

Lower Limb Examination

1) Inspection:

1- look on legs symmetry

• examine leg heels? searching for diabetic foot ulcer.

• normal toe number

memorize 5 grades.

• No fungal infection between toes.

• No scar - No ulcer

2- Check Arteries:

• No signs of chronic arterial insufficiency: CAI

we don't say
normal ←
distribution

لا نقول هذا إشي تايي

I - No loss of hair

II - No muscle wastin

III - Normal skin colour

[in case of CAI
skin is pale]

• no mass visible

• No thick brittle nail (No ingrowing nail)

• No thin shiny skin

• No pressure ulcer

• No colour change (بالرجل بشكل عام)

• No amputation in big toes.

3- check veins:

• No swelling (lower limb edema) → by checking the

Circumferential
of leg

• No dilatation (in veins)

• No ulceration in genital area?

• No varicose vein → Phlegmasia alba dolens
Phlegmasia cerulea dolens.

بكالهم الدكتور وقال
ياهم مرة

4 - Check diabetic foot [Charcot joint] ?

evidence

- No Charcot joint (very thick + deformity) or deformity noted
- No pitting edema

وین مارعس ما بحس
على شو دالعس

معلق كمان
كوب التبريد

2] Palpation

I vascular:

- check leg temperature **hot/cold**
- check pulsation of:
 - 1) dorsalis pedis [10% of people is absent bilaterally
unilateral = abnormal]
 - 2) Popliteal pulse
 - 3) Posterior tibial pulse (normally hardly palpable | if easily palpable = abnormal)

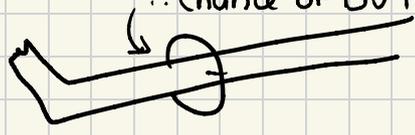
II Neuro:

- * - tuning fork:
 - 1) forehead of patient - check if he's hearing then on his big toe then popliteal...
 - 2) show the patient up & down & Ask him to close his eyes & Tell where he feels.
- * - Proprioception:

- check vascular refill: capillary refill normally 2 sec? if more = delayed capillary refill.

- DVT examination: From: tibial tuberosity - medial malleolus 2cm \therefore chance of DVT

- check Pitting edema \leftarrow (VENOUS)
on: **tibial shaft**: [HF - nephrotic syndrome]
+ive pitting \leftarrow



Doctors love to ask about GPs of PVD.

Patient come with severe lower limb ischemia - have Ghr to treat? Give Heparin.

everything done for right side, same for left side

Sometimes: Varicous veins is hot \ tender

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