



## **MGM INSTITUTE OF HEALTH SCIENCES**

(Deemed to be University u/s 3 of UGC Act, 1956)

**Grade 'A++' Accredited by NAAC**

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# **Value Added Course**

## **Assessment and Management of Foot Disorders-A Need For Healthcare Professionals**

  
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KAMOTHE, NAVI MUMBAI



# MGM INSTITUTE'S UNIVERSITY DEPARTMENT OF PROSTHETICS AND ORTHOTICS

(A constituent unit of MGM INSTITUTE OF HEALTH SCIENCES, NAVI MUMBAI)  
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Sector -1, Kamothe, Navi Mumbai - 410 209 | Tel. 022-27437829, 022- 27437620  
Email : mgmudpo@mgmuhs.com | Website : www.mgmudpo.edu.in

**MGM Institute's University Department of Prosthetics & Orthotics  
introduces a new VALUE ADDED COURSE**

## **"Assesment & Management of Foot Disorders"**

### **Features :-**

- Awareness about the foot disorders
- Early identification of foot disorders
- Management of foot care
- Selection of proper foot wear
- Role of pedorthics in foot correction
- Knowledge about the foot orthoses
- Awareness about proper foot exercises



**Who can attend?  
-HEALTHCARE  
PROFESSIONALS**

**Co-ordinator:- Dr. Uttara Deshmukh**

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**Annexure -10**

|                           |   |
|---------------------------|---|
| <b>Title</b>              | "Assessment and management of foot disorders"   |
| <b>Department</b>         | MGM Institute's University Department of Prosthetics & Orthotics, MGMIHS, Navi Mumbai.  |
| <b>Venue</b>              | MGM Institute's University Department of Prosthetics & Orthotics, MGMIHS, Kamothe, Navi Mumbai.   |
| <b>Course Objectives</b>  | The students will be able to understand:  |
| CO1                       | Awareness of proper footwear.   |
| CO2                       | Footwear and Gait pattern.  |
| CO3                       | Determine the extent of the foot condition.   |
| CO4                       | Early identification of foot problems.  |
| CO5                       | Prevention of ulcers of foot in diabetic cases which may lead to amputation.  |
| CO6                       | Relieve abnormal foot pressure during ADL activities with the proper footwear.  |
| <b>Course Outcome</b>     |   |
| CO1                       | To give knowledge to the healthcare professionals to identify various foot problems in the society and how to select the proper footwear. |
| CO2                       | To give knowledge about prevention of the foot from deterioration.  |
| CO3                       | To give knowledge about Pedorthics & it's role in correction of foot problem/deformities.   |
| CO4                       | To support good long term foot health by providing various types of foot orthoses.  |
| CO5                       | To relieve foot pain due to various foot abnormalities.   |
| CO6                       | To make healthier long-lasting lifestyle changes.   |
| CO7                       | To correct the altered biomechanics by means of various modifications in footwear.  |
| CO8                       | To create awareness about the proper foot exercises.  |
| <b>Course content</b>     | Brochure will be attached   |
| <b>Course coordinator</b> | Dr. Uttara U. Deshmukh (P&O)  |
| <b>Duration</b>           | 18 Hours. One lecture will be conducted for 1 hour.   |
| <b>Course Evaluation</b>  | Evaluation Form is attached   |
| <b>Course Feedback</b>    | Will be sought in the form of descriptivewriting.   |



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## **FOOT EVALUATION FORM**

Name: -

Age: -

Gender: -

Address: -

Contact No: -

Email ID: -

Foot Involvement: - Right / Left / Both

### **FOOT ASSESSMENT**

| <b>Foot Condition</b> | <b>Observation</b> |
|-----------------------|--------------------|
| Skin Pigmentation     |                    |
| Temperature           |                    |
| Blood circulation     |                    |
| Sensation             |                    |
| Ulcer                 |                    |
| Oedema                |                    |
| Wound                 |                    |
| Pain                  |                    |
| Heel Crack            |                    |
| Infection             |                    |
| Any Other Disorder    |                    |

## FOOT EVALUATION

| Foot Condition           | Observation |
|--------------------------|-------------|
| Foot Varus / Valgus      |             |
| Hallux Varus/Valgus      |             |
| Pes Planus               |             |
| Pes Varus                |             |
| Pes Cavus                |             |
| Pes Equinus              |             |
| Planter Fasciitis        |             |
| Hammer Toe/ Toes         |             |
| Claw Toe/ Toes           |             |
| Mallet Toe/ Toes         |             |
| Metatarsalgia            |             |
| Pronated /Supinated Feet |             |
| Calcaneal Spur           |             |
| Any Other Condition      |             |

