At CPO Services, your comprehensive care is important to us. That's why we're providing this brochure that gives an overview of Extra Depth Footwear and Diabetic Foot Care. As with anything else, please don't hesitate to call us if you have any questions.

Diabetic Foot CareThe importance of diabetic foot care

Individuals with diabetes are much more vulnerable to foot problems for a number of reasons. The following guide will help you better understand, care for and cope with this often debilitating disease.

Diabetes can cause nerve degeneration that may result in your feet becoming immune to feelings of pain (also known as peripheral neuropathy or diabetic neuropathy), making you more at risk for irritations and infections.

Complications from diabetes may also decrease blood flow to the feet, making it more difficult for sores to heal. It is vitally important that diabetics take extra precautions to care for their feet. Here are some foot care guidelines that are important for those with diabetes to follow.

Caring for your feet

- Inspect feet daily, including checking carefully between the toes. Look for cuts or sores, changes in skin color, bleeding, tenderness, swelling and areas of high temperature. If necessary, use a hand mirror to check the bottoms of your feet. Any major change should be reported to your physician immediately.
- Bathe feet daily in lukewarm water with mild soap and rinse thoroughly. Do not soak feet. Pat them dry with a soft towel, making sure to dry between the toes. Use a light dusting of talcum powder or cornstarch to keep the skin between your toes dry.



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If you have any questions, please contact Comprehensive Prosthetics & Orthotics.

Your orthotist is:

Your physician is:

Diabetic Foot Care & Extra Depth Footwear

CARE & USE GUIDE



- Use lotion to prevent cracking on the tops and bottoms of the feet. However, never use lotion or cream between the toes.
- Avoid wearing anything tight around the legs or ankles.
- Do not use adhesive tape on your feet.
- Keep feet elevated while sitting and do not sit with legs or ankles crossed.
- Do not walk barefoot, even indoors.
- Avoid extremes of heat or cold. Never use hot water bottles or heating pads. Check your feet often in cold weather to prevent frostbite.

Tips for a healthy lifestyle

- Stay active. Walking, dancing, swimming and bicycling are easy on the feet.
- · Maintain a healthy weight.
- · Avoid smoking.
- Avoid alcohol.
- Monitor and keep your glucose level under control.
- Have a thorough foot examination by a professional every three to six months. If you have experienced frequent problems with your feet, these exams should be more frequent.

The right footwear

- Wear properly fitting shoes, avoiding those made of plastic or vinyl. Shoes should be well-cushioned and roomy. If necessary, your physician may prescribe extra-depth or custom-molded shoes. Break in any new shoes gradually.
- Avoid shoes with high heels or pointed toes. Do not wear sandals with thongs between the toes.
- Shake shoes out before you put them on to remove any debris.
- Always wear socks with shoes. Make sure the socks are clean, seamless and free of holes. A natural-fiber sock (cotton, wool or cotton-wool blend) is recommended. Do not wear tight-fitting socks.
- Be very careful when trimming your toenails, and do not trim your own corns or calluses. Do not use commercial corn remedies unless advised by your physician.

Extra Depth Footware

What is extra depth footwear?

Extra depth footwear is a line of footwear designed to relieve areas of the foot that have excessive pressure. This pressure may be due to hammertoes, bunions, and/or extreme foot shapes.

Extra depth footwear has seamless and deeper toe boxes than standard footwear, and is able to accommodate, stabilize and support deformities. Because of the adjustability, extra depth footwear is available in many sizes and widths. For those feet that cannot be fit in standard sizes, custom-fabricated shoes can be ordered based on a mold of your feet.

Why do I need extra depth footwear?

For individuals with diabetes, extra depth footwear can very important. Correct fit in the correct type of shoes is crucial to good foot health, and will help with calluses and diabetic ulcers. It will also reduce the likelihood of amputation.

If you suffer from peripheral neuropathy (a loss of sensation), you may find that you fit your shoes too narrow or too short for your foot due to your lack of ability to feel your feet. For this reason, you should have your shoes fitted by a pedorthist or orthotist.

How do I wear extra depth footwear?

Extra depth footwear should be worn with seamless socks that do no have an elastic band at the top. White socks are recommended as well, so that if any discharge should occur from one of your feet, indicating a sore, it will be noticeable.

Comprehensive Prosthetics & Orthotics is committed to working with your physician to minimize any diabetic foot complications you may have, and to helping you to maintain your feet in their best possible condition. If you have any questions or problems, please contact your pedorthist or orthotist.

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