



# Diabetic Foot Orthotics & Footwear By Conrad Barnard Orthotics & Prosthetics

## Foot Orthotic Indicated For Diabetic Patients

Footwear and orthotics play an important role in diabetic foot care.

Orthotics for diabetic patients are designed to distribute pressure effectively & ensure good foot posture. Orthotics are sometime also used to assist with managing diabetic foot ulcer by taking pressure of the ulcer.

## What is different about a diabetic foot orthoses?

As stated above the diabetic foot orthotics need to distribute pressure underneath the foot and ensure correct foot posture to prevent diabetic foot ulcers from developing.

This is how the foot orthotic does it:

- **Pressure distribution**- To distribute peak plantar pressures (the pressures underneath your foot) over a wide area – the foot orthotic will be made out of soft material like Plastazote foam. Plastazote is a material designed to accommodate pressure "hot spots" by conforming to heat and pressure.
- **Foot Posture**- The orthotic will be made from a mold that is taken of your foot. We will support the foot where required by adding material or creating space on the orthotic





## Footwear & Diabetes

Diabetic footwear should provide the following protective benefits:

- High, wide toe box (high and wide space in the toe area)
- Removable insoles for fitting flexibility and the option to insert orthotics if necessary.
- Rocker Soles designed to reduce pressure in the areas of the foot most susceptible to pain, most notably the ball-of-the-foot.
- Firm Heel Counters for support and stability.



Conrad Barnard Orthotics & Prosthetics stock a wide range of diabetic footwear; please feel free to contact us for more information.

It is very important for diabetics with neuropathy to take necessary precautions to prevent injury and keep their feet healthy. If you have diabetes and are experiencing a foot problem, please contact your doctor or us as soon as possible.





## General Information on Diabetes & Your Feet

Diabetes is a serious disease that can develop from lack of insulin production in the body or due to the inability of the body's insulin to perform its normal everyday functions. Insulin is a substance produced by the pancreas gland that helps process the food we eat and turn it into energy.

Many complications can be associated with diabetes. Diabetes disrupts the vascular system, affecting many areas of the body such as the eyes, kidneys, legs, and feet. People with diabetes should pay special attention to their feet.

### Neuropathy

Of the sixteen million Americans with diabetes, 25% will develop foot problems related to the disease. Diabetic foot conditions develop from a combination of causes including poor circulation and neuropathy. Diabetic Neuropathy can cause insensitivity or a loss of ability to feel pain, heat, and cold. Diabetics suffering from neuropathy can develop minor cuts, scrapes, blisters, or pressure sores that they may not be aware of due to the insensitivity. If these minor injuries are left untreated, complications may result and lead to ulceration and possibly even amputation.

Neuropathy can also cause deformities such as Bunions, Hammer Toes, and Charcot Feet. It is very important for diabetics to take the necessary precautions to prevent all foot related injuries. Due to the consequences of neuropathy, daily observation of the feet is critical. When a diabetic patient takes the necessary preventative footcare measures, he or she reduces the risks of serious foot conditions.

### Poor Circulation

Diabetes often leads to peripheral vascular disease that inhibits a person's blood circulation. With this condition, there is a narrowing of the arteries that frequently leads to significantly decreased circulation in the lower part of the legs and the feet. Poor circulation contributes to diabetic foot problems by reducing the amount of oxygen and nutrition supplied to the skin and other tissue, causing injuries to heal poorly. Poor circulation can also lead to swelling and dryness of the foot. Preventing foot complications is more critical for the diabetic patient because poor circulation impairs the healing process and can lead to ulcers, infection, and other serious foot conditions.

**Please feel free to contact us for information or to book an appointment.**



CONRAD  
**BARNARD**  
ORTHOTICS & PROSTHETICS

E INFO@CONRADBARNARD.CO.ZA  
T 033 342 4330 / 9464  
C 083 301 4421  
W CONRADBARNARD.CO.ZA  
A 317 BULWER STREET, PIETERMARITZBURG, 3201