

### 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
<b>Patient must be placed at 45° and lower limbs exposed</b>	

### 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:

**10g Monofilament + 1 other Neurological Assessment should always be**

- Light Touch:** 10g Monofilament in at least 6 site
- 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:

