



## **Foot Drop (aka Drop Foot)**

Foot drop describes the inability to raise the front part of the foot due to weakness or paralysis of the muscles that lift the foot. As a result, individuals with foot drop scuff their toes along the ground or bend their knees to lift their foot higher than usual to avoid the scuffing, which causes what is called a “steppage” gait. Foot drop can be unilateral (affecting one foot) or bilateral (affecting both feet). Foot drop is a symptom of an underlying problem and is either temporary or permanent, depending on the cause. Causes include: neurodegenerative disorders of the brain that cause muscular problems, such as multiple sclerosis, stroke, and cerebral palsy; motor neuron disorders such as polio, some forms of spinal muscular atrophy and amyotrophic lateral sclerosis (commonly known as Lou Gehrig’s disease); injury to the nerve roots, such as in spinal stenosis; peripheral nerve disorders such as Charcot-Marie-Tooth disease or acquired peripheral neuropathy; local compression or damage to the peroneal nerve as it passes across the fibular bone below the knee; and muscle disorders, such as muscular dystrophy or myositis.

Source: NINDS Foot Drop Information Page

[http://www.ninds.nih.gov/disorders/foot\\_drop/foot\\_drop.htm](http://www.ninds.nih.gov/disorders/foot_drop/foot_drop.htm)

### **Websites**

<http://www.emedicine.com/orthoped/topic389.htm>

#### **eMedicine: Foot Drop**

Clinical information on foot drop.

<http://www.mayoclinic.com/health/foot-drop/DS01031>

#### **Mayo Clinic: Foot Drop**

Information on foot drop, including symptoms, causes and treatments.

<http://www.mult-sclerosis.org/footdrop.html>

#### **Multiple Sclerosis Encyclopaedia: Foot Drop**

Information on foot drop.

[http://www.ninds.nih.gov/disorders/foot\\_drop/foot\\_drop.htm](http://www.ninds.nih.gov/disorders/foot_drop/foot_drop.htm)

**NINDS Foot Drop Information Page**

[http://www.rightdiagnosis.com/sym/foot\\_drop.htm](http://www.rightdiagnosis.com/sym/foot_drop.htm)

**RightDiagnosis: Foot Drop**

Information on foot drop, including causes and treatments.

<http://www.spineuniverse.com/displayarticle.php/article2620.html>

**Spine Universe: Drop Foot (Foot Drop) and Steppage Gait (Footdrop Gait)**

This site clearly and succinctly outlines the medical conditions and problems associated with drop foot.

### **Products**

<http://www.walkaide.com/>

**Innovative Neurotronics: WalkAide**

Phone: 888-884-6462 (Toll-Free)

[http://www.bioness.com/Bioness\\_For\\_Foot\\_Drop.php](http://www.bioness.com/Bioness_For_Foot_Drop.php)

**Bioness: Ness L300 Foot Drop System**

Phone: 800-211-9136

<http://www.x-strap.com>

**Dorsi-Strap**

Phone: 914-968-3381

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