



Foot Deformity

Foot deformity is a change in normal foot shape. There are many causes of foot deformity.

Some people are born with less-than-ideally shaped feet. However, factors associated with foot deformity in people with diabetes include stiffening of the joints, wasting of muscles or collapse of the joints (Charcot) due to changes in foot sensation or injury. Other factors that result in changes to shape of the foot are surgery, amputation, bone infection and improper shoe fit.

Causes of foot deformity in people with diabetes:

- Genetics
- Stiffening of joints
- Wasting of muscles
- Charcot foot
- Surgery
- Amputation
- Bone infection
- Improper shoes or orthotics

Deformity can put your foot at risk of a wound. This is because the deformity causes increased pressure on certain areas of the foot; the skin may break down and cause a wound. The chance of developing a wound is much greater if you have a loss of sensation in your feet (this is known as neuropathy).

It is difficult to find the right shoes when you have deformity. Shoes that aren't properly fitted may cause further injury or wounds if they rub or pinch your feet.

If you have any loss of sensation and changes in the shape of your feet, it is important to have a professional fit you with the right pair of shoes and/or orthotics. Please be sure to wear your shoes all the time, inside and outside, for foot protection. Be sure to check that there are no objects (pebbles, for example) in your shoes before you put them on.

Whatever the cause of your deformity, it is important to work with a foot care specialist to find properly fitted shoes that will protect your feet and prevent any further injury.

For more helpful information on foot care, please visit www.cawc.net/index.php/public/feet

