

BACK

SRFT info

Translating etcetc

FRONT

MDT FOOT CLINIC

Pre-hab

WHAT IS THE MDT CLINIC?

We are a specialist multidisciplinary team that has been set up to offer optimum care before, during and after your foot treatment. We are specialists in diabetic foot-care, foot-wear and exercise prescription.

You have been placed in this clinic due to the multifactorial/complex nature of your condition. Foot neuropathies, ulcers and Charcots deformities are often the physical presentation of long standing underlying health issues. Unfortunately, the five year mortality rate after new-onset diabetic ulceration is between 40-50%, we want to change that.

The Gold standard treatment of your foot will leave you less mobile than usual and you may find you become more sedentary. This has severe side effects for your health and can result in increased disease progression and death rates. Alongside our expert care it is your responsibility to look after your health and wellbeing during this time.

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.

WHAT TO EXPECT

Prior to undergoing treatment, it is important for you to understand what is expected in order to get the best outcomes.

We will be working with you as a team to treat your foot condition. This may involve casting, orthotics, specialist footwear, foot care, offloading the painful area, lifestyle advice and exercise prescription.

We will be taking baseline measurements when we first meet you and aiming for you to maintain a certain level of health and fitness throughout the treatment period.

The risk to your health during a period of inactivity is great, this clinic has been designed to reduce this risk.

You will be expected to complete exercises at home regularly to optimise your physical and mental health, improve you healing times and achieve your goals. These will include some strength, stability, and balance work. You will also be completing some stretching work to keep your joints supple.

Finally, but most importantly, some light cardiovascular exercises each day are vital to reduce the risk of deconditioning.

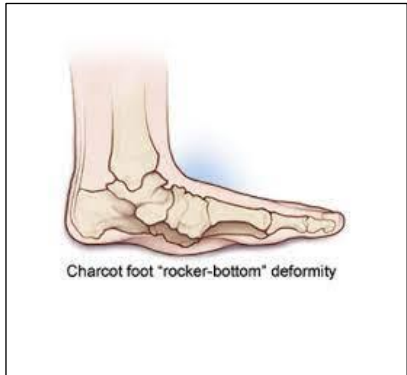
The exercises in this booklet will be discussed with the physiotherapist and adapted to your abilities. There is a section to write goals, comments and tick off when you have completed them each day.

Your Height, Weight, BMI, Blood Pressure and Heart Rate will be monitored each session.

LEFT #4

What is: Charcot Foot?

What is: Foot ulcer?



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 foot 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.

RIGHT #5

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 the easiest 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 Stroke. 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 health 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.

NHS apps to help: NHS weight loss app, Active 10, Smoke Free, Drink free days.

Remember:

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

left #6

Initial Measurements:

Date:

Height.....Weight.....BMI.....

BP.....HR.....HBA1C.....

Ulcer size/presentation:

5 x Sit-to-stand time:

Mood:

Short term goal:

.....

Long term goal:

.....

Use the tables in the following pages to document when you have completed:

Foot care: F

Strength Exercise: S

Mobilising/Stretching: M

Cardiovascular exercise: CV

Morning Blood glucose: BG + number

Evening Blood Glucose: BG + number

You may wish to write them in different colours so it is easy for you to check back and see what you have done and when.

We have completed the first line as an example. Please continue on your own calendar if needed. **OR have each letter already in the box and tick as they go!?**

The World Health Organisation Guidelines for physical activity in adults are:

150 minutes of moderate intensity exercise (something that raises your heartrate)

(broken down into no less than ten minute intervals)

RIGHT #7

Day	Activity	BG	BP	Date	Weight	BP
Week Commencing				Date:	Weight:	BP:
Monday	F S M	BG: 5.5 BG:6.1	F S M CV BG am: BG pm:			
Tuesday	F M	BG:6 BG:8.2				
Wednesday	F CV M	BG:7 BG:7				
Thursday	F CV M	BG:7 BG:6.5				
Friday	F S M	BG:6.7 BG:7				
Saturday	F S	BG:6 BG:6.5				
Sunday	F M	BG:5 BG:6.7				

Left #8

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date: Weight: BP: 1							
Date: Weight: BP:							
Date: Weight: BP:							
Date: Weight: BP:							

RIGHT #9

Week Commencing	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date: Weight: BP:							
Date: Weight: BP:							
Date: Weight: BP:							
1 Date: Weight: BP:							

Stretching/mobilising:

Ankle circles

Gastrocs stretching off step

Gastroc stretching with towel

Gastroc stretching in standing

Hip stretching in sitting

PKB/quads stretch

Hamstring stretch

Knee rolls

Standing or cobra Lx stretching

Stretches need to be completed for at least 45seconds at a time and focus on not holding your breath.

CV exercise: non-weight bearing

Seated boxing arms

Seated rowing arms with resistance band (or on a rowing machine)

Seated marching knees

Cycling (static bike or bike pedals at home)

Repeated sit to stands (if allowed by clinician)

You need to complete these with enough speed to get you out of breath

Strength exercises

Upper body:

Bicep curls

Tricep extensions

Lower body:

Resisted hip extension in supine

Clam in side lying

Hip abductions in side lying

Knee extension in sitting

Straight leg raise

Resisted ankle PF/DF

You need to find a weight or resistance band heavy enough to make the last few repetitions feel difficult.

Stability and core exercises:

Seated:

Sitting up tall in your chair, back off backrest

Flutter legs

Pelvic tilting

On the bed or floor:

Pelvic tilt in supine

Bridge

Table top hold

Toe taps

The focus with these exercises is on core stability, you should try and keep breathing throughout and to do them to the point of a slight ache.