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HOUSE OF QUALITY BRANDS

Dear Reader

It is extraordinary to think how our world has changed over the last twelve months. We knew it would be tough, but the ability of humans to persevere through adversity never fails to astonish.

Our own R&D team has excelled itself with the development and launch this year of 15 new products each in their way demonstrating new advances in orthopaedic design. More importantly, perhaps, they each support current advances in surgical procedures and also bring departmental cost benefits in patient management terms.

We are also celebrating this year some of the remarkable achievements and successes of the athletes and sporting stars that have benefited from DJO's "support". They are featured in our attractive 2010 calendar and if you would like one FREE before Christmas please click [here](#).

In the meantime, with only three weeks to go before the Christmas Holiday, we wish you and your family a Happy and Healthy New Year.



Lieve Vanden Berghe
Senior Vice-President, International Marketing

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IN THE SPOTLIGHT

DonJoy introduces long awaited single-upright OA brace

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[DJO Calendar 2010](#)



The recurrent brace migration and rotation problems associated with single upright brace technology are well documented, which is why DonJoy has not, until now, introduced one to market. However, an increase in demand from patients suffering from mild to moderate unicompartmental knee OA and looking for more practical bracing options to keep them active, combined with favourable recommendations from **OARSI for off-loader braces**, convinced DonJoy's engineers to go back to the drawing board.

The result is the innovative, technically-advanced, patient-ready **OA Assist**, DonJoy's first ever single upright brace, which combines a single upright frame, for improved patient comfort, and a new disconnecting thigh/tibia hinge (3DF hinge) to minimize brace rotation.

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RESEARCH IN THE FIELD



Competitive Snow Sports Injuries Greater than First Thought

Every orthopaedic specialist knows that the mix of snow, humans and sport is a recipe for a wide range of injuries. Yet whilst a great deal of statistical research is available for snow sports-related injuries at the general participation level, little is known about the injuries sustained by the professional elite involved at the highest levels, or what might be done in terms of preventative measures.

The efforts of the **FIS** and the FIS Injury Surveillance System, which was established in late 2006 thanks to a grant from DJO is, however, improving our knowledge as two initial papers presented at the **XVIII Congress of The International Society for Skiing Safety** showed.

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Use Off-Loader Braces for Knee OA before considering surgery

A new study summarizing the evidence from peer-reviewed publications has concluded that that **off-loader braces** are effective in mediating pain relief resulting from knee OA and malalignment, and that bracing should be fully utilised before considering replacement surgery or joint realignment.

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MEET DJO

- DJO Surgical, AOES, January 22-23 California

- SCMSS, Feb 6-10 Copenhagen

- AAOS, March 9-13 New Orleans

- BAKS, March 25-26 Oxford

- PHARMAGORA, March 27-29, Paris

- SEROD, April 22-24 Gijon

Q & A



Q and A with May Arna Risberg

May Arna Risberg PT, PhD, is Associate Professor, Physical Therapist, at NAR (The Norwegian Research Center for Active Rehabilitation) which was founded in 2003 and is a formal collaboration between The Orthopedic Center, Oslo University Hospital, Ullevaal, (UUS), The Norwegian Sport Medicine Clinic (Hjelp24 NIMI) and the Norwegian School of Sport Sciences, Department of Sport Medicine. She is also Adjunct Clinical Professor at the University of Delaware.

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TESTIMONIAL

Iron determination:



"I'll never give up!" declares IronMan, Marc Herremans

Marc Herremans' own story reads like a novel. It has highs and lows and a fair amount of drama. But it's the Ironman winner's firm belief in a happy ending that makes this tale so extraordinary.

At the start of his triathlon career, Marc Herremans was obsessed with becoming the most complete athlete in the world. His result in the IronMan triathlon in Hawaii in 2001 showed that it was possible to fulfil his dream. Herremans finished 6th in the toughest race in the world. On January 28 of the following year, disaster struck. Herremans crashed during bicycle training on the island of Lanzarote and suffered injuries on his D5 and D6 vertebrae. He was paralysed from the chest down.

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PARTNERSHIP PROGRAMMES



DJO makes a big noise at the 2009 Motocross GP's with brace of World Titles

DonJoy isn't new to motocross at the highest level. With the **Armor** and **Defiance** knee braces, DonJoy has supported the top riders for many years, as well as the MX Grand Prix races.

This year, however, **DJO** decided to step up its GP support and, as well as attending more Grand Prix meetings, they also introduced the benefits of **COMPEX neuromuscular electrical stimulation (NMES)** alongside DonJoy's **knee braces**.

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FIS Injury Surveillance System - Three Seasons On

After three successful seasons, it has been possible to confirm the first season's accident data. It is now evident that there is a high injury risk in the disciplines of Alpine and Freestyle Skiing and Snowboarding. Around a third of all recorded injuries result in a mandatory rest of over 28 days for the athlete, with knee injuries predominant, followed by concussion and broken bones.

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ESSKA 2010's PT Programme extended thanks to DJO

Following the success at recent ESSKA Congresses, the special Physical Therapy (PT) Programme is now an established and valued element of ESSKA's bi-annual meeting, and the Programme at **ESSKA 2010** in Oslo (June 9-12 2010) will be no exception.

Indeed, the organizers have agreed to extend the 2010 PT Programme to three days to allow extra time for clinical workshops at the Olympic Center and the Sport Medicine Clinic, Hjelp24 NIMI, in Oslo. These will be organized in close collaboration with the Norwegian Sport Physical Therapy Organization (FFI) within the Norwegian Physical Therapy Association (NFF).

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Maneesh Bhatia steps up for EFAS travelling fellowship



Our congratulations go to Maneesh Bhatia, 40, who has been awarded the **2009 EFAS/DJO Travelling Fellowship** to America. The Award is available to applicants who are 40 years old or younger or who have been in practice for seven years or less. Mr Bhatia is Consultant Orthopaedic Surgeon at Leicester Royal Infirmary in the UK and is a member of BOFAS and BOA.

We caught up with Maneesh Bhatia as he was preparing to leave for the US. He will be sending us a report for our next issue, and is obviously thrilled to be chosen. "I am so pleased that I have been selected for the EFAS/DJO Travelling Fellowship to the USA. As a newly appointed consultant it gives me an excellent opportunity to visit three centres of excellence in Foot and Ankle surgery. I feel that this experience is invaluable and I am really looking forward to the trip."

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Top Swedish Ice Hockey player, Mattias Timander, becomes new Face of DJO

Mattias Timander has had one of the longest careers in international ice hockey. The Swedish star started playing professional ice hockey back in 1992 and is now, at the age of 35, still one of the top players in Europe. He spent a large part of his career playing in the United States and between 1996 and 2004 the strong Swede played a total of 442 games for various teams in the NHL. That's nothing short of amazing. It's safe to say that for eight years, Timander took part in one of the toughest competitions in the world. And he did that with top teams like the Boston Bruins and the Philadelphia Flyers.

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Continuous cold and intermittent compression: the best of both worlds with Aircast's new Cryo/Cuff IC System

The combination of Cryotherapy and compression has long been recognised as an effective and cost-saving method for treating acute soft tissue injuries and as part of the protocol for treating chronic injuries. Recent research has shown the positive effect of combining cold therapy with intermittent compression (IC) and in response to this, Aircast, as one of the most renowned providers of Cryotherapy solutions, has been focusing on upgrading its Cryo/Cuff Cold Therapy System, in order to provide the "next generation" in Cryotherapy units.

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World Premiere for TROM™ Adjuster: DonJoy launches the World's First Off-loading Post-op Knee Brace

This month saw a brand new type of post-op brace being introduced to the International market when we launched DonJoy's **TROM™ Adjuster** – the world's first Off-loading Post-op Knee Brace, specifically designed for cartilage repair procedures. Inspired by DonJoy's off-loading **OA technology**, the ground-breaking TROM frame is the first to feature an off-loading hinge to provide a comprehensive post-operative solution following meniscal and chondral defect procedures.

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