

## Diabetics Foot Care, Continued

As a result of Diabetic Neuropathy, patients may not be aware of injuries to the feet. Due to lack of blood flow to the area, the foot is unable to fight infections and heal quickly. So it is very important for patients to check their feet daily for any injuries or sores. Take care of calluses that have developed because they have potential to turn into ulcers, otherwise known as open wounds. Notify your healthcare provider if there are changes or problems.

The combination of decreased sensation and lack of blood flow put diabetics at a risk for becoming a candidate for a foot or leg amputation. Smokers living with diabetes run a higher risk. Many diabetics who need amputations are smokers.

The best way to prevent neuropathies and other complications that are associated with diabetes is to maintain healthy habits. Keep your blood sugar at a normal level, maintain a healthy weight by eating right and staying active, and see your doctor

*This brochure is compliments of:*

### **ADVANCED PHYSICAL THERAPY & HEALTH SERVICES**

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## **ADVANCED PHYSICAL THERAPY & HEALTH SERVICES, LLC**

is a private, physical therapist-owned outpatient physical therapy clinic specializing in neurologic, orthopedic, and vestibular conditions.

All patients are evaluated by a licensed physical therapist.

We guarantee to see you for an initial evaluation within 24-48 hours.

We have early morning and late evening hours for convenient scheduling.

We accept and are in-network with most insurance companies, including PPO's, HMO's, Medicare, Tricare, and Workers' Compensation.

Conditions we evaluate and treat include, but are not limited to:

- Neck & back injuries/pain
- Arthritis
- Vertigo
- Sprains/Strains
- Parkinson's Disease
- Fractures
- Multiple Sclerosis
- Tendonitis
- Gait & balance disorders
- Bursitis
- Peripheral neuropathy
- Stroke
- Sports injuries
- Carpal Tunnel Syndrome
- Work-related injuries
- TMJ disorder/pain
- Nerve injuries / disorders
- Joint replacements
- Cervicogenic headaches
- Orthopedic surgeries

## **Diabetic Foot Care Guidelines**



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# Diabetic Foot Care

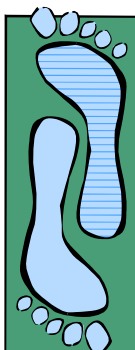
## What is Diabetes?

There are two types of Diabetes:  
Type 1 and Type 2.

Type 1 diabetes, or “Juvenile Diabetes”, is usually diagnosed in children and young adults. In type 1, the body is unable to produce insulin that is needed to convert sugars, starches, and other food into energy.

Type 2 diabetes, also known as “Adult - onset” or “Noninsulin-dependent”, is the most common form of diabetes. Millions of Americans have been diagnosed with this type. It effects the way your body metabolizes sugar (glucose) to fuel the cells in your body. The cells will either ignore the insulin production or the body will not be able to produce enough insulin to move the glucose out of the blood and into the cells to be used.

A chronic complication of diabetes is nerve damage, or “Diabetic Neuropathy”. This is caused by a decrease in blood flow to the nerves and as a result will damage or cause death to the nerves.



## Symptoms:

- Numbness
- Tingling
- Burning
- Achiness in feet and lower extremities
- Complete loss of sensation in the feet



## Other changes one might notice:

- Patients may notice changes in the shape of their feet and toes.
- Skin changes - the skin may become more dry and can peel and crack more than normal.
- Calluses develop more often and build up faster.
- Problems with balance and/or walking.

## Caring for your feet:

- Take care of your diabetes - keep your blood sugar at your target range.
- Check the bottom of your feet everyday.
- Get an annual foot exam by your doctor.
- Ask your doctor about proper shoes or special footwear.
- Get on a good exercise program.
- Maintain a healthy weight
- Keep your skin clean, smooth, and soft.



- Keep your toenails trimmed.
- Elevate your feet when possible.
- Never walk around barefoot.
- Test the waters - Check the temperature make sure it's not too hot or too cold.
- Don't smoke or quit smoking. Smoking can slow the blood flow to the feet which will slow down the healing process.
- Consult with your physician regarding Physical Therapy as a treatment (to learn a good exercise program, improve balance, or help decrease symptoms).



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