

If You Suffer From Neuropathy, You May Be At Risk!

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Charcot Foot is a form of arthritis that often develops in people who have decreased sensation in their feet, a condition known as neuropathy. Without any warning, the bones in the foot and/or ankle spontaneously fracture and fragment, often causing a severe deformity. The arch of the foot often collapses, and pressure areas develop on the bottom of the foot, leading to open sores or ulcers. If this serious condition goes untreated, it can cause disabilities and even amputations.

CAUSE: People with neuropathy are at risk for developing Charcot foot. When people have lost sensation in their feet, they no longer can feel temperature or pain. If Charcot Foot has developed, they may not feel it and continue to walk on the foot making it worse. Additionally, neuropathic patients with a tight Achilles tendon may also be at risk.

SYMPTOMS:

- Swelling
- Redness
- Pain
- One foot feels warmer to the touch than the other

TREATMENT:

- Elevation
- Icing
- Casts
- Braces
- Surgery to correct the fracture or remove bone fragments

PREVENTION:

- Check your feet daily for changes or problems and notify your Podiatrist if you notice any issues
- Get regular check-ups from your Podiatrist and follow their instructions
- Keep your blood sugar levels under control
- Avoid injuries and overdoing it in exercise

If you have been experiencing pain or swelling in your foot or ankle, contact Dr. Kylin Kovac at Idaho Foot and Ankle Center. Idaho Foot & Ankle Center has provided foot and ankle services for patients throughout the Idaho Falls and Rexburg areas for over 30 years. From routine checkups to treatments for surgery, we are equipped to handle all your Podiatric needs!