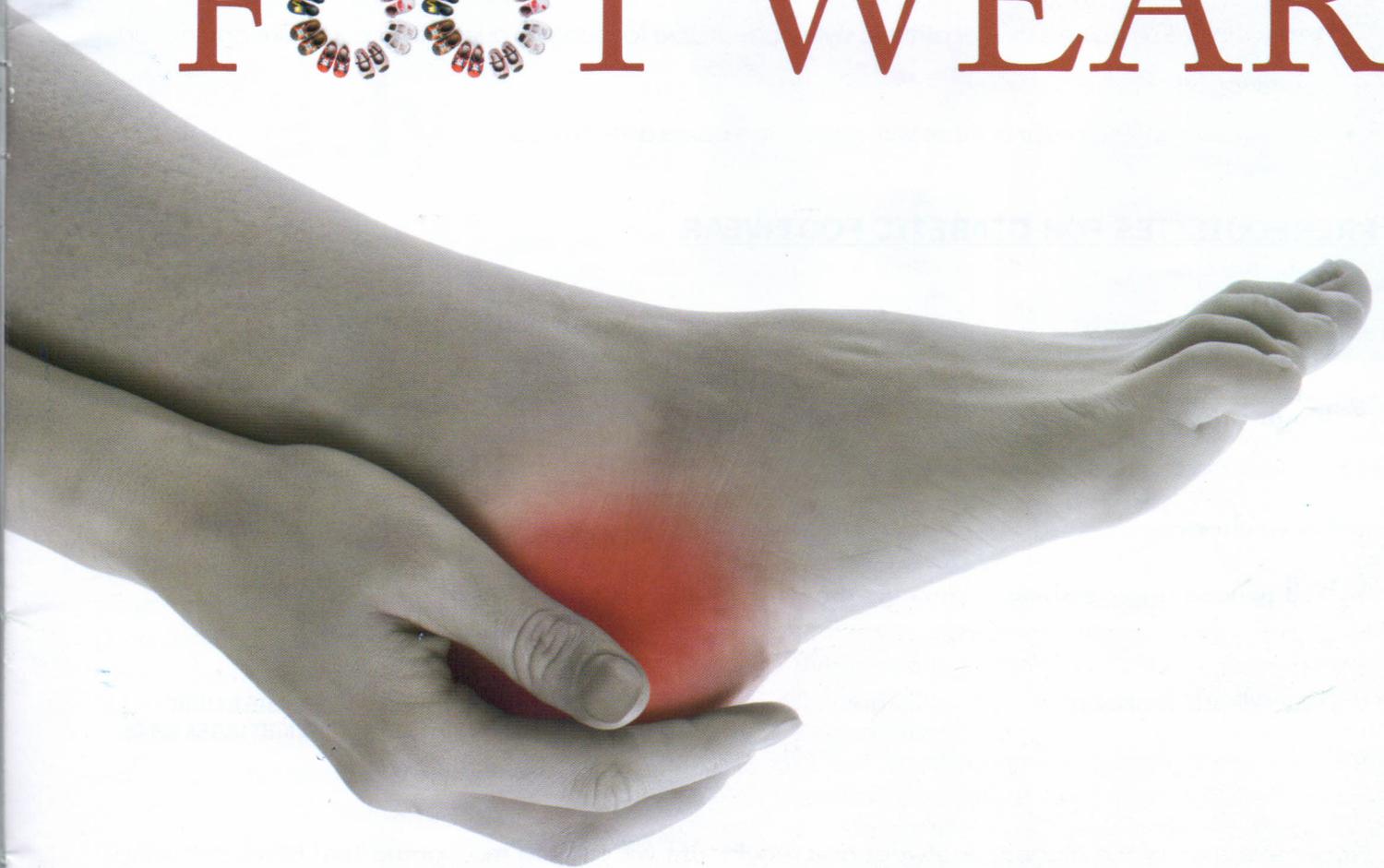


DIABETIC FOOTWEAR



As the neuropathy, which sets in patients with diabetes mellitus, on the long term, leads to unnoticed injuries and ulcers in the foot, there need to be a way to avoid those 'preventable' insults to the foot. The conventional footwear – sandals, shoes have sturdy and hard insoles which is not apt for the compromised feet of diabetics. Hence to conquer the necessity of soft, durable, flexible footwear, many materials were invented out of which – micro-cellular rubber (MCR), micro-cellular polymer (MCP), Ethinly vinyl acetate (EVA), plartzote, silicone came in to usage as both preventive and therapeutic diabetic footwear. There are few principles which need to be followed in selecting the appropriate footwear for people with diabetes, which should not as simple as, just getting into the foot-store and taking the so-called diabetic footwear sold by the shopkeeper. The following points need to be borne in mind while buying a diabetic footwear.

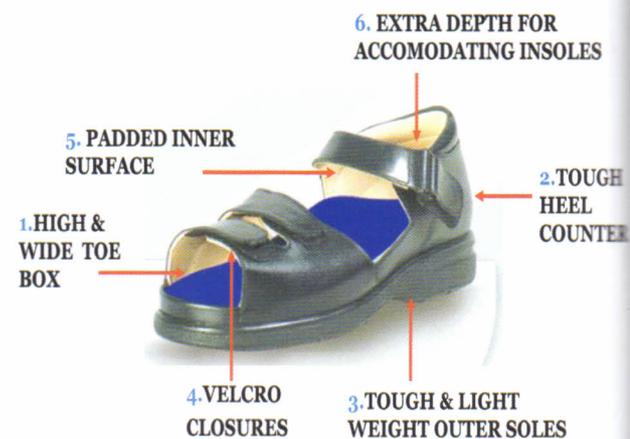
PRINCIPLES OF SELECTION OF FOOTWEAR

- ▲ Both feet carefully measured
- ▲ Its preferable to purchase your foot wear in the evening when the feet is slightly larger due to the swelling seen after the days stand.
- ▲ When you try on shoes spend sometime walking around store to make sure the shoes have chosen are comfortable
- ▲ Avoid wearing opened toed sandals since they can increase your risk of injury of foot
Shoes made in a trainers style or athletic style acceptable for patients due to their curvature and medial arch support
- ▲ Don't wear tight foot wear or those with narrow toe boxes or high heels.

PREREQUISITES FOR DIABETIC FOOTWEAR

- | | |
|-----------------------------|----------------------------------|
| ✓ Wide Toe Box | for free movement of toes |
| ✓ Strong Heel Counter | for stability in the heel region |
| ✓ Tough & light outer soles | limit motion of painful joints |
| ✓ Velcro closures | help adjust deformities |
| ✓ Well padded inner surface | protects the foot from injury |
| ✓ Extra depth footwear | accommodates 9mm insoles |

DIABETIC FOOT WEAR DESCRIPTION



Proper selection of the diabetic footwear and regular use will obviate most of the foot issues occurring. Regular use of footwear will reduce the softness of the insole, which requires a change every 5 -6 months. Patient compliance is required for the footwear to serve its purpose along with a good foot-care.



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