

Charcot Arthropathy in Diabetes

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This 55-year-old lady with type 2 diabetes for the last six years came with complaints of a painless right ankle swelling of two months' duration. There was no prior trauma, fever, or swelling in other joints. Examination revealed a swelling involving the ankle and lower 1/3rd of the leg without warmth or tenderness (Figs 1 and 1). She had a healed trophic ulcer at the base of first toe on the right side, normal peripheral pulses and ankle-brachial index of ~1.0. Vibration and joint position sense was reduced bilaterally.

The association between diabetes and Charcot arthropathy was shown in 1936¹. Charcot arthropathy is classified into stages 0[inflammatory], 1[development], 2[coalescence] and 3[remodelling]¹. Treatment is generally non-operative and includes off-loading, casts, braces and orthotic support^{1,2}. Surgeries like osteotomy and arthrodesis are rarely required. She was referred for physiotherapy but lost to follow up thereafter.



Fig 1- Showing Swollen Right Ankle Joint without Warmth or Tenderness

Fig 2- Ankle Radiography Showing Sclerosis, Destruction of Talus and Tibiotalar Joint

References:

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2. Stanley JC, Collier AM. Charcot osteo-arthropathy. *Curr Orthop* 2008; **22**: 428-33.

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