

• VQ OrthoCare

Duo-Loc Ankle Supports
Eagle ACL Knee Brace
Eagle OA Knee Brace
ROM Post-Op Knee Braces
Ultra Gait / ROM Walkers
Upper Limb Rehab Braces

CORFLEX

Arm Slings
Cryotherm Hot/Cold Wraps
Disc Unloader Orthosis
Plantar Fasciitis Night Splints
Polycast Fracture Braces
Shoulder Immobilizers
Signature Wrist Braces
Target Sports Supports
Cooltex Neoprene-Alternative
Prodigy Ankle Brace
Pressure Reduction Insole

EPX

Ambidextrous Wrist Braces
Hinged Knee Braces
Hot/Cold Wraps
OSFA Products
Patella Stabilizers
Tennis Elbow Bands
V-Lock Ankle Stabilizer



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C. TURNER
MEDICAL
ORTHOPAEDIC BRACING

SupportLine

CHRISTMAS 2008

New from Corflex...

Coming soon from **Corflex** is the new *Prodigy Ankle Brace*.

The *Prodigy Ankle Brace* combines the support of an ankle stirrup with the comfort of a lace-up ankle brace.

Constructed of semi-rigid contoured shells, the *Prodigy* provides maximum support and protection. Its dense foam interior pads cushion the ankle to provide optimal comfort. The step-in design, neoprene foot liner and contact closure straps allow for quick and easy application.

Ideal for treatment of chronic or acute ankle instability and, the *Prodigy Ankle Brace* is available in 3 sizes.



Now in stock is another innovative new product from **Corflex**; the *Pressure Reduction Insole*.

This product is designed to off-load the plantar aspect of the foot for faster healing after surgery, trauma or when wounds are present.

Ideal for post surgical care, pain management and wound care for diabetic ulcers, the *Pressure Reduction Insole* features peps that can be removed

to reduce pressure. A simple-to-use marking tube that allows you to mark the area of pressure reduction to ensure proper pep removal is included. The *Pressure Reduction Insole* by **Corflex** easily



fits into Walkers and PostOp shoes for optimal shock absorption and moldability and is available in 5 sizes.

A New Cooltex Addition...

The new and very popular **Cooltex** line of neoprene alternative products by **Corflex** is expanding.

New to the line is a 16-inch *Anterior Knee Wrap* with range-of-motion hinges which is ideal for those patients who require both a post-surgical as well as a functional knee brace as the hinges can be adjusted from a set position to one with full range of motion.

Custom Knee Brace Update...

The reviews are in on the new hinges for the custom braces by **VQ Orthocare**...and it's all good!

The *Eagle* and *Eagle OA* braces by **VQ Orthocare** now feature a much lower profile hinge which fits nicely beneath clothing and hockey equipment.

Patients are finding the hinges more free-flowing and customers find the new extension stop mechanism much easier to manage.

TRIVIA QUIZ



Back by popular demand is our annual Holiday Trivia Quiz. Test your knowledge of the holiday season. We will draw 3 random names from all correct entries for a basket full of Christmas goodies. Entries are to be faxed to **(905) 876-2958** by December 15th. *Good Luck!*

1. The Hebrew celebration Hanukkah is also referred to as the Festival of what?
A) Trees
B) Peace
C) Lights
D) Shoelaces
2. In the song 12 Days of Christmas, what did my true love send me on the 11th day?
A) 11 Lords-a-leaping
B) 11 Pipers-a-piping
C) 11 Swans-a-swimming
D) 11 French Hens
3. Joseph was the one who told Mary that she was going to have a baby.
TRUE or FALSE
4. What was the first artificial tree made of?
A) Glass
B) Plastic
C) Feathers
D) Silk
5. What country started the gift exchange tradition?
A) Italy
B) The Netherlands
C) Greece
D) Israel
6. How many times is the name "Santa Claus" used in "The Night Before Christmas"?
A) 0
B) 2
C) 5
D) 7

12 Easy to Follow Tips for Healthy Holiday Eating

Once again it's time for festivities and feasting. Here are 12 ways to enjoy healthy eating this holiday season - at home, at the office and with friends.

- 1 Do some pre-holiday planning. Decide ahead of time how you will handle the different events of the season, plan healthy meals and get exercise every day.
- 2 Eat a snack before going to a party. Have a yogurt or fruit, low-fat cheese or vegetables so hunger won't rule your choices.
- 3 Indulge! No need to do without your favourite foods, just take smaller portions and eat slowly!
- 4 Stand far away from the buffet table. Take your plate into another room and enjoy talking with friends.
- 5 If you're invited to a friend's house, take a plant or nice soap instead of candy or goodies.
- 6 Chew gum while cooking or baking to stop mindless nibbling.
- 7 After the party, send leftovers home with friends or freeze in smaller meals.
- 8 If there are treats at the office, put them in a place where you can't easily see them, or donate gift baskets to a food bank.
- 9 Avoid those guilty pleasures you can have anytime like chips or chocolate and eat small portions of seasonal favourites.
- 10 Be the designated driver. Enjoy one alcoholic drink and then stick to sparkling water.
- 11 Eat slowly at a sit-down dinner. Talk between bites so your meal will last longer and split a dessert with someone else.
- 12 Give guilt a vacation this season! If you overeat, don't worry; you'll have lots of time in the new year to get back on track.

GOING GREEN



C. Turner Medical is trying to do our part for the environment by eliminating the amount of paper we use.

Please contact our office and provide us with your **accounts payable email address** and we will email your invoices and/or monthly statements to you.

We can also process your invoice payments by credit card. We accept Visa, MasterCard and American Express. Simply request a **Credit Card Authorization Form** and we will do the rest!

Remember to take care of yourself!
Eat smart, stay active,
get enough sleep and
enjoy a healthy holiday!

HOLIDAY OFFICE HOURS



The time has come again for our little elves to take a rest from all the holiday bustle. C. Turner Medical would like to inform our customers of our office hours for the upcoming holiday season. Our office will be closed Wednesday December 24th and will remain closed until Monday, January 5th when we will re-open at 8:30 a.m. Please check your inventory and get your orders in before then to avoid any inconvenience for your patients.

All of us at C. Turner Medical would like to extend our best wishes for a safe and happy holiday season. We look forward to speaking with you in the New Year!