

Total Contact Cast is the gold standard

A total contact cast, or TCC, is the gold standard treatment for **diabetic plantar neuropathic foot ulcers**.

The main purpose of treating neuropathic foot ulcers with a TCC is to reduce excessive mechanical stress and pressure away from the wound, thus allowing healing to occur.

The cast greatly increases the surface area of contact on the plantar surface of the foot. This allows for the redistribution of the weight-bearing load more evenly over the entire plantar surface. It also makes use of the calf muscle pump to work more efficiently and therefore increases the blood supply to the plantar surface of the foot, which is necessary for wound healing.

The materials used are specialised materials from the BSN total contact cast kit, as well as other materials. It has a thin application, so that the foot can adapt to the needs of the walking pattern. Walking is almost normal and very comfortable. The calf muscles are semi-rigidly fixed, increasing the muscle action and efficiency. The continuous use of the muscle prevents atrophy, even if some other muscles are damaged.

The healing rate is radically increased and, because the patient cannot remove the cast, the risk of infection is almost eradicated and patient compliance is achieved more effectively. This increases the healing rate while decreasing the risk of amputation.

Once the diabetic's foot ulcer has closed and healed totally, the patient is then assessed biomechanically and the correct orthotics and footwear prescribed.

It is vital that all necessary steps are taken to try to prevent the ulcer from recurring. That's why my motto for treating Diabetic patients is "Prevention **IS** the cure".

Currently I am the only Podiatrist trained in TCC. In addition, I train other professionals and work in a diabetic team who apply this treatment method using the Gold Standard of Total Contact Cast.

Andrea Blecher

June 2016