

Orthopaedic Connection

Exogen Is Excellent

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Transforming patient information into patient understanding.

I won't keep you in suspense. Exogen is the name for an Ultrasound Bone Healing System. Now I will tell you all about it and how it may someday help you or someone you know.

Everyone knows that when a bone breaks our amazing body knows what it is supposed to do to heal the fracture. It begins almost at once going through all the complicated steps that are necessary. The physiology is daunting, but somehow our bodies seem to get it done right.

The process of healing follows basically the same steps whether I have treated the fracture conservatively (i.e. without surgery) or have had to do a surgical procedure to repair the fracture.

Fracture Healing

If fractures always healed my life would be a lot simpler. But alas this is not Camelot and things do not always go the way they are supposed to. When a fracture does not heal as expected usually within a period of months it is termed medically a *delayed union* and if bone healing has completely ceased it is then termed a *non-union*.

Causes of Non-union

Fractures may not unite or heal for many different reasons. Some of the more common reasons are –

- Movement of the fracture ends
- Infection in compound (open) fractures
- Diabetes
- Smoking
- Poor blood supply
- Advanced age sometimes
- Poor nutrition
- Severe damage to soft tissues around the fracture

Now What

If a fracture has refused to heal for whatever reason and a non-union occurs the patient and I have a problem.

There are many surgical procedures at my disposal to treat non healing fractures. But this is not a discussion of surgical treatment of fractures. And surgery is usually not the best initial option to obtain healing in stubborn fractures.

Say Hello To Exogen

Lots of my patients have never heard the term Exogen. No clue.

O.K. What is it? It is an Ultrasound Bone Healing System, a non-invasive, low intensity, ultrasound procedure based on technology that accelerates the natural healing process of fractures.

I mentioned the natural steps that occur to heal a bone. Exogen stimulates the healing process by a low intensity, pulsed ultrasound mechanism.

Doctor, How Does Exogen Work?

Well, you are putting some pressure on me and I am not a PhD physicist. But I'll try. During the use of an Exogen Ultrasound Bone Healing System mechanical pressure waves are transmitted from the coil through skin and soft tissue to reach the injury site.

I don't like to take you up to this point and then leave you in suspense all week, but I must, because I only have so much space.

Maybe you should save this article so you could review it before I conclude next week with the happy ending. And mastering two weeks of Exogen brings all of you loyal readers even close to your master's degree in Musculoskeletal Science.

Next week there will also be a short segment on Roller Coasters since I will be at Cedar Point!

Gratiot County Herald Archive and Office Website

I sincerely hope all of our loyal readers will take advantage of an endless amount of musculoskeletal information. It is easy! Log onto www.orthopodsurgeon.com.

It gives access to all Website articles, Your Orthopaedic Connection and every GCH article from most recent to the first. Full text! It covers everything I do in the office and hospital.

Good Health. Good life. All the best to you.

Dr. Haverbush