

#### **OBJECTIVES**

- 1. TO LEARN PROPER CARE OF THE FOOT TO PREVENT PROBLEMS
- 2. TO LEARN PROPER MUSCLE EXERCISES AND FLEXIBILITY FOR AMBULATION AND BALANCE
- 3. WHAT IS DIABETES AND ITS RELATIONSHIP TO THE FOOT
- 4. WHAT IS THE BLOOD TEST: A1C (also called GLYCOSYLATED HEMOGLOBIN)
- 5. WHAT IS NEUROPATHY AND THE RELATIONSHIP TO THE FOOT

#### TEST QUESTIONS

- 1. WHAT SHOULD YOU **WEAR** IN THE HOUSE AND OUTSIDE?
- 2. WHAT SHOULD YOU DO IF YOU GET A **BLISTER**?
- 3. WHAT **EXERCISES** SHOULD YOU DO TO KEEP STRONG? (AND HOW OFTEN).
- 4. WHAT IS **DIABETES**? AND WHAT IS DIABETES TYPE I AND II?
- 5. HOW DOES **DIABETES** AFFECT THE **FOOT** ?
- 6. WHAT IS THE SIGNIFICANCE OF THE BLOOD TEST A1C?
- 7. WHAT IS **NEUROPATHY** AND HOW DOES IT AFFECT THE FOOT?
- 8. WHAT CAN YOU DO ABOUT **NEUROPATHY**?

#### CARE OF THE FOOT

- CLEANLINESS
- WEAR PROPER SHOES FIT AND TYPE
- DO NOT WALK BAREFOOT
- CORNS AND CALLOUSES NEED CARE
- BLISTERS SHOULD BE HANDLED BY A PROFESSIONAL. DO NOT PUNCTURE.
- DO NOT SOAK IN HOT WATER. LUKEWARM ONLY

#### "Walk" Ohio



## - FOOT WEAR - CASUAL WALKING SHOES

- FAIRLY LIGHTWEIGHT, SOFT INSIDE THE SHOE AND OUTSIDE MATERIAL ALSO.
- GOOD GRIP SOLE
- SHOCK ABSORBING

#### SIMPLE EXERCISES

• WHY?

• WHEN?

HOW? 1/4 SQUATS

SITTING USING WEIGHTS

STRETCHING WHILE SITTING

WALKING

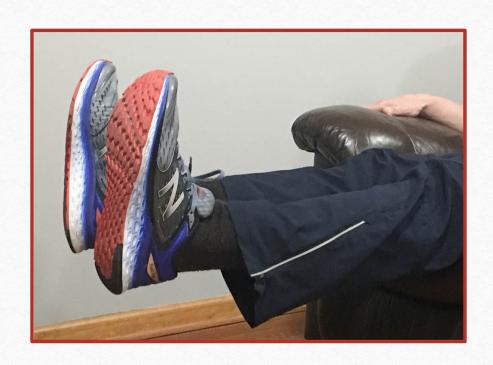
### Leg Exercises for walking and balance





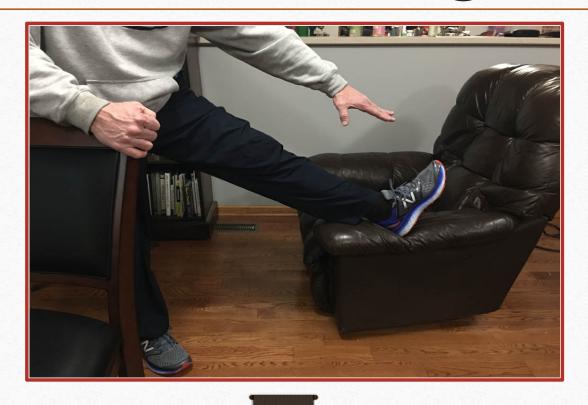


# Stretching while sitting





# Stretching while standing



#### WHAT IS DIABETES

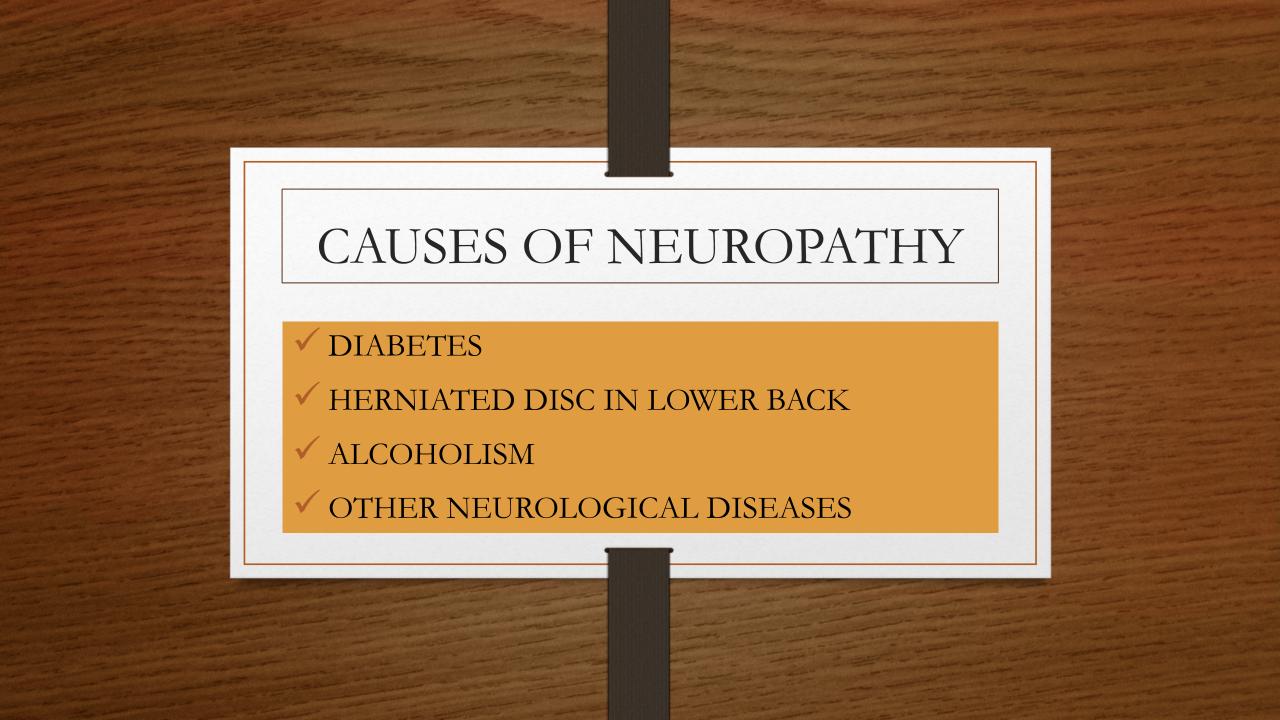
- **DIAGNOSIS**
- SYMPTOMS
- TYPES AND WHY (PATHOLOGY)

### HOW DOES DIABETES AFFECT THE FOOT

- MAYBE NO SYMPTOMS
- TINGLING
- PINS AND NEEDLES
- NUMBNESS
- MORE SUSCEPTIBLE TO INFECTIONS, CORNS, CALLOUSES, AND ULCERS

### A1C (GLYCOSYLATED HEMOGLOBIN)

- SIMPLE BLOOD TEST
- NORMAL IS ABOUT 5 TO 6
- SUGAR (GLUCOSE) MOLECULE STICKING TO A PROTEIN
- AFFECTS THE PROTEIN IN A BAD WAY
- CAN CAUSE NERVE PROBLEMS (NEUROPATHY, EYE PROBLEMS (RETINOPATHY), VASCULAR PROBLEMS (LESS CIRCULATION)



#### TYPES OF DIABETIC NEUROPATHY

- 1. NUMBNESS
- 2. HYPERSENSITIVE PAINFUL TYPE
- 3. RESTLESS LEG TYPE

### TREATMENT OF DIABETIC NEUROPATHY

- LIVE WITH IT
- SPECIAL SHOES SOFT, PROTECTIVE, LIGHT WEIGHT
- MEDICATIONS VITAMINS, METANX
- OTHER MEDICATIONS NEURONTIN, CYMBALTA, LYRICA
  - These act on the Central Nervous System
- MEDICATION FOR "RESTLESS LEG SYNDROME" REQUIP

#### Walking Shoes

#### Nike Brooks





## Walking Shoes Sketchers





#### Walk





