

Active Feet CLINIC

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WHAT IS THE MDT CLINIC?

We are a team of **specialists** in diabetic **footcare, footwear** and **exercise**. We aim to offer **gold standard care** before, during and after your foot treatment.

You have been placed in this clinic due to the **complex nature of your condition**. Neuropathies, ulcers and Charcot deformities often happen when there are **other underlying health issues**.

40-50% of people die within 5 years of a new diabetic ulceration. We want to change this.

The methods of treating wounds may make you more **sedentary**. Being sedentary has **severe** side effects for your health and can result in **increased disease** progression and **death rates**. We want to help you as much as possible so you can reduce your relatively **high risk of death** post-ulceration.

This clinic and leaflet have been created to **reduce damage** to your general health whilst your foot is healing so you can get the **best outcome** from your treatment and **live your life to its fullest**.

We are using the **latest research** and a **proactive** approach to get you back on your feet as soon as possible.

Reduce your
risk of death
after
treatment

Help you work
towards your
personal goals

Help you
feel good

We Aim to...

Get the best
outcomes
for you

Get you
back on
your feet

Reduce the
risk to your
heart
health

EXPECTATIONS

Before treatment, it is important you understand what is **expected** of you so you can **achieve** your **goals**.

Your treatment may involve casting, specialist footwear, foot-care, offloading, lifestyle advice, exercise and possible surgery.

On your first visit, we will measure:

- height
- weight
- BMI
- blood pressure
- heart rate
- fitness testing
- exercise levels

We expect your **level of health and fitness** to **improve** from participating in this clinic, so it is **vital** that you do your **prescribed exercises**.

The **risk of damage to your health** during a period of inactivity and immobility is **high**, this clinic aims to reduce this risk.

You are expected to complete exercises at home **regularly** to **optimise** your **physical** and **mental health**, improve your **healing** times and achieve your **goals**.



Exercise will include **strength, stability, and balance** work. You will also be completing some **stretching** work to keep your joints supple.

Finally, but most importantly, completing light **cardiovascular** exercises **each day** is **vital** to reduce the risk of **deconditioning**.

The exercises in this booklet will be discussed with the physiotherapist and adapted to your abilities. There is a section to write your personal goals, comments and track your progress

What is a Charcot Foot?

Charcot Foot is a rare condition that affects people with neuropathy, usually but not solely, because of poorly controlled diabetes. The bones in the foot become brittle, inflamed, broken and deformed as a result of mild trauma, usually of unknown cause. This can lead to deformity, ulceration and infection. If not managed correctly this can lead to amputation.



What is a foot ulcer?

Foot ulcers are open sores that are difficult to heal. They are the result of skin break down from blisters, cuts, wounds or trauma. This often affects people with neuropathy, diabetes, or poor circulation.

Ulcers are difficult to heal, can become infected and lead to severe complications.



Foot care/Foot footwear

Follow the personalised guidance from the specialists in our team. They have been working with these conditions for many years and understand the risks associated with them.

Often, you will be advised to non-weight bear to allow your foot time to heal. It is important you comply with this. Too much pressure through a damaged foot will make it take longer to heal, or at worst, lead to complications, infections or the need for amputation.

Keep your feet clean and check for signs of blistering or ill-fitting footwear regularly.

You may be issued with specialist footwear to help offload your painful foot to help it heal. This will be discussed with you in clinic.

**How can I get
the best out
of my
treatment?**

Diet/Nutrition

Your body needs to be fuelled with the right nutrients to help you heal and to control your blood sugars. When your blood sugars remain too high your blood becomes thick and sticky and cannot carry oxygen properly. This severely affects your ability to heal.

This is an opportunity to really focus on what you are fuelling your body with.

If you are overweight the best course of action for you is to try and lose weight. This is proven to be the best control for blood sugars, blood pressure, fitness and heart health.

Increasing the amount of water you drink, decreasing alcohol intake and taking note of how many fresh fruits and vegetables you eat is a good way to start.

Regular Exercise

Exercise can take many forms. This treatment period is ideal for creating healthy habits, getting into a routine with your activity levels and setting yourself up for a future that involves regular physical activity to help decrease the chances of a recurring or worsening issue.

Regular exercise alongside strength training is the best medicine to almost all chronic health conditions including: type 2 diabetes, heart disease, high blood pressure and low mood. We are here to guide you in doing it safely and committing to it long term.

Your exercise plan will be discussed with our physiotherapist.

Smoking Cessation

If you smoke your foot issue will take longer to heal and the risks to your circulation and life become more prominent.

Stopping smoking is the easiest and best way to improve blood flow to your foot and improve healing.

Using a smoking cessation service is proven to be more successful than undergoing it alone.

Remember

**We are always
here to help you
but we cannot help
you if you do not
help yourself.**

Contacts

Useful Apps