



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

<https://www.ninds.nih.gov/Disorders/All-Disorders/Foot-drop-Information-Page>

Websites

Cleveland Clinic: Foot Drop

<https://my.clevelandclinic.org/health/symptoms/17814-foot-drop>

eMedicine: Foot Drop

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

Clinical information on foot drop.

Mayo Clinic: Foot Drop

<https://www.mayoclinic.org/diseases-conditions/foot-drop/symptoms-causes/syc-20372628>

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

NINDS Foot Drop Information Page

<https://www.ninds.nih.gov/Disorders/All-Disorders/Foot-drop-Information-Page>

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

<http://www.spineuniverse.com/conditions/sciatica/drop-foot-foot-drop-steppage-gait-footdrop-gait>

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

Products

The following are provided as information sources. The Reeve Foundation does not endorse any products, vendors or services and a listing here is not to be taken as an endorsement.

Advanced Care Plus: WalkAide

<https://acplus.com/walkaide/>

Phone: 800-350-1100 (Toll-Free)

Email: info@ininc.us

The WalkAide System is an advanced Functional Electrical Stimulation (FES) System for the treatment of footdrop caused by upper motor neuron injury such as MS, stroke, incomplete spinal cord injury, CP, and traumatic brain injury.

Bioness: Ness L300 Foot Drop System

<https://bionessrehab.com/>

Phone: 800-211-9136

Dorsi-Strap

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

Phone: 845-233-4713

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