

„I would absolutely make the same decision again“, she says, looking back. „Only minimally invasive surgery was necessary, I didn't have to stay long in hospital, the lengthening process was largely painless and the cosmetic result was also perfect.“

MARTINA KAPPES



During a FITBONE® operation, the intramedullary lengthening nail is implanted by minimally invasive surgery after cutting the bone in two.

### The advantages of FITBONE® are:

- Safer treatment progress thanks to specialized surgeons with years of experience
- Reliable feedback from the system throughout the lengthening process
- A small, light-weight Control Set
- Quick reintegration into daily routines
- High treatment comfort
- Shorter hospitalization
- Minimal risk of infection
- High product safety
- Less pain
- Little scarring





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## Fit for life thanks to FITBONE®

Smarter Limb  
Lengthening



The FITBONE® intramedullary lengthening nail is only implanted by experienced surgeons.

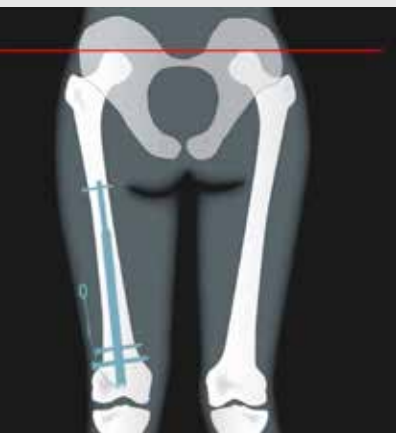


»FITBONE® is a fully implantable system that combines uncomplicated treatment with excellent cosmetic results.«

PROFESSOR RAINER BAUMGART,  
CENTER FOR CORRECTIVE AND RECONSTRUCTIVE SURGERY  
OF EXTREMITIES (ZEM) GERMANY IN MUNICH



Martina Kappes reports in a video on her experience with FITBONE®.



„Part of the concept is to have at least one COE with experienced surgeons in each country where this kind of operation is carried out regularly“, Professor Baumgart explains.

### Functional shoes, not fashion footwear

When Martina Kappes was six years old, her paediatrician discovered that her right leg was about two centimetres shorter than her left. What followed would probably class as a major disaster for any young girl: instead of wearing pretty shoes like her friends, she was forced to put up with unfashionable orthopaedic footwear. The leg length discrepancy increased year after year as she grew up into a young woman. „It had become four centimetres by the time I was 16“, Martina remembers. „As time went by, I also started to feel the negative effects of the shorter leg more and more: pain in my back, hips and knees.“

### FITBONE®: short operation, virtually no pain, no ugly scarring

There are probably almost no patients who actually jump for joy when their doctor tells them they need an operation – and Martina Kappes certainly wasn't one of them. She expressed a number of fears: a complicated operation, a painful healing process, awkward

fixators on her leg, a long hospitalization period, restricted mobility and a reduced ability to participate in everyday work and leisure activities. „When I learned that thanks to FITBONE® a solution also exists without any of those impairments, I was incredibly relieved“, Martina recalls. She first heard about it from her husband, who works for WITTENSTEIN and told her all about the intramedullary lengthening nail. „FITBONE® is a fully implantable system that combines uncomplicated treatment with excellent cosmetic results“, explains Professor Rainer Baumgart of the Center for Corrective and Reconstructive Surgery of Extremities (ZEM) Germany in Munich. It didn't take Martina long to be convinced of the FITBONE® principle: the intramedullary lengthening nail is completely implanted in the bone as a keyhole operation, in other words as a minimally invasive procedure with only tiny cuts. This has several advantages for the patient: small-to-very small scars, no external fixators and no risk of infection at the body exit points.



View of the WITTENSTEIN intens cleanroom, where the FITBONE® intramedullary lengthening nail is made.

### Wheelchair-free convalescence

Only twenty-four hours later, the leg had recovered sufficiently to bear at least part of Martina Kappes' weight again and she was able to attempt her first steps with crutches. She was discharged from hospital within a few days and subsequently controlled the distraction process herself in the comfort of her own home. She was provided with a handy little external control set for this purpose, which activates the motor in the intramedullary nail and carefully extends it. „About one millimetre every day, to make sure the bone growth is just right and doesn't cause any pain“ Martina adds. The bone in her thigh was gradually lengthened in this way until after approximately five months, the treatment was completed and the leg length discrepancy compensated. „Throughout the treatment period I was able to lead a normal life without pain and without being restricted by a wheelchair, for instance“, Martina reports.

### Safe procedure performed by experienced FITBONE® surgeons

The FITBONE® was removed again after about a year. Both the procedure itself and the implant insertion took place at ZEM Germany in Munich – a so-called Center of Excellence (COE). All FITBONE® operations at the COEs are performed by highly specialized surgeons with years of experience in the correction of leg length discrepancies and special training from WITTENSTEIN intens in the use of the intramedullary lengthening nail. „Part of the concept is to have at least one COE with experienced surgeons in each country where this kind of operation is carried out regularly“, Professor Baumgart explains.



Hiking, sports, playing with her son, nice clothes and fashionable shoes – all of these things add to Martina Kappes' quality of life. They are pleasures which she was forced to do without for many years owing to a congenital leg length discrepancy.

**The unique COE concept gave Martina Kappes the confidence she needed:**

Several thousand FITBONE® systems have been implanted to date, and in almost every case they have proved to be technically reliable and the operation non-critical – even where complicated procedures are necessary, FITBONE® is an excellent product. With appropriate preoperative planning and surgical techniques, it is possible to carry out axial and torsional corrections as part of limb lengthening in a single operation. „That certainly eases the decision to go under the knife“, Martina confesses.

She hasn't once regretted undergoing the FITBONE® procedure. „I would absolutely make the same decision again and I wholeheartedly recommend it to anyone suffering from the same problem. At the very latest when you can walk straight again without feeling pain, you are grateful for the new quality of life the FITBONE® system gives you.“