

New Addition to Our Team: Sharon Lee – Certified Orthotist

Karl Hager Limb & Brace is pleased to announce Sharon Lee CO (c) as the newest Certified Orthotist to our team. Sharon is a welcome addition to our team to support our busy and growing clinic. Born and raised in Edmonton, she knew she wanted to do something where she was working with her hands. She has a **Bachelor of Science in Nursing** from the University of Alberta, and has spent time at the **University of Alberta Hospital** and the **Grey Nuns Hospital** in various capacities as a registered nurse including diabetic education.

She joins the clinic after spending time in Saskatoon, SK and Victoria, BC. Sharon spent four years at the Saskatchewan Abilities Council in Saskatoon where she completed her residency and obtained her certification in Orthotics. While in Saskatoon, Sharon worked alongside others in the establishment of a diabetic wound care clinic. Here she provided offloading devices, custom foot orthotics, C.R.O. walkers, and other custom orthoses. She was also heavily involved in working with pediatric patients with various neuromuscular conditions providing various lower extremity custom orthoses, custom protective helmets, and spinal braces. While at the **Queen Alexandra Centre** in Victoria, Sharon assessed a diverse patient population from new born babies to seniors. During her time there she worked alongside various specialists and was responsible for many in-patients. At both locations, Sharon gained experience working with patients who required spinal related bracing through trauma, post-op, or scoliosis requirements and patients who required club foot treatment.

Sharon enjoys spending time outside camping, riding her bike, and making various custom leather goods. She is very excited to join **Karl Hager Limb & Brace** and to start applying her skills. Sharon has been shadowing her peers and is ready to support your patient's needs. Thank you for your support and giving us the opportunity to work with you and your patients.

What is a Certified Orthotist?

A certified orthotist provides care and treatment to patients with disabling conditions of the neuromuscular-skeletal structures of the body by evaluating, designing, fabricating, fitting, and aligning braces (but not including dental braces) known as "orthoses" or singular as an "orthosis." A certified orthotist is certified under Orthotics Prosthetics Canada (OPC) who is the representative national organization for the prosthetic and orthotic profession. The Association plays an important role in protecting the public and advancing the profession of prosthetics and orthotics through quality standards of practice, professional credentialing, education and awareness. Orthotics Prosthetics Canada represents 750 credentialed clinical and technical orthotic and prosthetic professionals in Canada. More than half of the certified orthotists and prosthetists in Canada either own or are employed by private clinics, with a focus on patient-centred care, not retail sales or profit.



A certified orthotist is an allied health professional who is specifically educated and clinically trained to manage the provision of comprehensive orthotic care, based upon a clinical assessment, to restore physiological



Karl Hager Limb & Brace Clinical Team

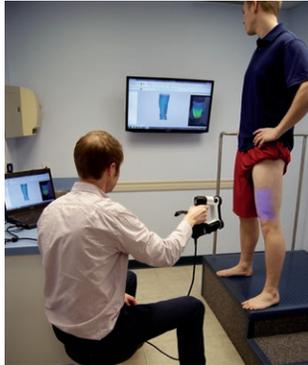
function and/or cosmesis. As the Orthotist is responsible for all patient care, the certified orthotist independently provides or supervises the provision of comprehensive orthotic care. This includes patient assessment, formulation of a treatment plan, implementation of the treatment plan, follow-up, and practice management.

To become a Certified Orthotist, an individual must have a University degree prior to completing an additional two years of specialized schooling. Following successful completion of the two year program they then complete a two year supervised residency to prepare for practical and written exams. Upon successful completion of exams they gain the designation of Certified Orthotist. Certification is awarded as an attestation of competency for the public, those who require orthotic services, and those in other health professions. The awarding of certification provides the certified practitioner with an appropriate and meaningful recognition of professional competence. The Canadian Board for Certification of Prosthetists and Orthotists (CBCPO) certification program operated by Orthotics Prosthetics Canada is recognized nationally and internationally for its adherence to the highest standards for the certification and registration of orthotic and prosthetic professionals.

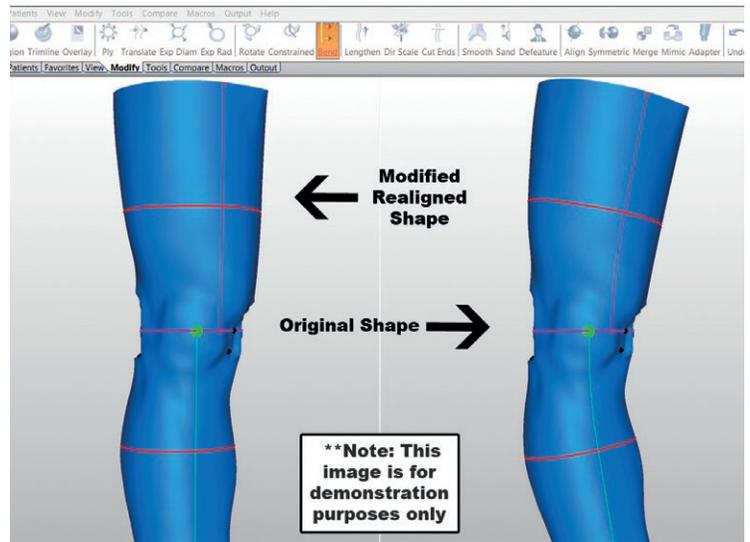
Using 3D Digital Technology & Improving Patient Experiences

Karl Hager Limb & Brace produces hundreds of custom knee braces each year, both for their own patients and as a central fabricator for clinics and hospitals across Canada. In 2015, we partnered with Vorum to implement a complete prosthetic and orthotic (P&O) computer-aided design and manufacturing (CAD/CAM) solution. The results have been remarkable.

Using the old plaster-based process, it took 90 minutes to cast a patient, create a plaster positive mold, and modify the mold for brace fabrication,” explains Nolan Hayday, Business Manager at Karl Hager Limb & Brace. “Now, we digitally scan the patient’s leg, modify the shape on the computer, and automatically carve the positive mold in foam, all in under 20 minutes of hands-on staff time. That gives us an impressive efficiency gain of 450%, and enables our staff to see more patients, provide faster turnarounds, and better serve our patients, referring physicians, and central fabrication customers.”



Patient Scanned with Spectra Scanner



Sample of “Realigned” Modified Knee Scan

“Our patients and staff both love the ease, speed, and accuracy of digital scanning.”

“Our patients love the Spectra scanner. Its blue-light technology is very similar to a camera’s flash, so they feel safe during scanning. They’re also impressed that so much detail is captured in such a short time. When we used plaster casts, the mold of a patient’s leg shape was ‘smoothed-out’ and much of the detail was lost. Now, in less than one minute, Spectra captures 200 megapixels of data: that’s an entire leg scan in enough detail to distinguish a bump or contour change as small as 0.1 mm, the thickness of a human hair.” An orthotist moves the scanner over the body, capturing a series of overlapping images. The complete scanning procedure only takes a minute, but typically captures 100-200 frames and 200-400 million pixels of data. Spectra converts that data into 1.5 – 3 million measurement points and constructs an ultra-accurate, three-dimensional model of the area that has been scanned. About 10 times per second, the scanner’s flash unit projects a pattern of safe, blue light onto a small area of the body and takes a picture using its built-in 1.9 megapixel camera. The flash unit is similar to a dim camera flash, and just as safe. Its projection appears deformed in accordance with the curved surface of your body, and Spectra analyzes that deformation to calculate your shape. Also, because thousands of data points are captured by the camera in a split second, the scanning process is unaffected by small movements.

“What’s more, we can scan the patient in the standing position, with their muscles engaged and contracted. When we used plaster casts, patients had to sit or lie down, meaning their muscles were relaxed and did not represent the true shape of their leg when walking or running. But with the Spectra scanner we can get an accurate picture of a patient’s knee shape in active use. That lets us build better-fitting braces; we can reduce excess joint movement, avoid pressure points, and eliminate gaps within a brace that might cause a decrease in support to the affected limb. That makes for happy patients.”

“Vorum gives our orthotists tools to design with greater precision.”

“Our patients don’t see what comes next, but it’s just as revolutionary as the scanner. Our orthotists use Vorum’s 3D design software to transform ultra-accurate knee scans into brace designs that correct for misalignments due to Osteoarthritis (OA) and provide support where needed. Rather than eye-balling adjustments by manually adding or removing plaster, our practitioners can work with unparalleled precision, quickly and consistently applying the exact amounts of bend, rotation, expansion, and contraction that a design requires.” Not being able to replicate this digital shape would be worthless; however, this is not the case since the 3-axis carver is able to replicate the fine detail of the modified scans.

“We’re making better braces that improve our patient’s lives.”

Since the Spectra 3D Scanner can quickly and accurately take the measurements needed for all types of prosthetic and orthotic devices including; infant cranial remolding helmets, scoliosis spinal jackets, knee braces, prosthetic sockets, ankle foot orthoses, insoles, and many others, we look forward to implementing these benefits as we progress with the technology.

“We’re delighted by the many ways this service has improved our patients’ lives. We’ve helped athletes to improve performance and take their sporting achievements to the next level. We’ve built great-fitting OA braces that provide pain relief to patients with OA in the knee and provide users the freedom to move with confidence. By being braced many patients are able to delay getting a knee replacement and use the brace while they are awaiting their surgery. We have helped older patients to walk and play with their grandchildren again. It’s wonderful to hear how happy our clients are with the results.”



Foam Block Loaded into 3-Axis Carver

For more information regarding this technology and how it has impacted our clinic please contact Nolan Hayday, Business Manager at Karl Hager Limb & Brace at 780-452-571 ext. 206.

Why Do We Ask For What We Ask For?

Karl Hager Limb & Brace is an approved vendor with several key stakeholders who provide funding for the many devices we provide. This funding is very important as numerous patients access this funding in order to receive the treatments that they require. In order to secure the funding, we are required to follow the various policies and procedures that the stakeholders state within the contracts that we sign. Prescriptions need to contain specific information and x-ray reports for knee bracing are often required for AADL. Here is an overview of the various stakeholders:

Alberta Aids to Daily Living Program (AADL)

This program is available for all Albertans with an active personal health care number. Coverage is for Orthotics, Prosthetics, Custom Footwear, and Shoe Elevations. Program is cost share – 75% AADL – 25% Patient (\$500 per year maximum plus upgrades when applicable). Patients must meet program policies and guidelines. All prescriptions are valid for three months and must state area affected (i.e. Left), prescribed device (i.e. Custom AFO), and a detailed medical diagnosis (i.e. Multiple Sclerosis). Prescriptions from a specialist, X-Ray or MRI reports are required for some items. A.I.S.H., Social Services, and Albertans over the age of 65 could qualify for 100% coverage.

Non-Insured Health Benefits (NIHB)

This program provides coverage for most First Nations people. Coverage is usually 100%. Client must have Band and Treaty number. Some conditions apply. Patients must obtain a prescription with a detailed medical diagnosis.

Workers Compensation Board

This program offers coverage for people that are injured at work. Coverage is 100%. Client must have claim number along with a prescription with a detailed medical diagnosis or WCB Millard Report.

Department of Veteran Affairs*/Canadian Forces/RCMP

These programs provide coverage to Veterans, active members of the Canadian Forces, and RCMP. Clients must have valid registration number. Coverage is 100%. Client must have a prescription with a detailed medical diagnosis (*possibly from specialist)

Private Insurance

This type of coverage varies from one policy to another. Patients must look into their own coverage to determine if they have coverage or not and what is required to secure reimbursement. Our office will provide any written documentation that may be required.

Support Your Knees while supporting The Arthritis Society!

We are very pleased to announce for the third straight year our partnership with The Arthritis Society - Alberta and Northwest Territories Division. In addition to sponsoring the Walk to Fight Arthritis event again this June, Karl Hager Limb & Brace will donate a portion from each sale of our arthritic knee braces sold in central and northern Alberta, between April and October, to The Arthritis Society. Last year we donated over \$5,000.00 to The Arthritis Society. Patients can now get help for their knees and help The Arthritis Society at the same time!

Over 4.6 million adults and children in Canada live with arthritis. It is a leading chronic condition in Canada, taking an enormous toll on an individual's quality of life as well as the country's economy. Since 1948 The Arthritis Society has been setting lives in motion through a variety of programs and support services. Dedicated to a vision of living well while creating a future without arthritis, The Society has also invested over \$185 million in projects that have led to breakthroughs in the diagnosis, treatment, and care of people with arthritis.

The Walk to Fight Arthritis is The Society's signature fundraising event and on June 5th we are joining the Walk as a sponsor, participant, and fundraiser. This event unites the arthritis community coast to coast, and raises vital funds to help change lives.

For more information please visit www.walktofightarthritis.ca



PROUD SUPPORTER OF:



Clinic Locations

Cold Lake

Orthotist: Al Heaver
 Cold Lake Health Centre
 314 - 25 Street
 Cold Lake, AB T9M 1G6

St. Paul

Orthotist: Al Heaver
 St. Paul General & Auxiliary Hospital
 4713 - 48 Avenue
 St. Paul, AB T0A 3A3

Westlock

Orthotist: Kevin Shopland
 Westlock Healthcare Centre
 10220 - 93rd Street
 Westlock, AB T7P 2G4

Vermilion

Orthotist: Kevin Shopland
 Vermilion Health Care Complex
 5720 - 50 Avenue
 Vermilion, AB T9X 1K7

Peace River

Orthotist: Al Heaver
 Peace River Health Centre
 10101 - 68 Street
 Peace River, AB T8S 1T6

Camrose

Orthotist: Kevin Shopland
 Smith Clinic in Duggan Mall
 6601 - 48 Avenue
 Camrose, AB T4V 3G8

Fort McMurray

Orthotist: Kevin Shopland
 Northern Lights Regional Health Centre
 7 Hospital Street
 Fort McMurray, AB T9H 1P2

Please Note:

To book an appointment
 for these regional clinics
 please call 1-800-387-5053 x 0

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
- Victory Knee Orthosis
- Who Pays For What Guidelines
- Patient Orthotic/Prosthetic Referral Form
- WalkAide® System
- Clinic Brochure
- Foot Orthotics

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 ext 206 in regards to any newsletter content.

2016 Clinic Dates Karl Hager Limb & Brace and The Knee Centre

Clinic	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
Fort McMurray	7	5	2	7	4	1	6	3	1
St.Paul	12	10	7	12	9	6	11	8	6
Cold Lake	13	11	8	13	10	7	12	9	7
Peace River	26	17	21	19	23	20	25	22	13
Westlock	20	18	15	20	17	21	19	16	21
Camrose	28	26	23	28	25	29	27	24	15
Vermilion	-	31	-	26	-	27	-	29	-

*Dates subject to change



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Freedom To Move, With Confidence

