

# Postural instability predicts off-loading nonadherence in T2DM

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(HealthDay)—For patients with diabetic foot ulcers (DFUs), off-loading

adherence is associated with healing, but postural instability is a powerful predictor of nonadherence, according to a study published online June 6 in *Diabetes*.

Ryan T. Crews, from the Rosalind Franklin University in Chicago, and colleagues conducted a prospective, multicenter study involving 79 patients (46 from the United Kingdom and 33 from the United States) with type 2 diabetes and plantar DFUs. DFUs were offloaded with a removable device, and the correlation between off-loading adherence and healing was assessed over a six-week period.

In multivariate analyses, the researchers found that smaller baseline DFU size, U.K. study site, and better off-loading adherence were predictors of smaller DFU size at six weeks (P foot pain predicted better off-loading adherence (P

"Clinicians should take this neuropathic symptom into consideration when selecting an off-loading device, as off-loading-induced postural instability may further contribute to nonadherence," the authors write.

One author disclosed financial ties to Össur Americas, which is a manufacturer of off-loading devices.

**More information:** [Full Text \(subscription or payment may be required\)](#)

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