



## Diabetic Foot

Valentyn G\*

President, Member of Pedorthic Association of Canada, Canada

\*Corresponding author: Dr. Gusyev Valentyn, President, Member of Pedorthic Association of Canada, Canada, Email: gusyevval@hotmail.com

Received Date: June 28, 2022; Published Date: July 20, 2022

### Editorial

Diabetic foot syndrome is a complex set of anatomical and functional changes that occur in 30-60% of diabetic patients. A high content of glucose in the blood reduces its fluidity, capillary circulation and cell nutrition deteriorate. Such a state of blood for a long time leads to damage to the vessels and nerves of the lower extremities, to the disorder of the processes of muscle innervation (neuropathy) and to a decrease in the main blood flow in the arteries (angiopathy). 50-70% of amputations occur in patients with diabetes mellitus. After amputation, 30 to 50 percent of patients die after 2-3 years.

Doctors talk about the need to unload the feet, recommend wheelchairs, crutches. But no one says that proper walking, a certain sequence of muscle contraction leads to an improvement in the work of the venous-muscular pump of the feet. The fact that muscles perform up to 94% of the work in the circulatory system and one hundred percent in the lymphatic circulation system is not taken into account by endocrinologists in their work. It is with a violation of cell metabolism that all diseases begin. Speaking about the deterioration of arterial blood flow, it should be understood

that this is a consequence of a violation of the outflow of venous blood. 75% of the blood is in the venous system of the legs. The musculo-venous pumps of the feet, thighs and abdominal region are involved in the rise of blood to the heart. Modern orthopedics does not set itself the task of restoring the pumping function of muscles, eliminating deformities. In the manufacture of rigid insoles, violations in the biomechanics of walking, the direction of the action of forces on the foot, and the nature of its deformations are not taken into account. Using soft and thick materials in insoles, "plastozot" and the like, the task of correcting the arches of the feet, restoring the pumping function of the muscles is not achieved. So momentary comfort turns into the feet of the development of even more complex forms of deformation.

Orthopedic functional insoles bio-podocorrectors provide uniform load distribution while compensating for the difference in leg lengths, which achieves a balanced state of the musculoskeletal system of the body, normalization of blood circulation throughout the body. Non-healing wounds, ulcerative formations begin to heal quickly, blood sugar normalizes.

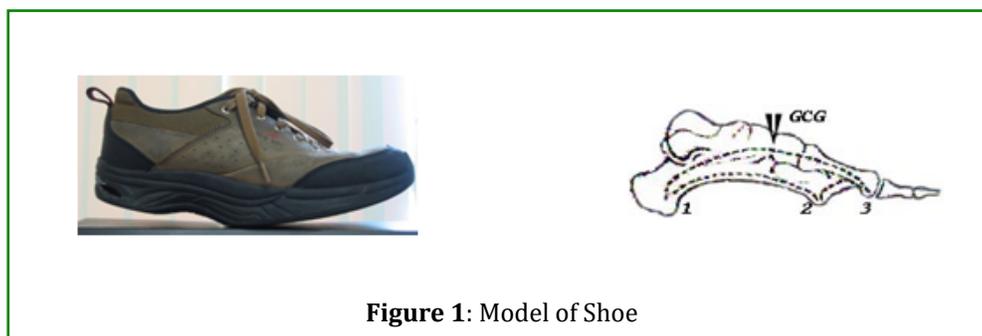


Figure 1: Model of Shoe