

Orthopaedic Connection

Exogen Can Heal

By Thomas J. Haverbush, M.D.

Transforming patient information into patient understanding.

Last week I ended by mentioning briefly how Exogen can achieve bone healing in up to 86% of fractures that have been slow or have refused to heal (non union of a fracture).

There are many reasons why the bone doesn't heal, but Exogen treats all of the fractures similarly.

How?

When I have determined that a fracture will not be healing by natural healing I of course discuss the situation with the patient. Exogen isn't always the next step, but it usually is.

I contact the Exogen representative and he comes to the office to discuss the situation with the patient and me. We go over the x-rays and decide what is needed exactly because all of the fractures are different.

The fractures require different transducers which is the part of the unit placed on the skin over the fracture.

Typically the fracture is treated for about 20 minutes per day. Occasionally twice a day.

The transducer coil attaches to a small control unit that is attached by a wire.

“My Fracture has a Metal Plate (or Rod)”

No problem. Some fractures have already been treated by various metal implants and have not healed. The bone cells respond to Exogen treatment even when a fracture is treated with a metal plate or rod.

Does Exogen Heat Up the Tissue?

No it doesn't. Important to know is the fact that the ultrasound intensity of Exogen is 100 times less than typical Physical Therapy ultrasound.

What About Vertebra?

Sorry, but no. Exogen is not approved for use in vertebral compression fractures. That pretty much leaves the rest of the body (excluding the skull) as the area that Exogen can be used for non healing fractures.

Any Effect on Normal Bone?

Exogen has no effect on uninjured bone. It accelerates the normal repair process in an injured bone that has not healed. It does so by increasing the bone forming activity of the tiny osteoblast and periosteal cells.

How Long Does a Patient Need to Use Exogen?

It is continued until the appearance of solid bone healing on x-ray which has been from 13 – 52 weeks with a median time of 26 weeks.

I hope all of your fractures heal naturally, but it is reassuring to know that if the fracture doesn't heal there is something other than surgery that has a very good chance of achieving healing. Most of my patients think so.

How I Learned to Love Roller Coasters

Hello from Cedar Point, the world's greatest amusement park and the acknowledged Roller Coaster capital of the world! It is home to a record number of the largest and fastest steel roller coasters in the world.

Would you join me to be going 120 mph in 4 seconds on Top Thrill Dragster to 420 feet or dropping 300 feet almost straight down going at 93 mph on Millennium Force?

Well, I suppose only a few of you would. Initially you have to make yourself do it because it is scary. Eventually you overcome fear, take charge of your emotions and begin to look forward to riding. It changes you and in some way takes you to a different place.

Each month, May to September, my wife Alice (Al) and I are at the Park for 3 days enjoying the historic Hotel Breakers, the beach where it all began in 1870 and all that Cedar Point has to offer. It is our own "Summer Place" as the movie theme song goes. At the Park they say – "Ride On!"

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Dr. Haverbush