

# Total Contact Cast

## You and your Total Contact Cast

A Total Contact Cast (TCC) is a non-removable cast designed to relieve pressure from your foot by distributing it up your leg. It is considered the gold standard treatment for protecting your foot and promoting faster healing.



## HOW CAN I GET THE BEST RESULTS FROM MY TCC?



- Rest your leg as much as possible
- Check your cast daily for any damage
- Check the skin on both legs daily for any signs of rubbing
- Never try to remove the cast yourself



- Do NOT put talcum powder or objects down the cast



- Keep the cast dry; use a limb protector in the shower



- Exercise uncasted joints and follow your clinician's advice on safe movements

# Contact Casting Diabetic Foot

**Stephen J. Kominsky**



## **Contact Casting Diabetic Foot:**

**Wound Care Essentials**, 2004 This comprehensive yet concise wound care handbook covers all aspects of wound care wound healing wound assessment and treatment options for all types of wounds More than 100 illustrations checklists tables recurring icons and flowcharts provide easy access to essential information and a 16 page full color insert illustrates the healing process and types of wounds

**Wound Care Essentials** Sharon Baranoski, Elizabeth A. Ayello, 2008 Written by two well known wound care specialists and an interdisciplinary team of experts this handbook is essential for all professionals involved in wound care including nurses physical therapists physicians podiatrists and long term care professionals The book provides practical comprehensive guidelines for assessment and management of both common and atypical wound problems and covers many topics not sufficiently addressed in other texts such as sickle cell wounds amputation gene therapy and the specific wound care needs of special populations Features include more than 100 photographs and illustrations recurring icons such as Evidence Based Practice and Practice Points case studies and review questions

*Clinical Care of the Diabetic Foot* David G. Armstrong, Lawrence Lavery, 2005-02-23 Finally there is a far more practical book on foot care for people with diabetes written especially for the non specialist primary care provider Contents include foot exams risk classification infection foot ulcers debridement evaluation and more All chapters are written by diabetic foot care specialists

**Comparative Study of Modified Total Contact Cast and Modified Posterior Slab in Managing Planter Diabetic Foot Ulcers** Goyal Ghanshyam, 2017 Abstract There are three basic principles in the management of diabetic foot ulcer DFU u2013adequate debridement and infection control adequate vascularity and adequate offloading Off loading of the ulcer area is extremely important for the healing of neuropathic plantar ulcers Total contact cast is the Gold standard among all offloading techniques but there are some practical limitations with the use of this modality Objective This study was conducted to evaluate the efficacy of Modified Posterior slab posterior slab with Micro Cellular Rubber insole with window at ulcer site with window walking TCC in healing of neuropathic planter diabetic foot ulcers in fore foot and mid foot Method Patients having non healing neuropathic planter diabetic foot ulcers in fore foot and mid foot with Wagner s classification Grade I II were included in this study This is an open level observational study on non healing neuropathic planter diabetic foot ulcers Total 60 subjects attending the foot clinic with non healing neuropathic planter diabetic foot ulcers were included in this study and divided into two groups comprising of 30 patients each Ulcers were debrided in both groups followed by off loading The patients in group A male 16 and female 14 having average age 53 5 yrs 28 73 average HbA1C 9 77% 7 to 12 1 BMI 26 6 20 35 average duration of diabetes 12 68 yrs 01 38 months average duration of DFU 13 52 months 01 60 months were put on modified posterior slab The patients in group B male 21 and female 9 having average age 55 yrs 38 to 73 average HbA1C 9 91% 5 8 to 14 2 BMI 26 8 19 to 36 average duration of diabetes 14 4 yrs 02 40 yrs average duration of DFU 17 53 months 01 72 months were put on modified window walking TCC In both groups X ray of foot Ankle Brachial Index ABI were

normal and monofilament and Vibration perception threshold were impaired Result In group A with posterior slab the average healing time was 12 weeks and in group B with window walking TCC it was 11 2 weeks There was no significant difference found in healing time Though TCC is considered gold standard but modified posterior slab is also a good off loading modality in healing of neuropathic planter diabetic foot ulcers in forefoot and mid foot It was observed that modified posterior slab was more convenient economical and most importantly more acceptable mode of offloading in comparison to window walking TCC In modified posterior slab the whole foot could be observed along with the ulcer as compared to window walking TCC where only the ulcer could be observed In both the offloading modalities regular dressing of ulcer could be carried out by family members caregivers Conclusion u2022tThis study comprehensively evaluated the advantages and disadvantages of a modified posterior slab and a window walking TCC in the treatment of diabetic neuropathic foot ulcer in fore foot and mid foot u2022tModified Posterior Slab is as useful and effective as window walking TCC in healing of non healing neuropathic planter ulcers u2022tModified posterior slab is more economical as single posterior slab can be used till complete healing of ulcer

Difficult Diabetes Geoff V. Gill,Gareth Williams,John C. Pickup,2008-04-15 Difficult Diabetes is intended for diabetologists and endocrinologists who want to keep abreast of the developments in this fast changing world It provides a distillation of clinical wisdom that is desperately required in the absence of evidence based guidelines This book seeks to avoid rehashing the accepted content and dogma found in the excellent textbooks of diabetes It provides more of an in depth coverage than is possible in individual review articles Its key objective is to provide guidance to clinicians about the most topical and controversial aspects of their practice Provides guidance to clinicians about the most topical and controversial aspects of their practice Each chapter is written by an expert in the field who can give a balanced overview of the topic All information is as up to date as possible due to fast production of the book *International Diabetes Monitor* ,2007

**Fibreglass Total Contact Casting, Removable Cast Walkers, and Irremovable Cast Walkers to Treat Diabetic Neuropathic Foot Ulcers** ,2017 Wound Healing Joseph M McCulloch,Luther C Kloth,2010-07-01 This most complete resource is back in a full color thoroughly revised updated and significantly expanded 4th Edition that incorporates all of the many scientific and technological advances that are changing the scope of practice in this multidisciplinary field Learned authors Joseph McCulloch and Luther Kloth have gathered world renown experts in wound management to present a comprehensive text that is evidence based clinically focused and practical Responding to the ever changing field of wound management the 4th Edition is far from a simple update it is virtually a brand new text The committed and respected teams of authors and contributors have broadened the scope of this text and expanded it from 14 to 35 chapters

**The High Risk Foot in Diabetes Mellitus** Robert G. Frykberg,1991 **Medical and Surgical Management of the Diabetic Foot** Stephen J. Kominsky,1994 **Physical Medicine and Rehabilitation** Joel A. DeLisa,Bruce M. Gans,Nicholas E. Walsh,2005 The gold standard physical medicine and rehabilitation text is now in its Fourth Edition with thoroughly updated

content and a more clinical focus More than 150 expert contributors most of them new to this edition address the full range of issues in contemporary physical medicine and rehabilitation and present state of the art patient management strategies emphasizing evidence based recommendations This edition has two separate volumes on Physical Medicine and Rehabilitation Medicine Each volume has sections on principles of evaluation and management management methods major problems and specific disorders Treatment algorithms and boxed lists of key clinical facts have been added to many chapters

**Foot & Ankle International** ,2007 *The Charcot Foot* Lee F Rogers, MD,2008 Topics include What lessons can history teach us about the Charcot foot Medical treatment of Charcot Neuroosteoarthropathy Epidemiology of the Charcot Foot The Diagnosis of Charcot Foot The Natural History of Charcot s Neuroarthropathy The Causes of Charcot Syndrome Surgical Reconstruction of the Charcot Rear Foot and Ankle Surgical Management of Charcot Midfoot Deformities and Physical Management of the Charcot Foot **OKU, Orthopaedic Knowledge Update** Michael S. Pinzur,2008 Developed by the American Orthopaedic Foot and Ankle Society and published by AAOS this volume takes a new focused look at proven and promising new treatments and approaches for complex structures of the foot and ankle Ideal for general orthopaedists specializing in foot and ankle sports medicine or lower extremity as well as residents in training this resource offers the most current knowledge on foot and ankle injuries and conditions from the past five years This new edition discusses the most modern and controversial surgical techniques on total ankle replacement and offers expanded *Physiatric Procedures in Clinical Practice* Ted A. Lennard,1995 **Archives of Physical Medicine and Rehabilitation** American academy of physical medicine and rehabilitation,American congress of physical medicine and rehabilitation,1987 Management of Diabetes Mellitus Debra Haire-Joshu,1996 MANAGEMENT OF DIABETES MELLITUS is a comprehensive approach to diabetes care across the life span It is distinctive in its interdisciplinary approach to diabetes self management its focus on patient care and education appropriate to developmental stage and emphasis on the team approach to care with the patient as the primary team member The text is divided into four main parts a clinical overview of the components of diabetes care special issues in diabetes management diabetes care and education and management of diabetes across the life span

**Physical Therapy of the Foot and Ankle** Gary C. Hunt,Thomas G. McPoil,1995 This edition provides revised and updated coverage on the anatomy examination evaluation and therapeutics of common foot and ankle disorders It emphasizes physical therapy research and clinical procedures that could be utilized in most physical therapy clinics New to this edition are chapters on paediatric foot problems and special diagnostic techniques In addition the chapters on orthotics insensitive foot and use of videography in the clinic have been expanded **Diabetes Care** ,1994 *The Foot in Diabetes* Andrew J. M. Boulton,Henry Connor,Peter R. Cavanagh,2000-06-21 This book offers a practical guide to the clinical management of diabetic foot disease It provides a review of the known causes of diabetic foot problems Midwest

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