

BACK TO BASICS NEWS

Back to Basics Family PT ,7768 Williamson Rd.

Roanoke, VA 24019 540.985.0500

Treatment and Prevention

Our physical therapists are trained in identifying the early signs of ulcerations and instructing patients on all facets of care and prevention. We provide therapeutic massage, dry needling and exercise techniques to improve circulation and mitigate the formation of ulcers.

If an ulcer already exists, we can provide casting to immobilize the foot and redistribute pressure. It allows the foot to heal, prevents further trauma and damage, and supports surrounding soft tissues.

Custom orthotic devices and cutout footwear can be prescribed to relieve pressure, prevent ulcer formation, and protect at-risk areas of the feet. A gait assessment may be employed to locate areas of particular concern and identify even the smallest variations in gait that can ultimately lead to the creation of an ulcer.

Our physical therapy techniques assist patients when an amputation is performed, providing gentle clinical Pilates and yoga to build strength, balance and stability. Assistance with mobility aids, ergonomic assessments and environmental accommodations help prevent further injuries.



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Back to Basics Family
Physical Therapy

[Email-us](#)

540.985.0500

[Our Website](#)



A foot ulcer is never a trivial matter and self-care is an essential element in identifying their formation and performing appropriate wound care. Our physical therapists assist patients with care and prevention, rehabilitation following amputation, and ways to maintain mobility and preserve lifestyles.

Diabetes and Foot Care - What No One Tells You...

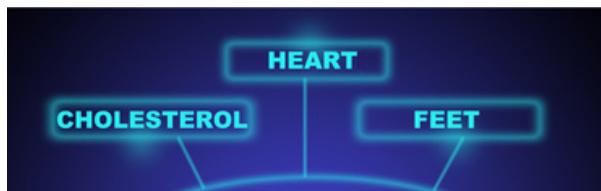
Approximately 12 percent of those with diabetes will develop plantar ulcers and they're responsible for approximately 85 percent of amputations of the lower extremities in diabetic patients. Physical therapy is beneficial in maintaining circulation, devising customized orthotic devices to relieve pressure, and for rehabilitation in the event that an amputation must be performed.

A plantar ulcer typically forms where footwear rubs or places pressure on the foot. Diabetics often spend more time in their footwear to avoid injuries, but it results in more pressure on the feet. Ulceration is the most common complication of diabetes and those with poorly controlled glucose levels are at the highest risk. Poor circulation and neuropathy combine to help disguise the ulceration until severe infection has set in.

Plantar ulcerations can become so severe that they expose tendons and joints. A diabetic's reduced ability to fight infection allows bacteria to spread more quickly than it would in other patients and progress to gangrene and amputation.

A daily foot check is the best way to identify plantar ulcers in the earliest stage, but it's a precaution that many diabetics fail to do. Forty-five percent of all amputations are performed on diabetic patients and obesity exacerbates the situation.

Causal Factors



A variety of factors come into play with diabetic plantar ulcers and patients may sustain multiple episodes. Footwear and the biomechanics of the foot can complicate the

Diabetic Foot



Refer a family member or a friend and receive a free 30 min. massage!

(Must be a previous patient)

Patient Testimonial

Great experience and relief off symptoms. Liz E.

Do you need physical therapy?

If you have any of the following **conditions** we can **help!**

Tendonitis/ Bursitis

Sprain/ Strain

Jaw, Neck, or Back Pain

Tension Headache

Pelvic Pain/ Incontinence

Lymphedema

Trigger Points

Pre/ Post Surgical Protocols

Most Insurances Accepted!

Happy Fall! We have moved to a new location. Our new address is 7768



problem. Drying of the skin is common in diabetics, particularly in the feet, making them prone to cracking and infections. Reduced circulation to the legs and feet increase the risk of ulceration.

A callus can easily become the site of an ulceration should it become too thick. When

pain is present, diabetic patients typically try to compensate and develop awkward gaits that create more dysfunction and the potential for ulcers to occur in other locations on the foot. Planter ulcers generally occur on the side of the body that's favored due to deformity or pain.

When a particular part of the foot is favored, it's moved less and circulation suffers. It becomes unable to absorb the shock of movement and motion, leading patients to favor it more and inadvertently causing more dysfunction and impaired sensitivity.

Williamson Rd, Roanoke, VA 24019. Very close to Hollins University. Please come by to see our new office and also let us know if you or a family member need some physical therapy!

We see WALK-INS so don't wait for a Physical Therapy appointment, when we can see you immediately.

Become a fan of Back to Basics on [FACEBOOK](#).