

Successful Ageing in Australia
Podiatry Plus
Thinking on Two Feet

By Helen Banwell

The Role of the Podiatrist

- **To improve mobility and enhance the independence of individuals by the prevention and management of foot problems and associated morbidity.**
- **To be a primary source of information for the community in all matters relating to the foot**
- **To ensure podiatry is conducted in a manner appropriate for a registered body (Acts & Codes of Ethics)**

What we do...

- **Dermatological pathologies**
- **Vascular and neurological assessment, education & management**
- **Biomechanical assessment, education & management**
- **Surgical procedures**
- **Role in fall prevention**



UniSA

A quarter of the bodies bones are in the feet.

- **28 bones**
- **40 joints**
- **33 muscles per foot**



www.medscape.com

The 'average' foot takes 800 steps a day

- **Walking** **1.5 x body weight**
- **Running** **3 x body weight**

What goes wrong:

- **Skin problems**
- **Nail problems**
- **Circulation**
- **Nerve Function**
- **Biomechanical changes**
- **Diabetes**

Skin Problems

From the simplistic to the complex

- **Callus & Corns**
- **Ageing**
- **Scaling conditions**
- **Systemic/Acquired conditions**
- **Invasive!**



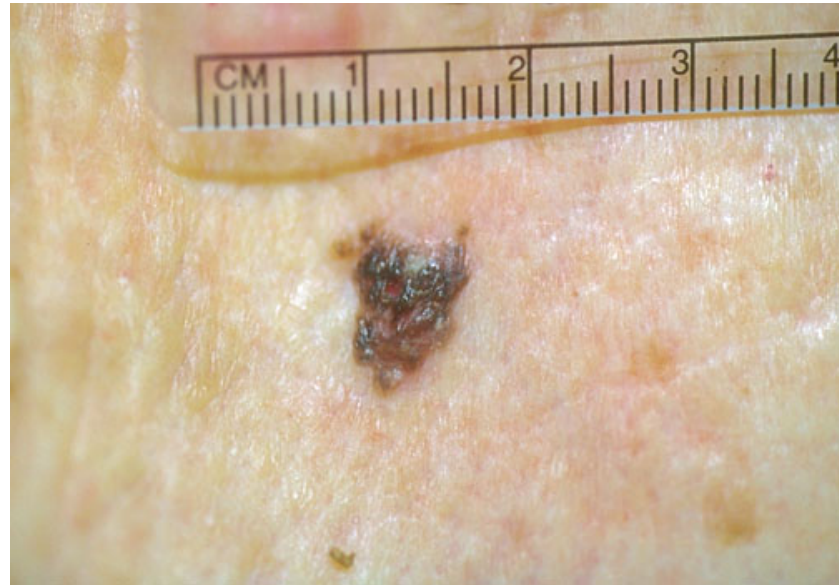
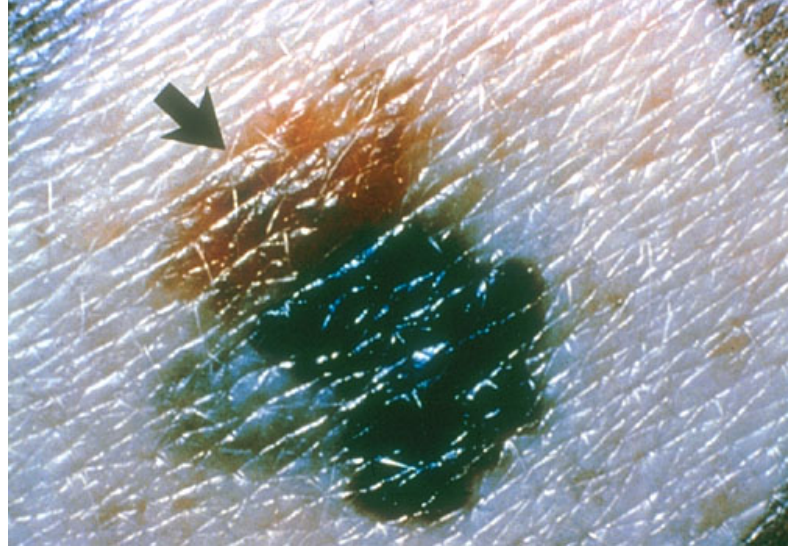
UniSA











Nail Problems:

Again, can be the simple to the serious:

- **Ingrown toenails**
- **Infected nails**
- **Thickened nails**
- **Invasive conditions!**





UniSA

Circulation

- **1 in 5 women have poor circulation (1:8 men)**
- **Arterial**
- **Venous**

Circulation problems can be systemic or acquired ie:

- **Arterial Disease**
- **Raynauds Disease**
- **CVA**
- **Chilblains 1 in 5 women have poor circulation (1:8 men)**





- **Varicose Veins**
 - **Varicose veins are veins (usually in the legs) that have become dilated and swollen.**
- **Varicose Dermatitis**
 - **can occur in association with chronic varicose veins. It is an itchy skin eruption and has a brownish colouration if long standing.**



UniSA



Neurological changes

- **Nerves determine: hot/cold changes, pressure and pain and where the feet are in relation to the body or space (known as ‘proprioceptive feedback’)**
- **Also responsible for muscular function to move the body.**
- **Nerves are very sensitive and quick to evoke change – are very important in the vascular system as they open or close blood vessels.**
- **Can be affected by CVA, Multiple Sclerosis & Motor Neuron problems.**

Neuropathy – Loss of Sensation

Can be caused by several things, alcoholism, drug abuse, lack of Vitamin B in the diet and several spinal defects or complications. However the most common cause of neuropathy is diabetes mellitus

Abnormal Biomechanics

- Mechanical problems that are associated with alignment or skeletal issues resulting in the foot not functioning to its maximum capacity i.e: excess foot pronation (flat feet) or lack of pronation (high arches).

ARTHRITIC CHANGES

- Osteoarthritis
- Rheumatoid Arthritis

STRUCTURAL CHANGES

- Calcaneal Spur
- Hallux Abducto Valgus (HAV/bunion)
- Tailor's Bunion





Diabetes

A metabolic disorder of the pancreas that may affect:

- Eyes
- Blood vessels
- Nervous system
- Skin and tissue health

Foot complications can occur when someone's eyesight, circulation, neurological function or skin health is compromised.



Diabetes:

- 25% of diabetes patients develop foot problems, 3% have active foot ulcers and are 15 times more likely to undergo a lower limb amputation
- SA has the highest amputation rate
- It is estimated that more than 50% of the amputations could be prevented by reducing the risk factors for amputation and improving foot care (Bild et al 1989 cited by Scarlet and Blais 1989)



UniSA

- Check feet daily
- Keep temperature in good range
- Annual checks minimum (especially with diabetes)
- Appropriate shoes/socks
- Minor first aid
- Know who to ask!

Thank You!

Podiatry Clinic UniSA
8302 2269