



# FOOT DROP

## What is foot drop?

- Foot drop is the term for inability or difficulty to raise the front of the foot
- Foot drop is not a disease, but likely a functional problem with the muscles, nerves, or anatomy required to lift the foot
- Foot drop is often temporary, however, can be permanent

## Symptoms of Foot Drop

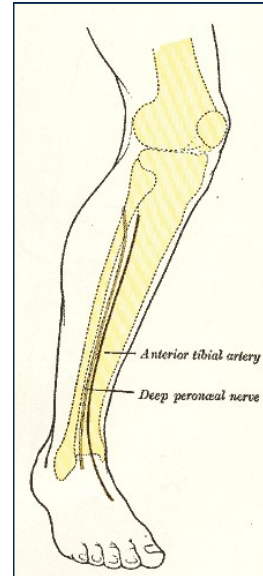
- Difficulty lifting foot can lead to increased tripping, difficulty walking, and decreased functional independence

## Common Causes

- Nerve Injury
  - Peroneal nerve assists with ankle dorsiflexion (raising front of foot towards knee)
- Brain and/or spinal cord impairments
- Muscle or nerve diseases
  - Anterior horn cell disease
  - Lumbar plexopathies
  - Radiculopathy from lumbar disc herniation

## Risk Factors

- Prolonged kneeling can lead to foot drop, which is associated with many physically active jobs
- Prolonged crossing legs can compress the peroneal nerve in the leg on top
- Leg casts that end just below the knee can provide pressure or compression to the peroneal nerve running through the lower leg



## Diagnosis

- Imaging tests (X-rays, CT scans, MRI, ultrasound)
- Nerve conduction tests to measure electrical activity

## Treatment

- Splints or braces to provide foot and ankle support and improve function
- Rehabilitation
  - Physical Therapy to improve muscle strength, range of motion, balance, and overall mobility to improve safety and independence at home and within the community
  - Occupational Therapy to improve independence in daily activities, functional endurance, and home modifications to improve safety and accessibility

## Lifestyle Modifications

- Remove all clutter and trip hazards from the floor
- If possible, remove all rugs that could be easily tripped on
- Be cautious of running electrical cords in walking areas
- Place contrast tape on the edge of stairs
- Use adequate lighting throughout the house to ensure safe mobility



\*Shoe not included.