

ABSTRACT :

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Title : ‘ Anatomy of Foot will decide the Principles of FES.’
[FES= Foot Exploration Surgery]

Purpose. : India will be capital of Diabetes.Hubli city population is 10lakh.Sarrounding 250 Kms radius we have 8 Districts. The total Population of North Karnataka is 2 crore.The Feet at risk are nearing 40 lakhs.

We are working with 80% illiterate Group. It is very difficult to educate these Diabetic Population regarding ‘FOOT CARE’.

Negligence on the part of Patient & lack of awareness of DFI in Doctors & Consultants is the major concern in India.There is no Podiatry Branch.No Consultant is trained efficiently to handle Diabetic Foot Problems. DFI attending my Hospital are already treated by Consultants, failed to Salvage the Limb.

A sound knowledge of Foot Anatomy & its application in DFI is very much essential to Salvage the Limb.Majority of DF are undergoing AKA or BKA due to Poor knowledge of Foot Anatomy & fail to apply it to that Foot.

I feel application of sound anatomical knowledge of Foot to any DF with mild ,moderate or severe infection can save the Foot & life.

Objective : I have my Protocol.I assess through this protocol what FES should be planned for DFI.The Chart I follow to salvage the limb is;

Wound Location	Duration [Weeks]	Edema/Pus	FES.
1.Dorsal Lesion			
Gr.Toe	>2	++/++	Ext.H.L & Ext.D.L. Ant.Tibialis Ext.Retinaculum
2,3,4,5Toe	>3 or 4	++/++	Ext.D.L Peroneus.L Peroneus.Br. Ext.&Peroneal Retinaculum
2.Plantar Lesions.			
Ball of Gr.Toe & 1st MP Jt.Medial compartment	>4	++/++	Fl.H.L,Fl.D.L Post.T, Tarsal Tunnel Fl.retinaculum Peron.Longus Per.Retinaculum
2,3,4,Toes Central compartment	>2	++/++	Fl.D.L Plantar fascia Release
5th Toe & lat.Compt	>2	++/++	Fl.D.L/Per.L& Br. Pl.Fascia release

Conclusion : This approach has made me to salvage every DF. The insertion of tendons at Foot level will give you the way of spread of infection. That forms the Basis of FES. Complete exploration of Foot surgery results are confirmed clinically by Reduction in Bl.Sugar, Toxemia reduces, Tachycardia settles, Wound soaking reduces within 24 to 48 hrs.
This approach assures you limb salvage for DF.