may help in that specific activity. These include devices for golf, swimming, hockey, and many other activities for sport and work related matters.
- Otto Bock, a leading manufacture of prosthetic components, has offered in the past to have a “foot trial day” where lower limb amputees are scheduled to come to our office to try out various different feet to experience the new technologies and different options that are available. This is a great process where patients can actually feel the difference of what each foot offers.
- Gel liners are great and built for comfort but do not hold up to harsh conditions and should be looked after very carefully. Most gel liners are expensive and not replaced frequently through paying agents so taking great care in cleaning the liner and letting it dry thoroughly is very important. We often use Alpha Gel Liners from Ohio Willow Wood. Their recommendations are as follows:
 - Proper hygiene is extremely important when using an Alpha Liner. The liner must be thoroughly cleaned at the end of each day of wear and disinfected once each week. Ohio Willow Wood highly recommends having two Alpha Liners so that you can wear one while cleaning and drying the other.
 - With the gel side of the liner facing out, clean the liner thoroughly with lukewarm tap water and a body soap that does not irritate your skin. Apply the soap with a clean soft cloth or sponge. **NOTE: Do not scrub the liner. Scrubbing can roughen the surface of the liner, which can then irritate the skin.**
 - Rinse off **ALL** soap residue from the liner with water. Dry the gel with a clean, lint free cloth. Place the liner, fabric side out, on the drying stand. Clean your limb with soap and rinse well. **NOTE: Drying the liner with the gel side out will damage the liner.**
- When donning liner carefully roll the liner up onto your residual limb with the gel side against your skin. For the most comfort, position the seams away from any sensitive areas or bony prominences. **DO NOT PULL the liner onto the limb. Pulling the liner may stretch the skin and result in an uncomfortable fit as well as damage the liner.**

Source: www.ohiowillowwood.com

NOTE TO OUR READERS

Mention of specific products or procedures in our newsletter neither constitutes endorsement nor implies that we will recommend selection of those particular products for use with any particular patient or application. We offer this information to enhance professional and individual understanding of the Orthotic and Prosthetic disciplines and the experience and capabilities of our practice. Please feel free to contact Nolan Hayday at (780) 452-5771 in regards to any newsletter content.

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

St. Paul

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

Cold Lake

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

Slave Lake

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

High Prairie

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

Peace River

Peace River Health Centre
 1010-68 Street
 Peace River, AB T8S 1T6
 Appointments: 1-800-387-5053 (Shawna)

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 (Shawna)

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

Free Literature:

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

2007 Clinic Dates

Karl Hager Limb & Brace and The Knee Centre

Dates subject to change

Clinic	May	June	July	August	September	October	November	December
Fort McMurray	3,31	N/A	5	2,30	N/A	4	1,29	N/A
St. Paul	8	5	10	7	4	9	6	4
Cold Lake	8,9	5,6	10,11	7,8	4,5	9,10	6,7	4,5
High Prairie	10	7	12	9	6	11	8	6
Slave Lake	10	7	12	9	6	11	8	6
Peace River	16	13	18	15	12	17	14	12
Vermilion	24	21	26	23	20	25	22	20