

# PRACTICAL OFF-LOADING & WOUND STRESS FORCE COUNTERING METHODS

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**Presentation to**



# PRACTICAL OFF-LOADING & WOUND STRESS FORCE COUNTERING METHODS

Padding and Taping is really - Practical Off-Loading & Wound Stress Force Countering Methods (friction, compression, torsion)

- Short-term solution, but Immediate;
- Requires a good understanding of foot anatomy and function; and,
- skill and training to properly effect a remedy for the problem.

# PRACTICAL OFF-LOADING & WOUND STRESS FORCE COUNTERING METHODS

## Considerations

The importance of obtaining a thorough medical history cannot be overstated

- Medical – General versus Local

### General Medical Considerations

Include awareness and understanding of the patient's overall medical health status and how this impacts the treatment you will be providing.

### Local Medical Considerations

Include awareness and understanding of the physical factors directed at the foot causing or contributing to the presence of the specific lesion that you find present.

# PRACTICAL OFF-LOADING & WOUND STRESS FORCE COUNTERING METHODS

## ● Medical – General versus Local | *EXAMPLES*

### Callus under the first metatarsal

- Is the deep callus under the first metatarsal present because of poor quality shoes (insufficiently cushioned)?
- or is it due to an underlying osseous deformity such as an enlarged sesamoid bone in an atrophic Pes Cavus foot?
- Is this likely to go on to ulcerate?



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## ● Medical – General versus Local | *EXAMPLES*

### Corn on the apex (tip) of a Hammer Toe

- Is the HT flexible or Rigid? Treatment will likely be different for each.
- Is it infected? Is there an underlying abscess? Foreign Body?
- Is the lesion non-healing? Malignancy? (Biopsy is best).



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## ● Medical – General versus Local | *EXAMPLES*

### Interdigital Corns?

- Are the recently dispensed compression stockings causing crowding of the lesser toes causing this?



Image Source: *Corns and Calluses Resulting from Mechanical Hyperkeratosis* by DENISE B. FREEMAN, D.P.M., College of Podiatric Medicine and Surgery, Des Moines University–Osteopathic Medical Center, Des Moines, Iowa. Available in: <https://www.aafp.org/aafp/2002/0601/p2277.html>

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- Medical – General versus Local | *What to look for?*

## Examine the footwear:

- Does the patient have appropriate footwear for their needs?
- Velcro versus lace
- Too heavy and clumsy for the patient.
- Are the shoes too old and no longer supportive or protective?

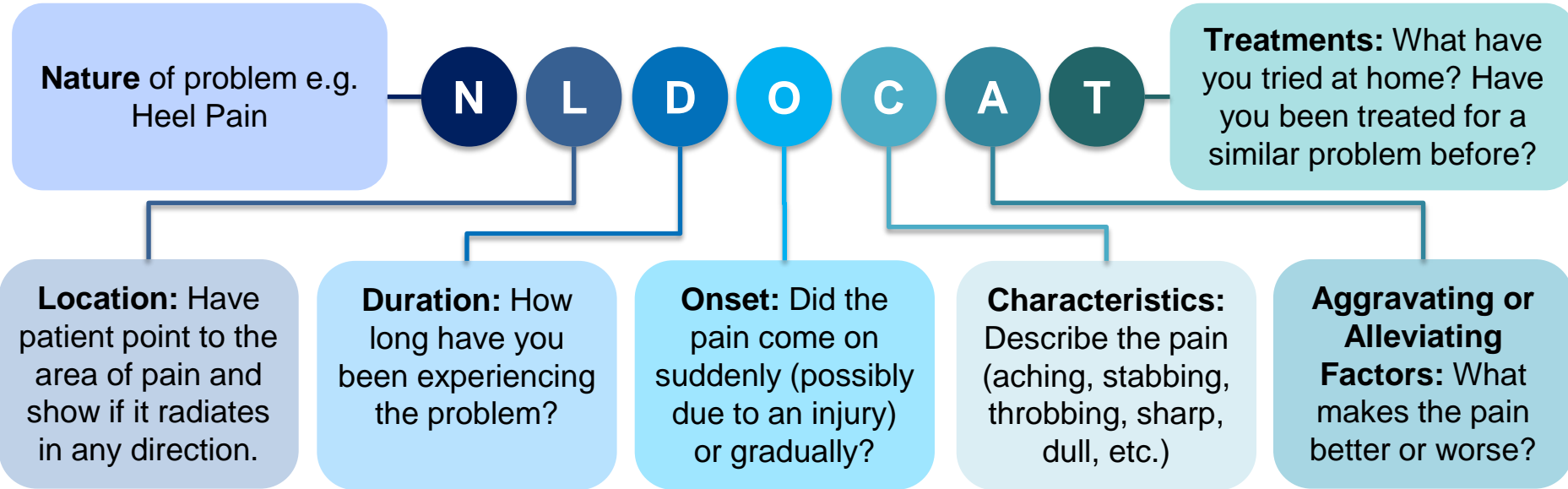
## Construction of the shoe:

- Stable, supportive versus flimsy and too flexible.
- Adequate width to the toe box and adequate depth.
- Outer sole - fall prevention – what is suitable for indoor versus outdoor.
- Adequately insulated and waterproof for winter, outdoor use (pernio, frostbite)

## Will footwear modifications address the patients problems?

# PRACTICAL OFF-LOADING & WOUND STRESS FORCE COUNTERING METHODS

## The NLDOCAT Evaluation





# PRACTICAL OFF-LOADING & WOUND STRESS FORCE COUNTERING METHODS

## Start of Hands-On Workshop

Specific Padding and Taping Applications by Anatomic Site:

### ● Toes:

- Dorsal – e.g. Trigger Hallux or hammer toe corn/ulcer
- Demonstrate various padding options including using Tubigauze, Gazofix, etc.
- Apical Lesion– demonstrate apical pad; Crest pads; Policoff
- Interdigital – HAV, lesser toes (prefab versus made pads); Silicone Orthodigital (next workshop)
- Plantar – usually the Hallux (IP joint sesamoid?)

### ● Metatarsals:

- Plantar – off-load felt padding
- (demonstrate shoe insole modifications)
- Bunion – bunion shield
- Tailor's bunion – Tailor's bunion shield

### ● Achille's Tendon:

- Special Cases – Post amputation Stumps

*Thank You*

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