

REHAB CHALLENGES



A female patient aged 62 years who was suffering from bilateral knee pain for last few years was treated in different hospitals without relief of her pain and was finally referred to PMR OPD. On examination and with help of appropriate investigations she was found to have osteo-arthritis of both knees with reduction of medial joint space with bilateral varus deformity of knee and bilateral calcaneovarus with pes planus deformity of feet.

She was treated outside with orthotic management in the form of shoe modification with lateral heel-sole wedge and bilateral functional open patellar knee brace with mediolateral hinge joint along with NSAIDs and daicerin –glucosamine combination therapy and exercise regimen. But subsequently she was complaining of appearance of ankle and mid-foot pain though there was reduction of knee pain.

On subsequent visit it was seen that no improvement of deformities and a new onset foot pain was developed. This foot pain probably was caused by application of lateral heel-sole wedge to an already deformed foot (bilateral calcaneovarus with pes planus deformity). But the above treatment was helpful in reducing the osteo-arthritic knee pain.

Opinion from the reader regarding best possible orthotic management of this patient.

NB : Please send the opinion to the editor with your name, address of communication. The right responder will be acknowledged in next issue of journal.