



## Partial Foot Prosthesis Patient Education

**Purpose:** The primary purpose of a partial foot prosthesis in a patient, especially those with diabetes, is to protect the residual foot, with a secondary aim of restoring normal function and gait. The partial foot prosthesis is used primarily to help evenly redistribute plantar pressures in the foot and to reduce areas of high pressure, and decrease shear. This is accomplished by fabricating a partial foot prosthesis with materials similar to those used in fabricating a foot orthosis using a semi-rigid foam filler to maintain the foot's and the device's position within the shoe.

### Care and Maintenance:

**Break In** - Start by wearing the prosthesis for one hour on the first day. Check the skin for redness or irritation. Increase wearing time by one hour per day. This will allow you to monitor your skin and allow you to get accustomed to the device. The break in period usually lasts two weeks but can be longer.

**Shoes** - If a partial foot amputee has been diagnosed with sensory neuropathy, the upper portion of the shoe should be made of a material that is moldable, stretchable and breathable. The interior lining of the shoe is equally important. Shoes are readily available that are lined with materials that wick moisture away from the skin and/or have antibacterial properties. Slip-on dress shoes and loafers should be avoided as they tend to be tight and restricting. Shoes for patients with a partial foot amputation require a closure system like laces or Velcro. A depth inlay shoe that's constructed with additional room and a removable insole is preferable when a partial foot prosthesis is used.

**Putting the Device on** - The partial foot prosthesis should fit within the shoe. Insert your foot, and once the foot and heel are properly seated, you may tie or use Velcro closures on your shoe(s) as you normally would.

### Areas of Concern, Risks and Precautions:

- Ensure that there is no debris on the device or within shoe EACH time it is worn
- Callousing or blistering of the skin
- Redness that does not go away within 20 minutes
- Damage to the device of any kind
- A skin rash anywhere the device is in contact with the skin

**Cleaning the device:** The partial foot prosthesis can be cleaned using mild soap and water or alcohol wipes. Towel dry after cleaning. Never submerge the device in water.

### Follow Up:

Our office will set up a follow up schedule to ensure proper fit and function. If you experience a malfunction of your device, discomfort of any kind, abrasions or excessive pressure, please call our office. Should you experience any other changes to your physical condition not related to the device, contact your physician immediately.

**Please call our office with any questions or concerns:**

**707.425.5028 - North Bay**

**707.724.8985 - Vacaville**