Diabetic Foot Disease (Lazzarini)
85 Amputations each week
27 Deaths each week

Off Load

Allan Donnelly

QCity Podiatry

Reusable Total Contact Orthotic
Total Contact Cast “Gold Standard”

- Skill to apply
- Approx $200
- Time consuming
- Difficult for regional and remote
- Destroyed on removal

Off loads ulcer - < Peak Plantar pressures
Contours exactly to plantar surface
Removable Boot + Felt

Easy to apply
Loses effectiveness - Felt flattens quickly
(not cheap either)
Ugly with a highly exudating wound or humid climate
Old school Moulded Accommodative Orthotic + Cam Walker Boot = Total Contact Cast
Low tech
Materials readily available
Skills easy to teach and learn

Elastic bandage
Effective  
Easy to make  
Cheap  
Washable  
Long lasting  
Easy to replace and modify

Costs??  
$3,500 my costs  
POP 2.5 kg $5 Bunnings  
POP Bandage $7.50  
Cam Boot $125
Regional - Rural - Remote - Indigenous
Cast in community - Aus Post - P&O Lab - Aus Post -
Fit in Community
Mentors/Team – Where to from here with $5,000

- TCH HRSF Supervised study

Queensland Orthotic Laboratory
- TCC
  - Gold Standard
  - Expensive
  - Highly skilled
  - Tertiary centre limited
  - Time consuming
  - Hard to review wound
  - Easy to cause more problems

- Allan’s modified TCO
  - As effective as TCC
  - Any location
  - Easy to learn
  - Easy to review wound
  - Cheap
  - Low tech
  - Hard to get it wrong
Highlights

- Great outcome for the patient
- Easy to take the cast and fabricate the TCO
- Off Loading boots are cheap and readily available
- Low tech materials and cheap
- Is as effective as a TCC and significantly cheaper and easier
- Easy access for regional, rural and remote communities
- Access to Gold Standard off loading anywhere in the world