

EASY AND EFFECTIVE REMOVABLE & RE-USEABLE TOTAL CONTACT CAST TECHNIQUE WITH SOFT CAST IN NEUROPATHIC ULCER TREATMENT

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The concept of the Total Contact Cast (TCC) is a cast that exactly conforms to the shape of the leg and the foot. *Baker* and many other authors concluded that there is one treatment method, TCC, which has been an easily applicable and effective treatment modality, which has been used successfully for decades on plantar ulcerations of the neuropathic foot. Yet it still is not widely used in clinical practice although complete healing usually occurs in eight weeks or less (*Caputo et al.*) Main reason for not using TCC is mainly because the treatment is unknown, other reasons are that the traditional TCC method with plaster contains too much risk, it is too time consuming or too expensive. Soft Cast is relatively easy to apply and can be used in a re-useable application. Soft Cast allows an anatomic conformation which, due to the softness, is combined with patient comfort. *Noff et al.* treated neuropathic ulcers of the foot in ten diabetes mellitus patients, which were present for an average of 16 months, with a total-contact cast made of Soft Cast reinforced with a posterior and a U-splint. All ulcers healed within 7 weeks and the authors conclude that the modified contact Soft Cast provides simplified safe and reliable treatment for patients who have neuropathic ulcers of the foot. *Kuokkanen and Järvinen* developed a new method to treat diabetic ulcers using Soft Cast to make a shoe. They have found this method to be effective and safe in treating diabetic ulcers. Also *Hissink et al.* developed a removable Soft Cast shoe. They report on 23 plantar ulcers, of which 21 healed with a mean healing time of 34 days. *Caravaggi et al.* conclude that a Soft Cast is the elective treatment of neuropathic plantar ulcers. In addition, the use of Soft Cast has also shown two important results: the elimination of side effects including ulcers caused by the cast, and high patient acceptance. The advantages are obvious; the same cast can be re-used and as such cost & time saving. The technique will be presented.