This 55-year-old lady with type 2 diabetes for the last six years came with complaints of a painless right ankle swelling of two months’ duration. There was no prior trauma, fever, or swelling in other joints. Examination revealed a swelling involving the ankle and lower 1/3rd of the leg without warmth or tenderness (Figs 1 and 1). She had a healed trophic ulcer at the base of first toe on the right side, normal peripheral pulses and ankle-brachial index of ~1.0. Vibration and joint position sense was reduced bilaterally.

The association between diabetes and Charcot arthropathy was shown in 1936. Charcot arthropathy is classified into stages 0[inflammatory], 1[development], 2[coalescence] and 3[remodelling]. Treatment is generally non-operative and includes off-loading, casts, braces and orthotic support. Surgeries like osteotomy and arthrodesis are rarely required. She was referred for physiotherapy but lost to follow up thereafter.

References: