

Introduction:

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| W | Wash Hands |
| I | Introduce Yourself + Patient's Identity |
| P | Permission |
| P | Patient Position + Pain |
| E | Explanation |

Patient must be placed at 45° and lower limbs exposed

Equipment:

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| 10g Monofilament |
| 128Hz Tuning Fork |

General Inspection:

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| •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:

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|-------------------------------------|--|
| •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:

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|---|--------------------------------------|
| 10g Monofilament + 1 other Neurological Assessment should always be | |
| •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:

