

# Table of Contents

<b>Feet for Life Podortho<sup>®</sup> Foot Specialist Advanced Foot &amp; Lower Limb Care</b>	<b>10</b>
<b>Message from Erin D. King, Registered Practical Nurse, Podortho<sup>®</sup> Foot Specialist</b>	<b>12</b>
<b>Chapter 1</b>	
<b>Introduction to the Foot</b>	<b>13</b>
Interesting Foot Facts.....	13
The Child's Foot.....	16
In-Toeing and Out-Toeing in Children.....	16
Toe Walking.....	17
Questions and Assignments .....	18
<b>Chapter 2</b>	
<b>Advanced Foot &amp; Lower Limb Care Scope of Practice Interpreted by; the Ontario Foot Care Association Inc.</b>	<b>19</b>
Scope of Practice.....	19
Individual Scope of Podortho <sup>®</sup> Foot Specialists.....	19
The Role of the Health Care Practitioner in Foot and Lower Limb Care.....	21
Augmenting your Practice Providing a Whole of Client Care .....	22
References and Associations .....	22
Self-test Questions and Assignment .....	24
<b>Chapter 3</b>	
<b>Anatomy of the Lower Leg and Foot and Characteristics of the Aging Foot</b>	<b>25</b>
Functions of the Foot.....	25
Bones of the Lower Limb & Foot .....	26
Joints of the Foot and Ankle.....	27
Ligaments of the Foot .....	28
Muscles, Tendons, and Fascia.....	28
Arches of the Foot .....	30
Anatomic Positions.....	30
Motions of the Foot and Ankle.....	31
Vascular System .....	31
Lymphatic System .....	33
Venous System.....	34
Nervous and Peripheral Sensory System .....	34
Neurons and Functions .....	35
Composition and Function of the Skin .....	35
Nail Anatomy.....	37
Functions of the Nail .....	38
Characteristics of the Aging Foot.....	38
Self-test Questions and Assignment.....	40

<b>Chapter 4</b>	
<b>Microbiology, Infection Prevention and Control, and Occupational Health and Safety</b>	<b>42</b>
Microbiology .....	42
Transmission of an Infection .....	43
Personal Protective Equipment (PPE) .....	45
Infection Protection and Control .....	46
Occupational Health and Safety .....	48
Self-test Questions and Assignment .....	50
<b>Chapter 5</b>	
<b>Nail Anatomy</b>	<b>52</b>
<b>Nail Pathologies and Conditions</b>	<b>52</b>
	<b>53</b>
Onychocryptosis (Ingrown Nail) .....	54
Involuted and Plicatured (High Curved) Nails.....	55
Onychauxic (Thickened Nail) .....	56
Onychogryphosis (Ram’s Horn).....	56
Onychoschizia (Split Nails) .....	57
Discoloration and Yellow Nail Syndrome .....	57
Psoriatic Nails .....	58
Beau’s Lines .....	59
Koilonychias (Spoon Nails).....	59
Onychomadesis (Complete Nail Loss) .....	60
Onychomalacia (Soft Nails) .....	61
Subungual Exostosis (Osteochondroma) .....	62
Subungual Hematoma.....	62
Onychomycosis (Fungal Nail Infection) .....	63
Self-test Questions and Assignment.....	76
<b>Chapter 6</b>	
<b>Structural Deformities of the</b>	<b>78</b>
<b>Fore Foot Disorders</b>	<b>78</b>
Bunion.....	78
Hallux Valgus.....	78
Hallux Rigidus / Limitus.....	79
Hammertoes.....	80
Claw and Mallet Toes .....	81
<b>Foot and Lower Limb Conditions</b>	<b>82</b>
Neuroma (Interdigital and Morton’s) .....	82
Metatarsalgia.....	83
Heel Pain .....	84
Plantar Fasciitis.....	85
Achille’s Tendonitis.....	86
Fracture .....	86
Arthritis.....	87

<b>Mid-Foot Disorders</b>	<b>87</b>
Pes Cavus (High Arch) .....	87
Pes Planus (Flat Feet) .....	88
<b>Sesamoid Injuries</b>	<b>89</b>
Sesamoiditis .....	89
Turf Toe .....	89
Self-test Questions and Assignment .....	91
<b>Chapter 7</b>	
<b>Foot Assessment and Documentation</b>	<b>92</b>
Foot and Lower Limb Care Health History .....	92
Foot and Lower Limb Care Consent .....	94
Comprehensive Foot and Lower Limb Care Assessment .....	95
60-Second Diabetic Foot Screen .....	99
Client Care Plan and Goals .....	102
Client Intake Form .....	103
Podortho® Foot Specialist Assessment Form .....	110
Daily Charting and Podortho® Foot Specialist Care Plan Form .....	113
Client Report to Primary Care Provider– example .....	115
Self-test Questions and Assignment .....	116
<b>Chapter 8</b>	
<b>Instrumentation and Supplies</b>	<b>118</b>
Instruments .....	118
Instrument Care Guidelines .....	119
Assessment of Instruments .....	120
Practice Equipment .....	121
Care Supplies .....	121
Infection Control & Supplies .....	121
Questions and Assignment .....	123
<b>Chapter 9</b>	
Podortho® Foot Specialist Procedures	<b>124</b>
<b>Instruments for Special Procedures</b>	<b>124</b>
Electric Rotary File .....	124
Rotary Burs .....	124
Sharp Debridement Instruments .....	127
Commercial Sharps .....	129
Self-test Questions and Assignment .....	131
<b>Chapter 10</b>	
<b>Soft Tissue Pathologies</b>	<b>132</b>
<b>Soft Tissue Pathologies and Conditions</b>	<b>132</b>
Heloma Durum (Hard Corns) .....	133
Heloma Molle (Soft Corns) .....	134
Heloma Milliare (Seed Corns) .....	134
Tylomas (Callus) .....	135
Onychophosis .....	136

Paronychia .....	136
Dry Skin .....	137
Fissures .....	138
Hyperhidrosis (Excessively Moist Skin) .....	138
Blisters .....	139
Tinea Pedis (Fungal Skin Infection).....	140
Bacterial Infections .....	141
Verruca Plantaris (Plantar Warts).....	142
Dermatitis.....	143
Cellulitis.....	143
Psoriasis.....	144
<b>Lesser Known Skin Conditions and Treatments</b>	<b>144</b>
Xerotic Eczema .....	144
Venous Stasis Eczema .....	145
Carcinoma (Basal Cell and Squamous Cell) .....	145
Ganglion Cyst.....	145
Acrochordon (Skin Tag) .....	146
Cutaneous Horns.....	146
Self-test Questions and Assignment.....	147
<b>Chapter 11</b>	
<b>Padding and Strapping</b>	<b>148</b>
Digital Appliances (Orthoses) .....	148
Corrective Materials – Advantages/Disadvantages – Applications .....	149
Self-test Questions and Assignment.....	151
<b>Chapter 12</b>	
<b>Foot Health Education, Footwear, and Foot Care Disciplines</b>	<b>152</b>
Foot and Lower Limb Health Care Education.....	152
Footwear .....	153
Compression Therapy .....	156
Foot and Ankle Exercises .....	157
Foot Care Professionals and Disciplines .....	158
Self-test Questions and Assignment.....	161
<b>Chapter 13</b>	
<b>Foot Care Procedures</b>	<b>162</b>
Foot Care Set-Up.....	162
General Instrument Usage.....	163
Final Treatment Steps and Health Teaching.....	165
Self-test Questions and Assignment .....	166
<b>Chapter 14</b>	
<b>Biomechanics and Gait Analysis</b>	<b>167</b>
Biomechanics .....	167
Gait Cycle .....	167
Lower Extremity Joints in Motion .....	168
Movement Planes and Motions .....	168