

흔한 발 질환의 진단과 보존적 치료

Diagnosis and Conservative Treatment of Common Foot Diseases

가

505

Young Jin Ko, M.D.

Department of Rehabilitation Medicine

The Catholic University of Korea, College of Medicine

Kangnam St. Mary's Hospital

E - mail : yjko@catholic.ac.kr

가

65 - 1

Hye Won Kim, M.D.

Department of Rehabilitation Medicine

The Catholic University of Korea, College of Medicine

Uijeongbu St. Mary's Hospital

E - mail : kimhw@catholic.ac.kr

Abstract

The foot is an essential organ in the locomotion and activity of our daily living, however, its importance has always been underestimated, and foot diseases have not received much attention either from patients or medical doctors. Recently with the advancement of technology and sophistication of modern life, one can witness a growing interest in various foot diseases in conjunction with an increased trend of many medial centers opening special foot clinics. Unlike in other musculoskeletal parts, the diagnosis of a foot disease is easy through simple history taking and physical examination, and also the treatment is relatively easy. One important thing to keep in mind is that many foot diseases result from wearing inappropriate shoes therefore the diagnosis of a foot disease should always involve an examination of the patient's shoes, and in some cases patients may require a therapeutic prescription of special shoes. It is the objective of this paper to discuss diagnostic approaches and conservative treatment modalities in common foot diseases.

Keywords : **Foot disease; Conservative treatment; Shoe**

가

가

가

가

가

가

1.

가

가

1

가 (1~3).

가

가

가

2.

가

가

가

가

2

가

(too many toes sign).

가

1.

2.

3(2)

1

1

1

1

(2)

1

, Charcot neuroarthropathy foot, tarsal coalition .

6 ~ 7cm

가

1

(single or double heel raise test).

5

3 ~ 6 mm

가

가

(1),

가

가

3 ~ 6 mm

(4).

가

가

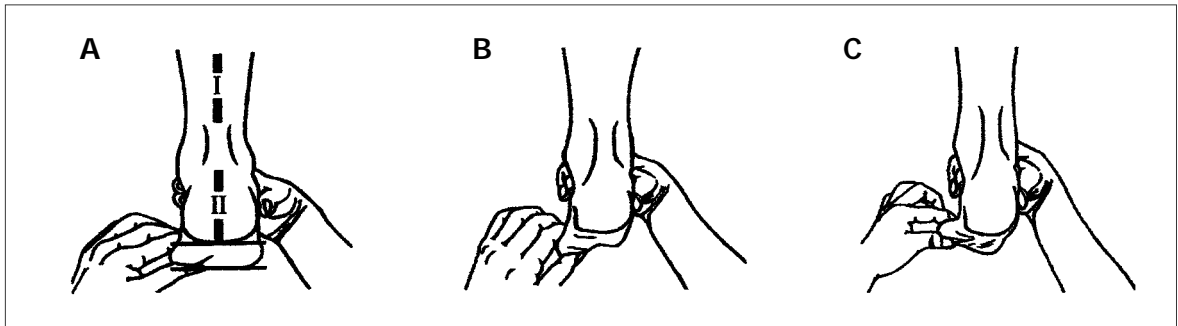
, , 1

가

, ,

가

가



A) line I
B)
C)

1/3 line II 2

1.

(2)(5).

1

가

1

1

가

1

가 (toe - break)

가

90

가 (lateralization).

가

20

가

10

(equinus deformi-

ty)

가 10

(equinus state)

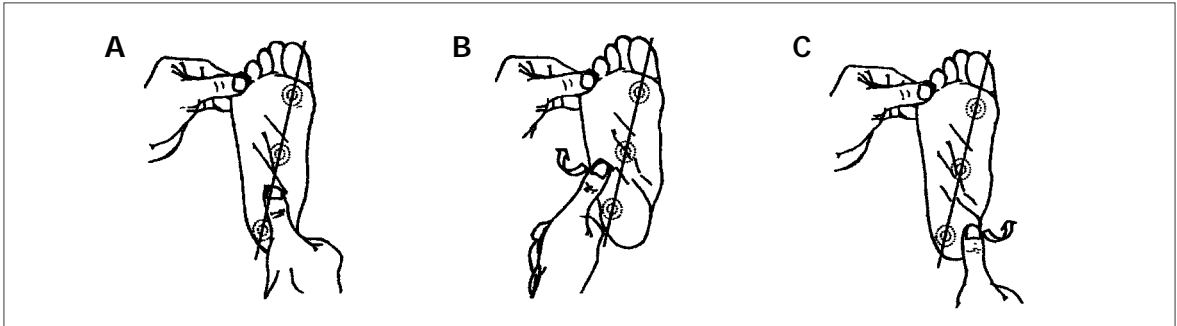
(4). Charcot - Marie -

Tooth

(Figure 4 position).

4, 5

가



A)
B)
C)

2. Kirby

가

(Kirby's method).

가

가 (2)(6).

(rigid)

(flexible)

가

(Coleman's lateral block test).

가

1/3

2

0

(3).

5

squeeze

(1A).

squeeze

가

(1B, C)(3).

가 clicking

Mulder's click

가

가

가 가

squeeze

squeeze	3.	
	(-)	(+)
30 (elevation test).	(+)	(-)
	가	
30 가	Charcot joint	
elevation test	Charcot	
foot		
10 ~ 15	1.	
	(venous filling time)	
30 ~ 60		
2 ~ 3	가	
가		
(rubor in dependency)		
(7).		
biothe-	가	
siometer	가	
vibration perception thresh-		
old(VPT)	VPT가 15 V	
25 V		
7	가	
(3)(8).	5.07 가	
Semmes - Weinstein monofilaments	가	
(9).	2.5	

가
75%

4.
1.
2.
3. 가
30
4.
5. 5
6.

(Unna's boot)

가

가 3
1 24

2.

가

가

가

20

10

가

10

5~6

가

가 - 가 (heel - toe gait) 가

가

가

가

(4) .

가

30

10

3.

5

가

4.

가

가

가

1

가

가

가

(single or double heel raise test).

가
()

가 ,
 , 가

6.
가 , 가
 , , 가
 , , 가
 , , 가
 , 1
30 ,

5.
가
 , 가
 , 2~5
1 ,

가 , 1 5
가 , , , , ,
2, 3, 4 ,
가 ,
가
가

5.

가

1~2

가

가

가

가

가

가

1~2

가

가

가

가

7.

가

3~4

8.

2~3

가

가

가

가

가

3~4

가

가

가 ,

가

(5)(5).

가

가

가

가



1. Frey C. Foot and ankle arthroscopy and endoscopy. In : Myerson, ed. Foot and ankle disorders. Philadelphia : WB Saunders, 2000 : 1477 - 511
2. Heinen GT, Ferkel RD. Arthroscopy of the ankle and subtalar joints. Foot Ankle 1999 ; 4(4) : 833 - 64
3. Alexander IJ, ed. The foot(Examination and diagnosis). 2nd ed. New York : Churchill Livingstone, 1997 : 55 - 68
4. Ko YJ, Kim YT, Kim DJ. Problem - oriented history taking and physical examination of patients with foot pain. State of the art reviews 2001; 15(3) : 439 - 56
5. . In : , ed. . 2 . : , 2002 : 473 - 8
6. Kirby KA, Green DR. Evaluation and nonoperative management of pes valgus. In : De Valentine SJ, ed. Foot and ankle disorders in children. New York : Churchill Livingstone, 1992 : 295 - 327
7. Young JR. Physical examination. In : Young JR, ed. Peripheral vascular diseases. 2nd ed. St. Louis : Mosby, 1996 : 18 - 32
8. Song J, Spadone SJ. Sensory examination(Comparison of instruments). Clin Podiatr Med Surg 1999 ; 16 : 29 - 48
9. Coleman WC. Footwear for injury prevention(Correction with risk category) In : Bowker JH and Pfeifer MA, ed. The diabetic foot. 6th ed. St. Louis : Mosby, 2001 : 422 - 38