**Maximizing patient care**

**Protocols Pain for Doctors**

There is usually more than one area that is causing the problem

Diabetic foot care patients are not just a DFC. Most diabetics we see are elderly so suffer from different pains or nerve compression syndromes. Evaluating the whole foot is important, even if they are not complaining of pain.

**PE**- evaluate from distal to proximal, there is usually more than one thing problem occurring

**Common areas to look at for pain**

1. Forefoot - Interspaces , Neuromas ,bursitis, capsulitis

2. Cuboid

3. Heel s and arch

4. Ankle Medial- Anterior tib tendon . Posterior tib tendon

5. Ankle Lateral-Sinus tarsi, Peroneal tendons

6 Ankle Posterior- Achilles tendon Pain.

7. Tinel’s sign Nerve Compressions- Deep Peroneal (top of midfoot), Common Peroneal (below fibular neck), Tibial nerve including tibial n, medial branch, lateral branch, calcaneal branch

8. ROM exam including Ankle dorsiflexion, STJ eversion, MTJ rom

**Treatment;**

Explain

**A. WHY** **they have the problem**

1. Genetics –A . Foot type (tires), B. Lack of motion, ex. STJ eversion(stiff foot, shock absorber), C. Tight Achilles tendon

2. Age –A. Lose flexibility at Achilles tendon, B. Mileage over that has occurred over time.

We inherit our shock absorbers and tires but they put the mileage on them (easiest way to explain)

**B. What** **they have** **-**Diagnosis

**C. How do we help them**

***What do we do:***

***Control pressure -*** stretching, insoles (Foot steps), CMO, proper fitting of shoes

***Control swelling-*** Nsaids, Creams ( including CBD) Icing, MLS Laser, EPAT, PRP, Stem cells ect.

--Follow up at 2 weeks

---1st visit or when they c/o of new problem: ultrasound, x-rays,

---2nd or 3rd visit : If not improved MRI, CT

Rational for this is:

You are giving better care

The more diagnosis you have, the higher visit you can bill and you are able to justify the office visit

ex. 99204, 99214 - can do x-rays , US, CT, MRI, dispense insoles, Prescribe medications

Justify the visit on a debridement

Many patients have pain and don’t complain about it.

Don’t look for it, you won’t find it