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### **The Manchester 'Martini' Cast - any time, any place, anywhere!**

Louise Stuart<sup>1,2,3</sup> Monica Berry<sup>1</sup>; Philip Wiles<sup>1,3</sup> (Pennine Acute NHS Trust<sup>1</sup>, Manchester Primary Care Trust<sup>2</sup>, University of Salford<sup>3</sup>, UK)

The protean manifestations of diabetic foot pathology generate huge challenges. A range of individually manufactured devices is demanded to offload pressure causing classic forefoot ulceration, to offload decubitus heel ulcers and to stabilise disruption of foot architecture linked to Charcot neuro-arthropathy. Total Contact Casting (TCC) continues as the gold standard in offloading neuropathic foot ulcers. No such gold standard exists for ischaemic foot and heel ulceration.

We have broken new ground with 3 novel lightweight devices using flexible Soft Cast with rigid Scotch Cast (3M) bandages to focus rigidity and provide a TCC effect. Full below knee casts, slipper and heel casts enable us to confront truly complex problems, with unprecedented success in ischaemic feet. Of 70 cases (15 Charcot, 1 mid foot fracture, 15 heel ulcers, 8 post surgical wounds, and 31 foot ulcers) 50 were ischaemic with ABPI <0.8. In 12 Charcot cases no further deformity resulted after 6 months. Ischaemic patients reported decreased pain, improved quality of life and mobility. 30 (56%) ulcers healed, the rest reduced. Just 7 showed new abrasions. 2 scheduled below knee amputations were prevented. Adherence was 86%.

Casting is generally only available in hospital, expertise being limited to technicians, sometimes podiatrists/nurses, rarely doctors. Our pioneering techniques are versatile, rapidly manufactured, lightweight, safe and effective, inexpensive (<€40), available at the point of need, regardless of location. The Manchester 'Martini' Cast has revolutionised our practice - imagine what it could do for your patients.