

# Declaration of Financial Interests or Relationships

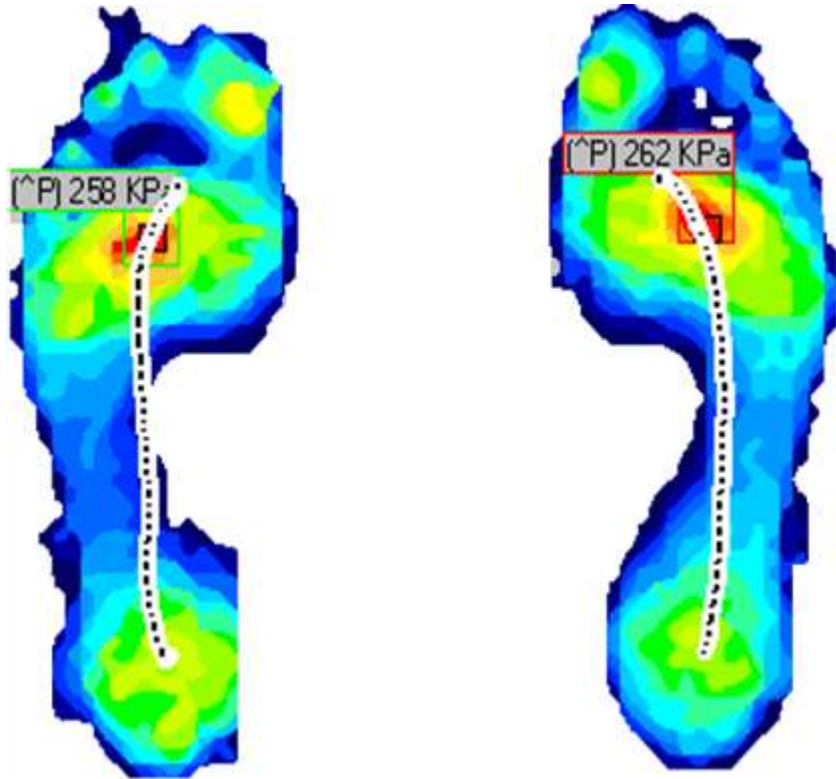
Speaker Name: David Sutton

I have the following financial interest to disclose with regard to the subject matter of this presentation:

- I am the Australian distributor of the Tekscan devices associated with this presentation and earn an income from the sales of these products.

# 5 Tips to Avoid ulceration in the Diabetic Charcot Foot

Presenter; David Sutton CPedCM.Au



# Tip 1: Rocker sole

- ▶ Research has found that rocker soles significantly reduce peak pressure, some studies demonstrate a **50%** reduction (Kavros et al., 2011).

## Tip 2: Consider footwear depth

- ▶ If you are going to add material in the shoe ensure there is enough room in the shoe or you may create further injury



## Tip 3: Client Education

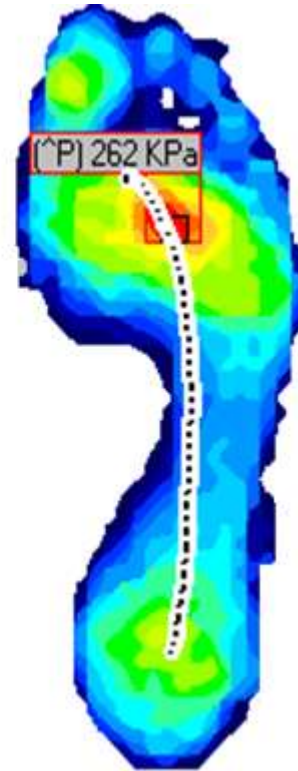
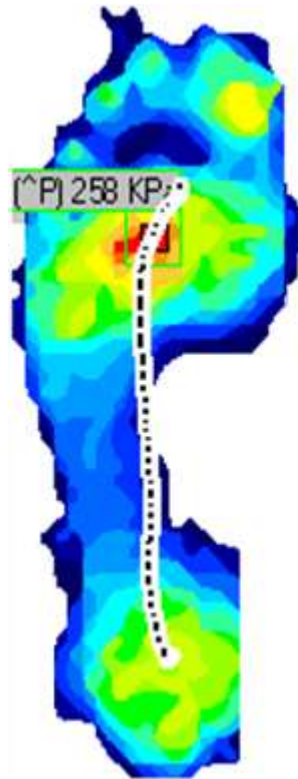
- ▶ Teach your client how to effectively read warning signs, red mark is a warning  
Check inside their shoe.



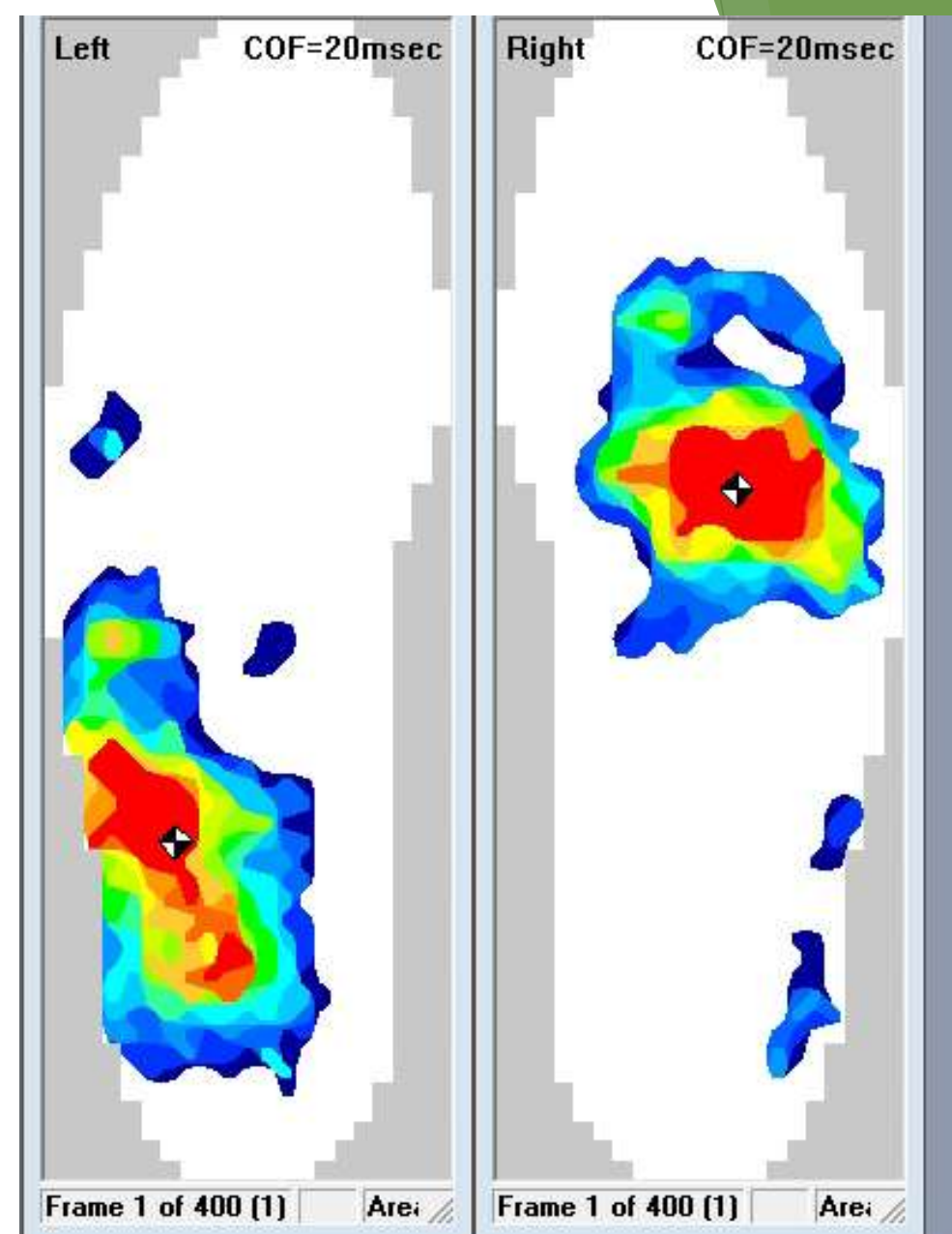
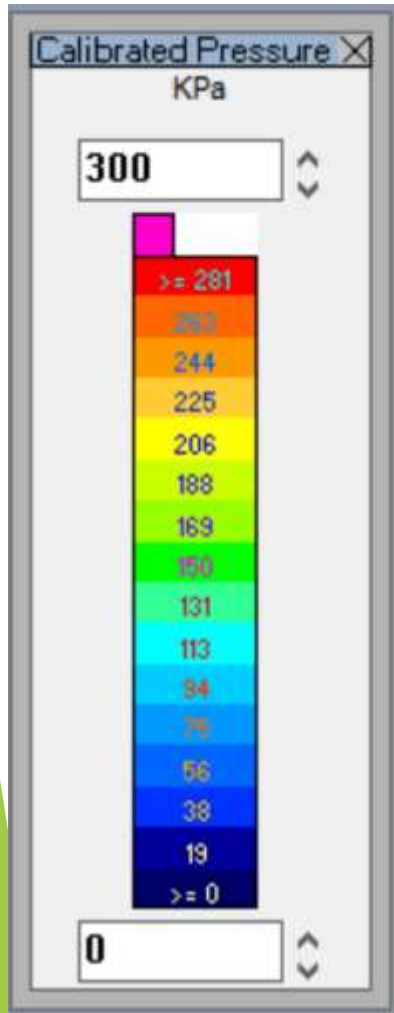
Tip 4: a Review is about listening to the clients concerns first



Tip 5: “If you can’t measure it, you can’t manage it.”



# We record 8 steps





# Reference List

- ▶ Kavros, S. J., Van Straaten, M. G., Wood, K. A. C., & Kaufman, K. R. (2011). Forefoot plantar pressure reduction of off-the-shelf rocker bottom provisional footwear. *Clinical Biomechanics*, 26(7), 778-782.