

ARTIFACTS

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

Non-Operative Treatment Options For Osteoarthritis

Arthritis is a disease of the connective tissues causing inflammation of one or more joints and related tissues that affects approximately 125,000 individuals in Alberta. Osteoarthritis and Rheumatoid arthritis are the best-known types of arthritis although there are more than 100 types of arthritic conditions. In comparison to rheumatoid arthritis, osteoarthritis (O.A.) is a milder, less painful form of arthritis, which is becoming more prevalent with today's aging population. A recent survey conducted by Arthritis Canada sourced that over 3 million Canadians (1 in 10) are dealing with O.A. With the disease comes uncomfortable joints with stiffness and pain. While there's a number of joints affected by O.A. the most commonly diagnosed area is the knee joint. Currently there is no cure for the disease but there are a number of treatment options available that can improve function and minimize or even eliminate the pain caused by this excessively common condition. Three options are available at our office.

1. Viscosupplementation Injections:
Synvisc, Durolane, Orthovisc
2. Lateral Heel Wedges:
Foot Orthotics
3. Unloading Style Knee Brace:
Neutralizer O.A.



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Pill Free Liberation From Osteoarthritis Knee Pain



**The Only Gel Viscosupplement
Especially Designed For Treating
Osteoarthritis For Up To 12 Months!***

**For Information
Please Call:
1-800-387-5053**

*Raynauld J-P, Torrance GW, Band PA, et al. A prospective, randomized pragmatic, health outcomes trial, evaluating the incorporation of hylan G-F 20 into the treatment paradigm for patients with knee osteoarthritis (part 1 of 2) : clinical results. Osteoarthritis Cartilage. 2002; 10: 506-517

genzyme
BIOSURGERY

SYNVISC®
HYLAN G-F 20

Motocross Knee Brace Update



We recently announced the moto cross-styled knee brace that is now available with a molded patella cup. The **Double X** design knee brace has been available for many years and has been tested in the field at many different levels. We recently had a story sent to us regarding a local professional motocross rider and his pair of moto cross-styled knee braces provided by The Knee Centre. The story featured a bad crash that he had when practicing for an upcoming racing event. The basis of the story was he flew 30 feet in the air, traveling a distance close to 170 feet and coming up short on the landing, sending him and his bike on a 35-foot wipe out. After checking for broken bones everything was okay. He was adamant that if he were not wearing the **Double X** he would have “blown out his knee(s)”. Remember with the right equipment you can avoid injury!



Will Amputees Use Their Prosthesis?

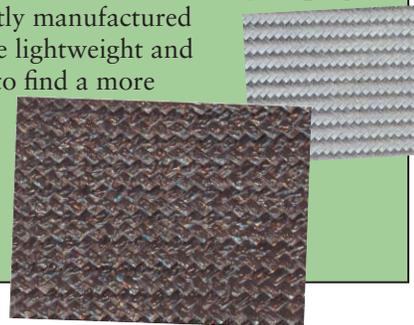


Over the years, time has revealed that adult amputees' acceptance of upper-limb prosthesis to be relatively low. Children on the other hand exhibit great potential for acceptance and success if fit with a prosthesis at an early age. Optimal acceptance by adults seems to occur when the initial fittings are performed in the first week to 30 days after amputation. Adults seem to respond best to a comprehensive program where they are thoroughly introduced to the prosthetic options (elbow joints, socket type, etc.) with the ability to touch and feel the devices and understand their capabilities. Having a Prosthetist conduct a complete assessment as to how the patient lives plays an instrumental role to the acceptance of the prosthesis. When these findings are integrated into an overall plan, we find that the amputee will claim a stronger ownership of their prosthesis. For the best prosthetic outcome, patients should undergo casting and test socket fittings as soon as feasible after their full evaluation. Once the prosthesis is ready, training of their prosthesis should begin with regular follow-up and adjustments along the way.



New Material Advances

Technology and research always play a large role in today's advances in many industries whether: surgical procedures, medicine, or a new design of vehicle. Usually these new technologies aid us in moving forward to new and better achievements. During the past 25 years we have used many different materials in the production of orthotics and prosthetics. We started using wood, leather and metals then moved on to using plastic, and now graphite. All have made their contributions to the Orthotic/Prosthetic field. We are now working with a new material and trying to integrate it into the way we manufacture various orthotics and prosthetics. This new material is called “Prepreg.” Prepregs are materials consisting of woven fabrics (graphite) pre-coated with a controlled quantity of an uncured catalyzed resin formulation. Currently Prepreg materials are being used in many applications including aerospace and automotive. We recently manufactured a knee brace and an A.F.O. (leg brace) using the prepreg material. These braces are even more lightweight and a lower profile than our already lightweight slim designs. We are working with this material to find a more economical and efficient way of manufacturing our braces and artificial limbs. The materials alone cost approximately two to three times more than the current materials we use.



Knee Braces, Put To The Test



Custom knee bracing is an integral part of the business at **The Knee Centre**. It is an area where we use our expertise and strive to be a leader. All of our knee braces have been put through various tests. The joint has been put through a series of impact tests as well as cycle tests at the Alberta Research Council. The polycentric modular joint we designed passed all of the tests. The laminated graphite and thermo plastic shells (body of the brace) have also been put through various strength and impact tests in our own laboratory. There

is one test that we are particularly proud of, the user test. Over the years we have found that with proper follow up, and adjustments when needed, the user of the brace feels safe and secure when using the brace. The **Double X** has been tested in the field for almost 20 years. From use at work to on the field at professional football games, this brace has stood up and offered superior support so that the wearer can continue a fulfilled lifestyle enjoying the things they do best!



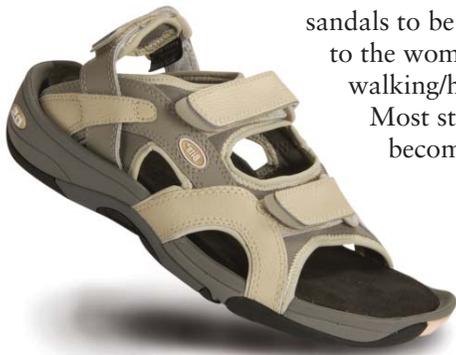
Many users have adopted the plastic version of the **Double X**, the **Flex X** since its introduction in 1994. A brace that is becoming more and more popular with today's aging population and the growing trend of Osteoarthritis is the **Neutralizer O.A.** The **Neutralizer O.A.** brace was introduced in 1995 and has assisted many when their arthritis tries to slow them down. The second laminated graphite knee brace introduced was the **Accelerator** in 1997. This brace was greeted with open arms for those that wanted an open framed knee brace



for ACL and less significant injured knees. After five years we then adjusted the **Accelerator** design to be more flexible and introduced our lightest, most sleek brace to date in 2003, the **Bladerunner**. We thank all that have and still wear one of our knee braces. Please remember that we still offer free assessments and adjustments!

Bite Footwear Update

The **Bite** sandals were first introduced at **Karl Hager Limb & Brace** in spring of 2004. Patients have told us how comfortable they are when their custom-made foot orthotics are fitted in the sandal replacing the basic insole. The **Bite** sandal line will be making a few changes in the New Year. With seven new styles we are sure to see a greater interest in these practical, specialty sandals. For those that require a white styled shoe that will ease the load of being on your feet all day is the **Peace**. This is a slip on shoe made of soft leather featuring the same well-constructed outer sole as their sandals. Women will also see a change to the sole of all **Bite** sandals to be less bulky and more fashionable. A nice addition to the women's sandal line is the **Tempo OS**. This is a casual walking/hiking sandal that has pleasant neutral colour tones. Most styles can be purchased at our office as soon as they become available.



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 452-5771 in regards to any newsletter content.

Bite[®]
EQUIP YOUR FEET.

Clinic Locations

A Full Service Prosthetic & Orthotic Clinic

Karl Hager Limb & Brace & 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

Cold Lake

Cold Lake Health Centre
 314-25 Street
 Cold Lake, AB T0A 0V1
 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 T0G 4M0
 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
- Who Pays For What Guidelines
- Patient Convenience Forms
- Viscosupplements: Synvisc, Durolane, Orthovisc

2006 Clinic Dates

Karl Hager Limb & Brace / The Knee Centre

* dates subject to change

Clinic	Jan.	Feb.	March	April	May	June	July	August	Sept.	Oct.	Nov.	Dec.
Fort McMurray	4	2	2 & 30	NA	4	1 & 29	26	31	27	NA	2 & 30	NA
St. Paul	9	6	6	3	8	5	3	8	5	10	6	4
Cold Lake	9/10	6/7	6/7	3/4	8/9	5/6	3/4	8/9	5/6	10/11	6/7	4/5
High Prairie	11	8	8	5	10	7	5	2	7	5	8	6
Slave Lake	12	9	9	6	11	8	6	3	8	6	9	7
Peace River	18	15	15	12	17	14	12	16	13	18	15	13
Vermilion	26	23	23	20	25	22	20	24	21	26	23	21