

Full Assessment of the Foot and its Function
Session 5
Treatment Strategies



Presented By
Paul Graham

1

Treatment Strategy Case Study

1. Reappraise John's details
2. Acute Phase
3. Review
4. Rehabilitation Phase




Copyright © Paul Graham 2008

2

Treatment Strategy Case Study

1. Reappraise John's details
2. Acute Phase:
 - a. results of his Acute examination
 - b. Review the action plan and outcome



Copyright © Paul Graham 2008

3

Acute Exam Plantar Pressure Analysis

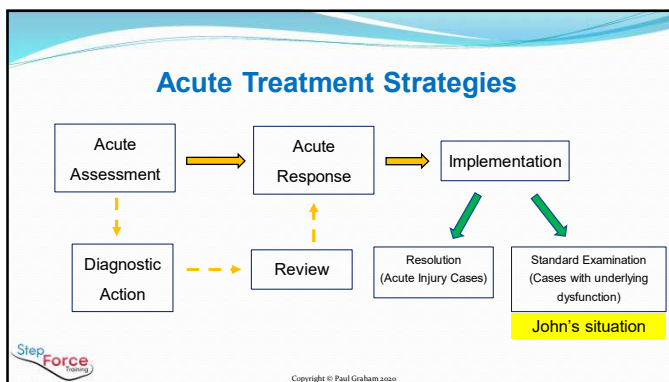
1. Overloaded Cells

- Peak View & Line
- Integral View

2. Protective Gait

Copyright © Paul Graham 2020

4



5

Summary of the Acute Action Plan

4. Treatment Strategy - Acute Response

Summary


Acute Response - Summary

Reduce Inflammation:			
Left	Priority 2	Region Focus: Forefoot	Method: Electrotherapies
Offloading and Correction:			
Left	Priority 1	Region Focus: Forefoot	Method: Post-Op Shoe
Soft Tissue Therapy:			
Right	Priority 3	Region Focus: Calf (Posterior Compartment)	Method: Home Program
Left	Priority 3	Region Focus: Calf (Posterior Compartment)	Method: Home Program
Foot Strength:			
Right	Priority 3	Region Focus: Rearfoot	Method: Home Program
Joint ROM:			
Right	Priority 4	Region Focus: Midfoot	Method: Home Program
Left	Priority 4	Region Focus: Midfoot	Method: Home Program

Copyright © Paul Graham 2020

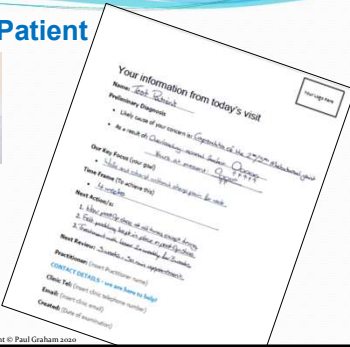
6

Get to know your Patient



Plan and Finish section

- Explain the hypothesis
- Provide a clear plan
- Provide an Initial Strategy



StepForce
Copyright © Paul Graham 2020

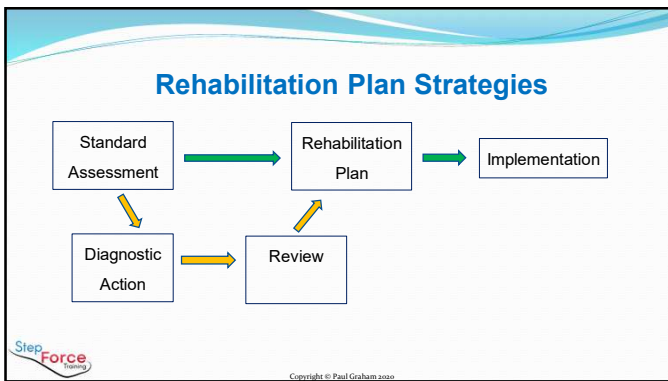
7

Acute Response - three week review

1. Review the Acute injury / symptoms
2. Reset / Re-establish the Patient's goals
3. Set out clearly the next steps and why they are important, (in relation to the patient's SEM)
4. Make the next appointment / plan

StepForce
Copyright © Paul Graham 2020

8



9

Treatment Strategy Case Study

3. Rehabilitation Phase

1. Standard examination
2. Diagnostic action
3. Rehabilitation plan:
 - Orthotic therapy
 - Orthomechanical examination
 - Design and prescription process

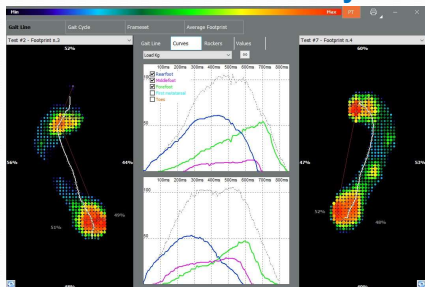



Copyright © Paul Graham 2020

10

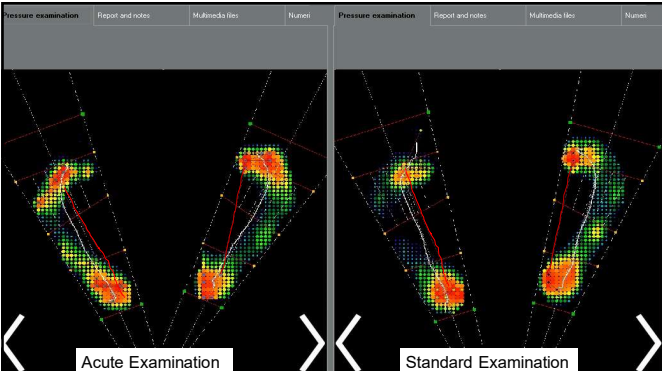
Standard Exam Plantar Pressure Analysis

1. Overloaded Cells
 - Peak View & Line
 - Integral View
2. Protective Gait
3. CoP Asymmetry
4. Arch Elongation
5. Other

Copyright © Paul Graham 2020

11



Acute Examination Standard Examination

12

Diagnostic Action Review

1. Did the results of the pain diary confirm your hypothesis?
2. Did the Diagnostic Action result in any other effects?
3. Does it lead you to a clear Rehabilitation Plan?
4. Set out clearly the next steps and why they are important, (in relation to the patient's SEM)
5. Make the next appointments that make up the plan

Step Force Health
Copyright © Paul Graham 2020

13

Rehabilitation Plan Strategies

The Rehabilitation plan is designed to give you a list of options to address the individual area of concern for the needs of your patient



Step Force Health
Copyright © Paul Graham 2020

14

Chronic Pain Syndrome

- Pain is a protective response, but other factors can prolong pain after the originally injury has healed
- Pain is influenced by biological, social and psychological factors
- Only the brain decides whether to create pain, (DIMs and SIMS)

Step Force Health
Copyright © Paul Graham 2020

15

Chronic Pain Syndrome

The longer pain goes on the more sensitive the nerves become

BEFORE INJURY AFTER INJURY

Step Force Health Copyright © Paul Graham 2008

16

Summary of the Rehabilitation Plan

4. Treatment Strategy - Rehabilitation Plan

Summary

Rehabilitation Plan - Summary

Offloading and Correction:			
Right	Priority 2	Region Focus: Midfoot	Method: Orthotics
Left	Priority 2	Region Focus: Midfoot	Method: Orthotics
Foot Strength:			
Right	Priority 3	Region Focus: Rearfoot	Method: Home Program
Left	Priority 3	Region Focus: Midfoot	Method: Home Program
Joint ROM:			
Right	Priority 1	Region Focus: Midfoot	Method: Podiatrist Care
Left	Priority 1	Region Focus: Midfoot	Method: Podiatrist Care

Step Force Health Copyright © Paul Graham 2008

17

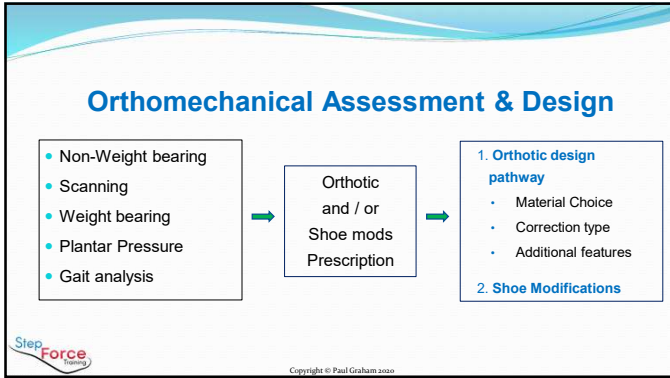
Rehabilitation: Orthomechanical Strategies

```

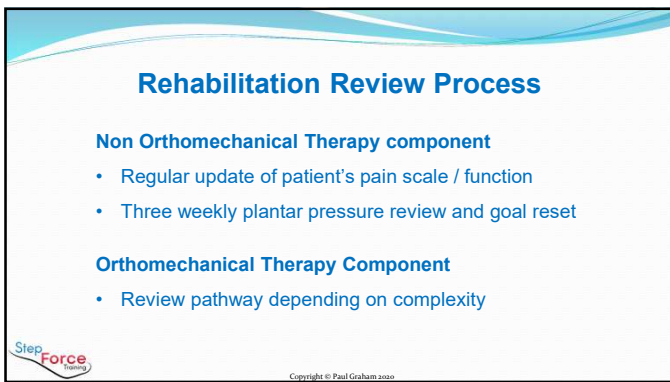
    graph TD
      RP[Rehabilitation Plan] --> I[Implementation]
      RP --> OC[Orthomechanical Component]
      OC --> OA[Orthomechanical Assessment]
      OA --> PC[Prescription of Correction]
      PC --> AM[Orthotic Manufacture]
      PC --> FM[Footwear Modifications]
      AM <--> FM
  
```

Step Force Health Copyright © Paul Graham 2008

18



19



20



21
