

## Conservative Care

### Pedorthics (case #2354)

**Keywords:** Diabetes, Charcot's arthropathy, hammertoes, foot deformity, custom molded extra depth shoes, rocker bottom soles.

**Patient:** 80-year old female, diabetic with peripheral neuropathy, bilateral hammertoes and left Charcot mid-foot deformity. Patient lives by herself and performs all ADL independently. She uses a front wheel walker when ambulating.

**Service:** Custom molded extra depth shoes, with crepe rocker bottom soles and removable, total contact, multi density inserts. (Off-the-shelf shoes would not fit due to the Charcot deformity).

**Rationale:** We decided to use laces instead of velcro closures because she is able to reach down and tie the shoes. Laces provide superior control over the instep. Footwear for this patient is crucial to protect her feet due to neuropathy and to accommodate the hammertoes as well as the left Charcot deformity.

**Note:** Under the Medicare Therapeutic Footwear Program, patients with diabetes are eligible for this service once a year. This helps reduce the risk of ulcers which may lead to amputation.

#### Picture descriptions

- Pic 1 Right foot
- Pic 2 Left foot
- Pic 3 Harris mat imprint illustrates pressure distribution and shape of feet
- Pic 4 Custom molded extra depth shoes



Pic 1



Pic 2



Pic 3



Pic 4

StepbyStep