

Off-Loading For Diabetic Foot Wounds

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With increasing incidence of Diabetes which is a very real problem for most countries especially in Malaysia, the number of patient would eventually develop diabetic complications to their foot is also high. Wounds on the foot of diabetic patients could be a difficult problem to treat, this is because of the nature of the disease that leads to poor tissue healing as well as prone for infections.

One method that could be employed in these patients is offloading, one of the reasons why the wound on diabetics don't heal is because of the altered mechanics of the foot which leads to abnormal pressure points which is beyond the threshold for the tissue to withstand. Offloading basically reduces these pressure on the foot thus allowing tissue healing to take place. There are various ways of offloading a foot and a suitable method must be found for the patient.

We will discuss some common methods and indications for the offloading.