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Concept Analysis of Limited Joint Mobility in the foot

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Limited Joint mobility (LJM) is one of the earliest clinically apparent long term complications of Type 1 Diabetes – Lindsay (2005).

A concept analysis approach was used to review available literature focusing on LJM in the foot. Clinical features of LJM were explored and the potential consequences to tissue changes appraised, to provide a clearer exposition of this condition and the factors underlying it. This work has application to a wide community of practitioners to illustrate the presence of LJM and the potential effects on joint function which may lead to ulceration of the Diabetic foot.

Three Broad goals

**Analysis** - dissect out relevant literature

**Synthesis** - combine the seemingly isolated components together

**Derivation** - employ analogy/develop theory to make sense of the evidence

The Prayer Sign - a clinical technique to assess the presence of LJM in the hands Frost (2001).

This concept analysis has identified literature on LJM falls into three domains:

1) Structural effects
2) Functional effects
3) Tissue properties

References

Lindsay, J.R. et al. Reduced prevalence of Limited Joint Mobility in Type 1 Diabetes in a UK Clinic Population over a 20 year period. Diabetes Care 28: 658-661, 2005.

