

Maximizing compliance to mid-term offloading in outpatients with recurrent diabetic foot ulcers: tolerability and efficacy of orthotic insoles

G. Boschetti, M. Marin, C. Whisstock, M. Bruseghin, R. Viti, S. Ninkovic, M. Pinfi, D. Silvestri, V. La Rocca, B. Macchi, E. Brocco
Diabetic Foot Clinic, Foot and Ankle Clinic, Policlinico Abano Terme, Piazza Colombo 1, 35031 Abano Terme, PD - ITALY

Background and Aims: both surgical and non surgical off-loading treatments rely, for success, on strict adherence to therapeutic protocols and a span of time of complete off-load of the foot. Low or partial adherence is an avoidable cause of failure and it's often due to misuse of devices and aids such as post-surgical shoes and offloading insoles. Aim of the ongoing study is to evaluate how adequate training and "tailored" off-loading can improve healing rates through maximizing adherence and proper use of walking aids.

Methods: twenty patients with grade I to III recurrent foot ulcers classified by the University of Texas Diabetic Wound Classification (TUC), had been treated with medications, post-surgical shoes and off-loading customizable insoles (FORS Saluber pixelated offloading insoles) for up to 16 weeks or until healing. All patients either had no indication to complete off-load or couldn't maintain complete off-load due to personal or professional needs. Lesions were as follows: 4 patients grade 1, 8 patients grade 2, 8 patients grade 3.



Despite professional home care wound medications 3 times a week



Complete offload
Normal daily life

Results: 69% of patients healed and didn't show any recurrence at 6 months. 90% of patients showed a significant improvement (at least 1 point in TUC scale) at 16 weeks. 2 patients underwent surgical correction after worsening of the ulcer and therefore achieved complete healing. 2 patients refused both surgical and conservative treatment and dropped out the follow-up.

T0 7 days 90 days 180+ days

Conclusions: off-loading insoles, coupled with post-surgical shoes, can be a well-tolerated and useful addition to the healing process when a surgical approach is not recommended, the patient refuses it or is only partially compliant to total contact casting.