

**The following is a breakdown of the most common conditions asked about and what accommodations are recommended.**

## **Neuromuscular Diseases**

\* Recommended Accommodations

**Morton's Neuroma:** benign nerve enlargement between 3rd and 4th metatarsals: \* neuroma pad/ met pad/ scaphoid pad

**Charcot-Marie Tooth:** inherited disease causing muscle weakness due to nerve degeneration: \*met pad/ met bar/ lateral wedge/ soft top cover

**Diabetes Mellitus:** chronic metabolic condition resulting in high blood glucose leading to secondary conditions such as neuropathy and ulcers: \*scaphoid pad/ met pad/ met bar/ cut out/ balance pad/ soft, frictionless top cover

## **Orthopedic Diseases**

\* Recommended Accommodations

**Heel Pain:** generalized pain and possible spur of the calcaneus: \*heel pads: intrinsic heel pad, padded heel, horseshoe pad

**Plantar Fasciitis:** generalized heel and foot pain due to the inflamed fascia connecting the heel to met heads plantarly: \*scaphoid pad/ heel lift/ extra padding/ plantar fascial groove

**Pes Cavus:** excessive elevation of the longitudinal arch of the foot: \*lateral wedge/ lateral flange/ arch reinforcement

**Pes Planus:** decreased or absent longitudinal arch: \*scaphoid pad/ UCBL/ medial arch platform/ extra deep heel

**PTTD:** acquired flat footed deformity due to dysfunction or failure of the posterior tibial tendon: \*UCBL/ heel lift / Kirby skive/ flanges/ extra deep heel

**Ankle Equinus:** plantarflexed position of the foot: \*heel lift

**Hallux Limitus:** limited motion of the 1st MTPJ: \*morton's extension (soft)/ 1st met cut out/ kinetic wedge

**Hallux Rigidus:** total lack of motion of the 1st MTPJ: \*morton's extension (firm or rigid-dependent upon pain level and amount of motion maintained in joint)

**Hallux Valgus:** (bunion) subluxation of the 1# MTPJ w/ deviation of the great toe towards the 2nd and enlargement of the 1st met-head: \* 1st met cut out/ limit length or keep thin in forefoot

**Hammer/Claw/Mallet Toe:** crooked, bent or buckled toes causing joints to protrude: \*toe crest/met pad

**Sesamoiditis:** pain/tenderness of the sesamoid bones: \*metatarsal bar/ scaphoid pad/ dancer's pad/soft top cover/ turf toe extension

**DISH (Diffuse Idiopathic Skeletal Hyperostosis) or (Forestier's Disease):**

inflammation and calcification where tendons and ligaments attach to bone-considered a 2nd form of RA in the podiatric sense, affects the heel and sesamoids causing spurs and tendonitis like symptoms of the ankle: \*a well padded device that is flexible and accommodative vs. functional

**Freiberg's Infraction:** necrosis (bone death) due to obstructed circulation: \*soft and functional if s/p surgery, can also be rigid and functional \*met pad/ met bar (in pad or shell)/ possible turf toe extension/ soft top cover

**Haglund's Deformity ("pump bump"):** bony enlargement at the back of the heel causing the soft tissue near the Achilles tendon to become inflamed and thereby leading to bursitis: \*any (case dependent) \*heel lift/heel padding/ frictionless top cover/ oversized balance pad on the posterior heel which stays vertical to create an offload at the bursa

**Kohler's Disease:** avascular necrosis of the navicular: \*any (case dependent) \*scaphoid pad/ balance pad/ medial wedges/medial arch platform

**Sever's Disease (calcaneal apophysitis):** heel pain, most common in adolescents, due to overuse of the growth plates and tendons in the calcaneus: \*any (case dependent) \*extra deep, well padded heel

## Dermatologic Diseases

\* Recommended Accommodations

**Corn:** discrete hard area on the skin of a toe: \*metatarsal pads/ toe crest pad/ wicking top cover/ cut out/ balance pad

**Callus:** focal or diffuse area of hyperkeratotic tissue build-up: \*metatarsal pad/ soft top cover/ cut out/ balance pad

**Dermatitis:** red, itchy, inflammation of the skin: \*washable top cover

**Diabetic Foot Ulcer:** a break or hole in the skin: \*soft top cover/ metatarsal bar/ cut out/ balance pad

**Ehlers-Danlos Syndrome:** rare, inherited connective tissue disease characterized by joint hypermobility, stretchy skin and tissue fragility: \*scaphoid pad/ soft top cover/soft padding

**Plantar Wart:** viral infection of the skin resulting in proliferative lesion on the sole of the foot: \*metatarsal bar/washable top cover

**Venous/Pressure/Arterial Ulcers:** case dependent ulcer: \*washable, soft top covers/ metatarsal bars, pads/ cut outs/ balance pads

## Other Conditions and the Recommended Orthotic Types and Accommodations

**Arthritis:** inflammation of a joint with possible degenerative changes: utilize a soft/ semi-flexible /flexible shell: create areas of needed offload in the shell or padding: utilize a soft top cover and padding

**Bony Deformities:** shell material of choice, case dependent: offload via cut outs in the shell, padding, or balance pads

**Bunion:** bone enlargement over the medial aspect of the first metatarsal head-may have an inflamed bursa overlying the prominence: shell material of choice, case dependent: utilize cut outs in shell and/or: limit length due to toebox restriction

**Callus:** focal or diffuse area of hyperkeratotic tissue build up associated with increased pressure or shearing forces: shell material of choice, case dependent: utilize “sweet” spots/ met pad/ cut outs in plate and/or padding

**Capsulitis:** inflammation of a ligament: shell material of choice, case dependent: utilize cut outs/ met pad

**Charcot Foot:** chronic, progressive, destructive process that breaks down the bones and joints of the foot--usually affects only one foot treat according to stage: accommodative shell materials: utilize “sweet” spots in shell and/or cut outs in shell and/or padding

**Diabetes:** chronic metabolic condition resulting in high blood glucose leading to secondary conditions such as neuropathy and ulcers: accommodative shell materials: utilize a frictionless top cover and additional padding: create “sweet” spots as needed