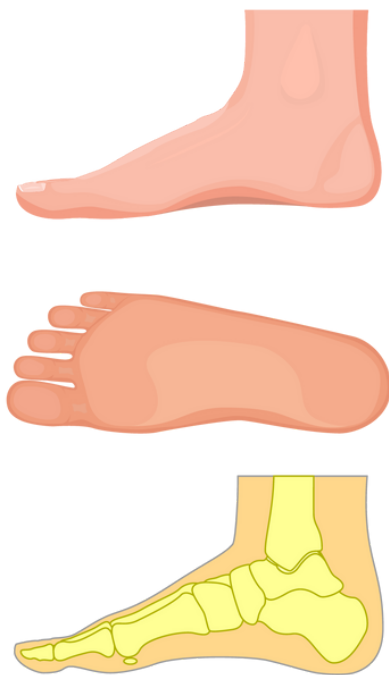


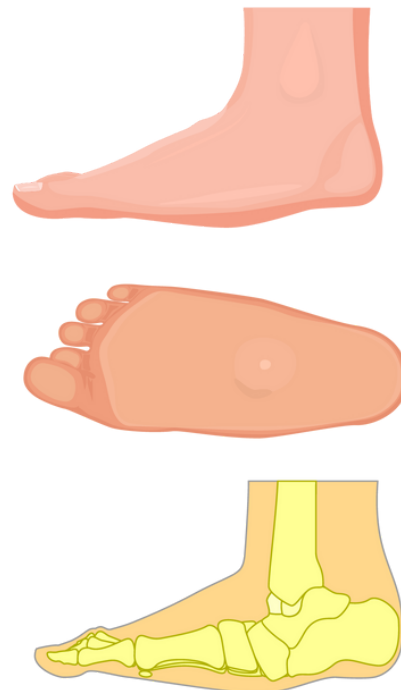
# Charcot Foot

Charcot foot is a progressive softening of the bones in the foot. This can occur in people who have significant loss of sensation due to nerve damage (neuropathy) in the foot. The bones are weakened enough to fracture, and with continued walking, the foot eventually changes shape. This is a serious condition that can lead to severe deformity, disability and even amputation. Charcot foot is common in people with diabetes, a disease often associated with neuropathy.

Normal Foot



Charcot Foot



## Signs and Symptoms:

- Redness in the foot
- Warmth to touch
- Swelling of the foot and ankle
- Loss of sensation of the foot
- Instability of the joint
- Subluxation (partial displacement of a joint)
- Dislocation of the joint

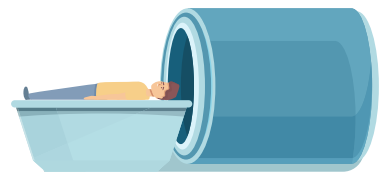


## Diagnosis:

Your doctor will examine the foot and ankle and ask about the events happening before the symptoms.



Xray, Magnetic Resonance Imaging (MRI) or nuclear imaging may be ordered.



## Treatment:

- Immobilisation. Restricting the movement of ankle and foot to allow the bone to heal.
- Completely no standing or walking on the affected foot to prevent foot from further collapsing. You will be taught to use crutches or wheelchair to move around.
- Surgery will be done for severe deformities.



## Control Medical Conditions:

It is important to control medical conditions such as diabetes mellitus, hypertension, or high cholesterol to prevent further progression of neuropathy and complication.

## Rehabilitation:

You will be allowed to put some weight on the foot when the bones starting to heal and fuse back together. The amount of weight put on the foot can be increased slowly when bones have become strong.

The foot must be protected and supported with plaster cast, walking brace or special insoles and shoes, which support the foot and allow for any changes that have occurred in the shape of the foot.

