

### Introduction:

<b>W</b>	Wash Hands
<b>I</b>	Introduce Yourself + Patient's Identity
<b>P</b>	Permission
<b>P</b>	Patient Position + Pain
<b>E</b>	Explanation

**Patient must be placed at 45° and lower limbs exposed**

### Equipment:

10g Monofilament
128Hz Tuning Fork

### General Inspection:

•Colour	Pallor, Ischaemic Rubor
•Hair Loss	
•Atrophic Skin (Shiny)	
•Nail Changes	
•Missing Digits	
•Healed/Active Ulcers	
•Callus Formation	
•Infection/Ulceration between toes	
•Deformities	Claw Toes, Charcot Joint, Bunions, Overlapping Toes

#### *Comment on Footwear*

Protects Feet, Accommodates Deformities, Matches Foot Shape

***Always inspect the sole, interdigital clefts, and heel***

Compare left and right throughout

### Gait Examination:

### Vascular Examination:

•Check Temperature	From knees to toes
•Examine skin colour	
•Check Capillary Refill bilaterally	
•Pulses:	•Dorsalis Pedis Pulse •Posterior Tibial Pulse
•Buerger's Test:	•Lie Patient Flat •Lift Feet to 45° for 1 min •Inspect for Pallor •Allow feet to hang back down •Inspect for reactive hyperaemia

### Neurological Examination:

<b>10g Monofilament + 1 other Neurological Assessment should always be</b>	
•Light Touch:	10g Monofilament in at least 6 sites
•Proprioception	
•Vibration Sense:	128Hz, Dorsal Hallux
•Lower Extremity Reflexes:	Achilles Tendon Reflex - S1, S2
•Pin-prick and Temperature Sensation	
Absent 10g Monofilament + 1 other neurological assessment confirms loss of protective sensation	

### Gait Examination: