

Footwear For The Diabetic Feet

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Foot wear is an important interface to reduce and prevent injury during walking.

We will review the bio-mechanics involved in walking especially the gait rockers (heel, ankle, forefoot rockers) and the travel of the center of pressure during stance. We also need to understand the anatomy of a shoe namely the important parts such as heel counter, last, shank, toe box as well as the insole and outsoles, as well as materials used.

From there, we will review the features of the shoe which can be modified to achieve relief to the wound such as modification to the insoles (total surface contact, cut out) as well as to the shoe (healing sandals, wedge shoes, rocker soled shoes etc.)

Lastly, we must appreciate that shoes also serve as a cosmetic and fashion wear and that we do need to balance the form and function for optimal patient compliance.