



Is my foot or ankle at
risk of wounds?

BUSH STEPS

What conditions make me susceptible to wounds?

Diabetes

Peripheral Vascular Disease

(troubles with circulation)

Weakened Immune System

Poor nutrition

Smoking

Heart and Lung Troubles

Kidney Disease, Dialysis

Movement troubles

(stroke, brain injury, progressive neurological conditions)

Callousing

A build up of thick skin, usually where there is rubbing

Hardness in skin,
darkening around
thickness



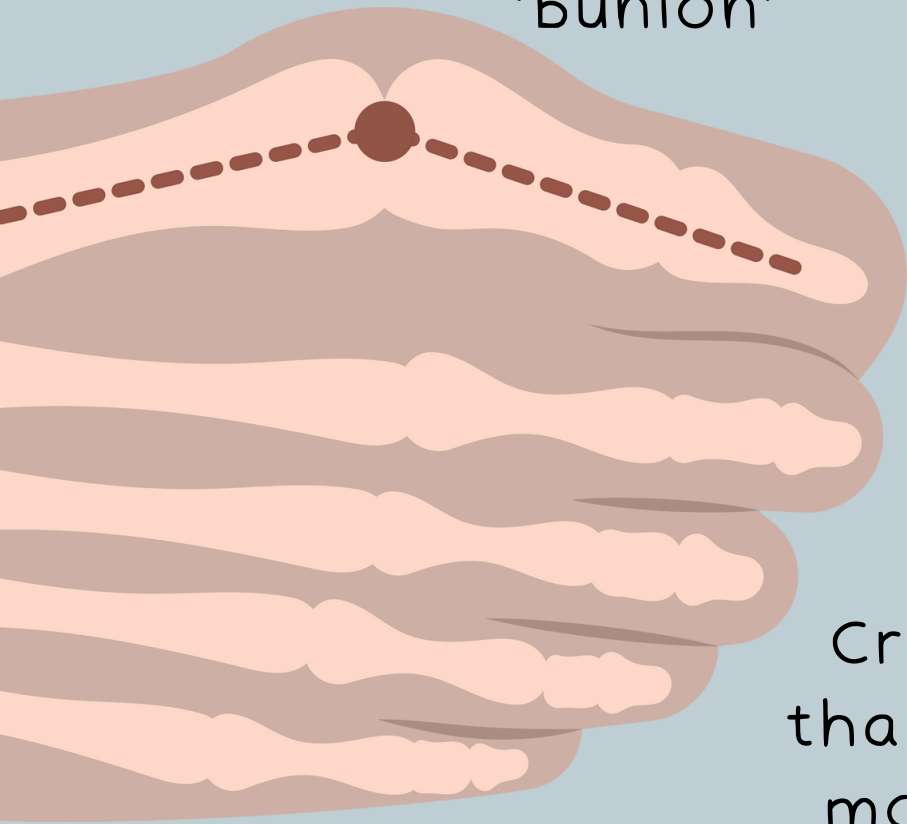
Callus' might start by:

- wearing tight shoes
- changes in the shape of the foot (deformity)
- uneven weight bearing
- ill fitting ankle foot orthoses

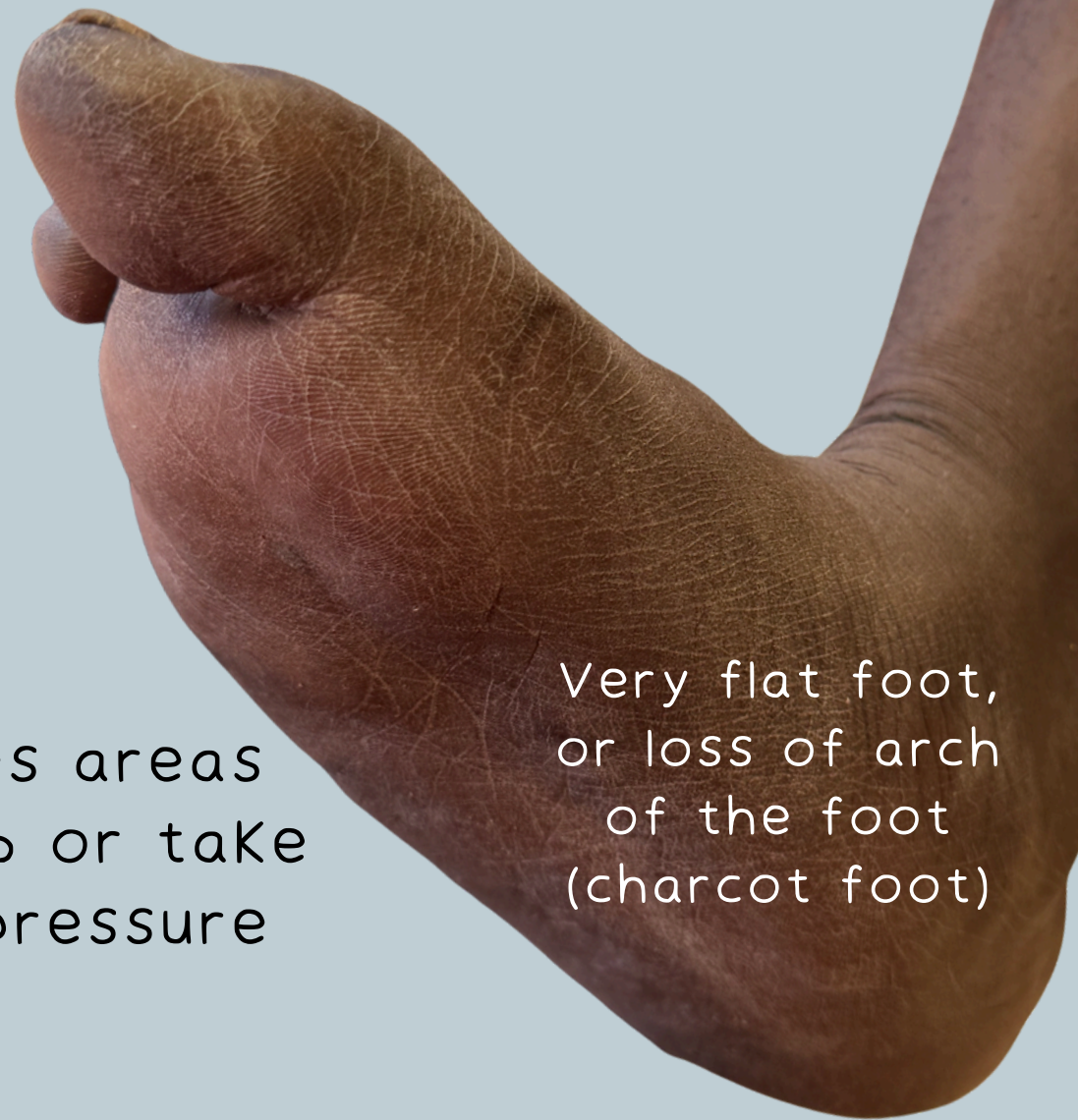
Foot deformity

A change in the shape of the foot
which changes weight bearing

hallux valgus or
'bunion'



Creates areas
that rub or take
more pressure



Very flat foot,
or loss of arch
of the foot
(charcot foot)

A foot deformity might start with:

- charcot foot (weakening of the foot bones), rocker bottom foot
- neurological tone in the foot
- diabetic neuropathy
- Injuries or trauma

Foreign Body

An unwanted object might get into the skin; splinters, rocks, bindi's.



A person with little feeling in their foot, such as with diabetes (diabetic neuropathy) or neurological conditions (stroke), might not feel a foreign body in their foot. This might open up the skin and cause a wound and infection.

Ridges/cracking, dry skin

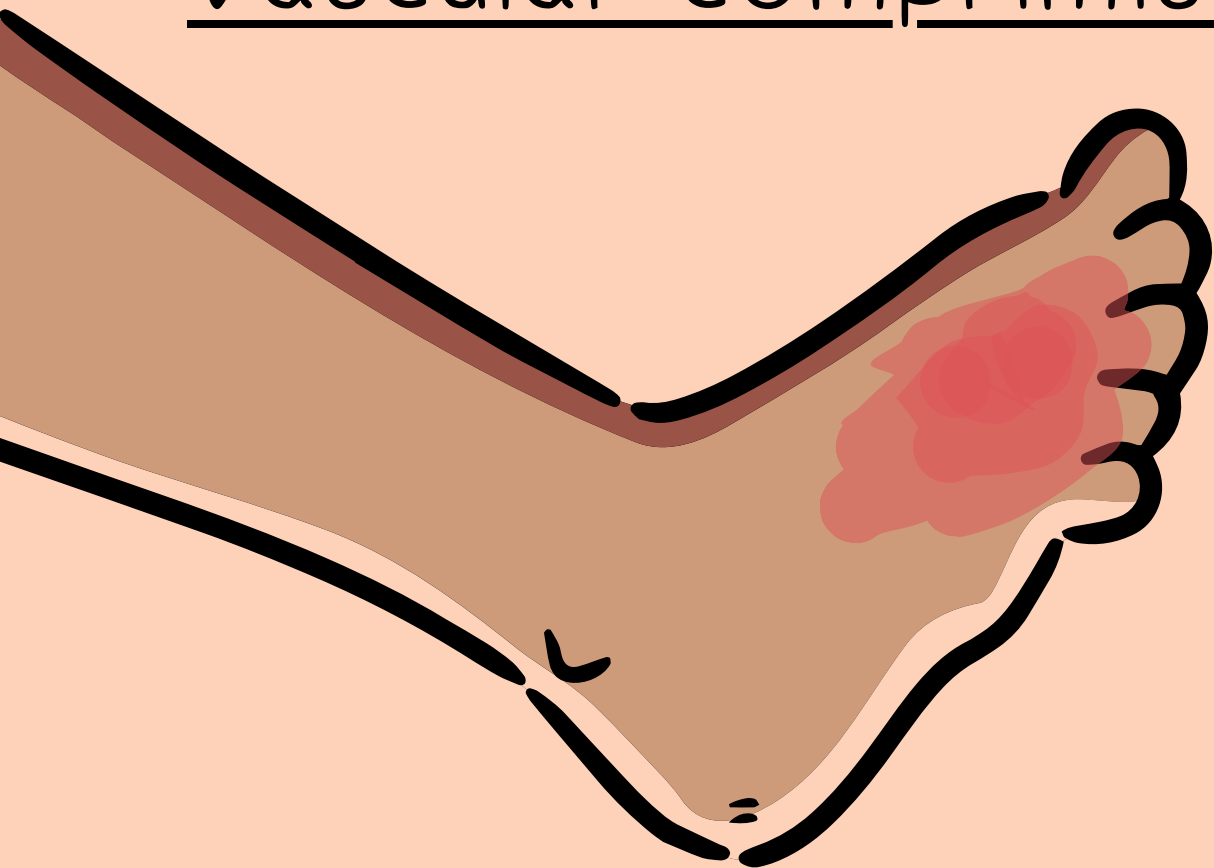
Create a passage for infection
to get into the skin



Infections or wounds may develop if there is **passage past the skin barrier**. Ridges might start from not wearing shoes, or dry temperatures.

Changes in temperature of skin

Very hot skin could be a sign of infection and very cold skin could be a sign of poor blood flow and vascular compromise



Both hot temperatures and very cold temperatures are risks for wounds to develop and should be checked up by a doctor or health professional

Changes in colour of skin

Redness in the skin, or darker colours in the skin are signs of potential infection, or changes in blood flow.



Both hot temperatures and very cold temperatures are risks for wounds to develop and should be checked up by a doctor or health professional