

Plantar Weight Revert the Liability of Diabetic Foot Ulcers with Toe Deformity

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Department of Trauma and Orthopedics, St. George's Hospital, London, UK. *Background:* Plantar pressure in the unprotected foot is considered a major risk factor for plantar ulceration, which is the most common precursor to lower extremity amputations in diabetes. Peripheral neuropathy can cause lower extremity damage and even disability in people with diabetes. Due to impaired sensation in the foot nerves, foot injuries can be easily missed, increasing the risk of ulcers.

Plantar weight is a key factor in the development of diabetic foot ulcers. The weight of the foot is distributed across the surface of the foot, and any imbalance or deformity can lead to increased pressure on certain areas, which can result in ulcers. Toe deformity, such as hammertoes or bunions, can alter the normal distribution of weight, leading to increased pressure on the toes and the development of ulcers.

Discussion

The relationship between plantar weight and diabetic foot ulcers is complex. While increased weight is a risk factor, it is not the sole determinant. Other factors, such as poor circulation, neuropathy, and foot deformities, also play a significant role. The goal of treatment is to reduce the pressure on the foot and prevent further damage. This can be achieved through a combination of medical and surgical interventions, including the use of orthotics, foot care, and surgery to correct deformities.