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## THE REDUCTION OF PLANTAR PRESSURE WITH ELASTO-GEL

San Gerryts  
Private Nurse Practitioner  
Pretoria, South Africa

### Abstract

The management of decreasing plantar pressure can lead to the optimum prevention of ulceration in the diabetic foot.

Different techniques like lubrication are being used, but this has the problem that it sometimes goes between the toes and may cause fungating infection. With the use of Elasto-Gel as prevention technique, callus do not form very easy. If there is already a callus formation, it can be treated safely by the patient him- or herself without causing ulceration or tissue breakdown in the underlying skin.

Excess callus formation increases the plantar pressure and leads to the formation of cracks with finding an ulcer when it is removed. This is a risk factor which needs a routine assessment and management. The case studies which will be presented will proof this concept.