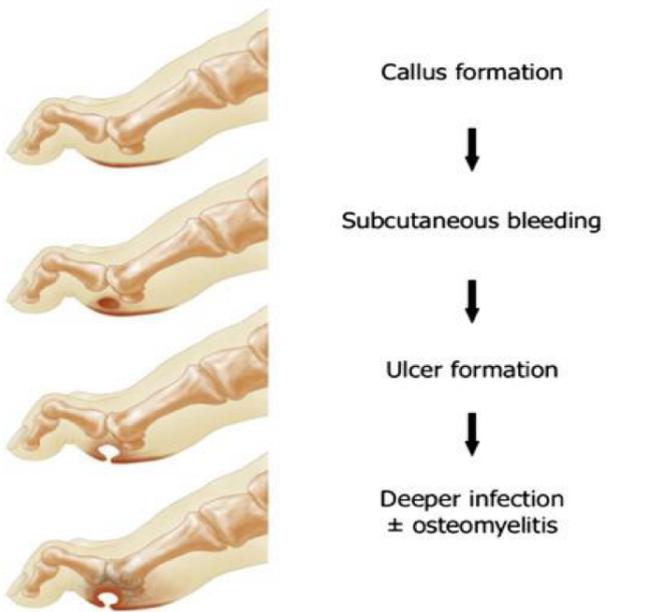
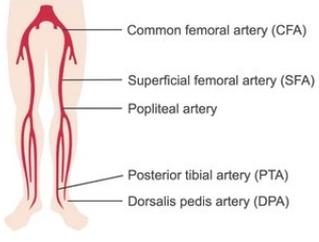
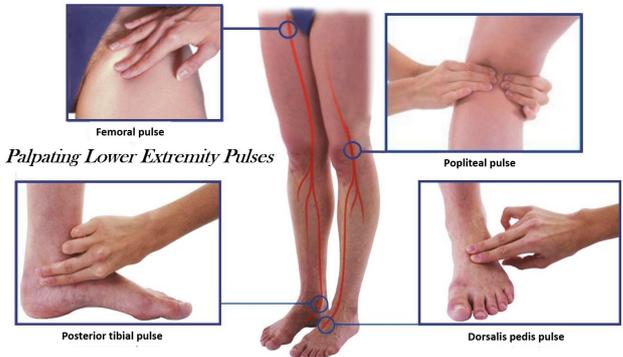
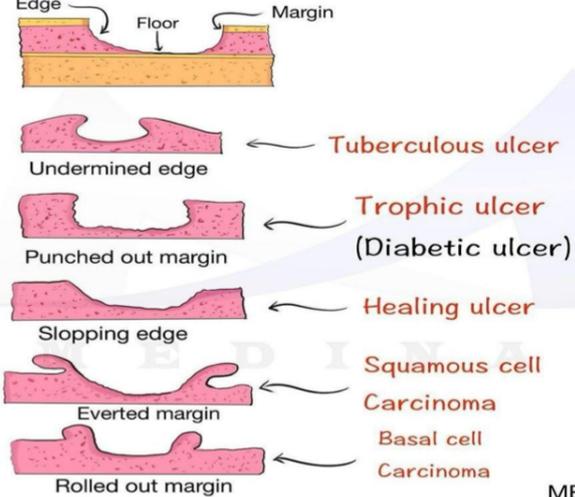


Inspection	Specific
<p>1. remember always to expose both leg</p>	
<p>2. ☆ look for symmetry ,amputation and oedema</p>	<p>Vasclar examination</p>
<p>3. ☆ Skin</p> <ol style="list-style-type: none"> intact callus fungus formation hair loss and gangrene 	<ol style="list-style-type: none"> Capillary re-filling time : Normal > 2 seconds Palpation of pulses : Dorsalis pedis , Posterior tibial , Popliteal ,Femoral Changes of ischemia :skin atrophy, nail atrophy , Decreased pedal hair
<p>4. ☆Look for callus :</p> <ol style="list-style-type: none"> Ulcer may be embedded under thickened callus Found on big toes ,heel and metatarsal head  <p style="text-align: center;"> Callus formation ↓ Subcutaneous bleeding ↓ Ulcer formation ↓ Deeper infection ± osteomyelitis </p>	  <p style="text-align: center;"><i>Palpating Lower Extremity Pulses</i></p> <p style="text-align: right;"><small>Copyright © 2005 Elsevier, Inc.</small></p>
<p>5. ☆Ulcer</p> <ol style="list-style-type: none"> Site , shape , size,margin The skin around The ulcer whether it's healthy or unhealthy :cyanosed ,gangrenous, hyperemic,hyperkeratosis. Base : what you palpate Floor : (what you see) necrotic tissue ,granulation tissue , discharge Edge : sloping ,punched out, undermined , rolled 	<p>Neurological examination</p> <ol style="list-style-type: none"> Sensory <ol style="list-style-type: none"> Vibration perception : by using Tuning fork 128HZ Pressure and touch: by using Cotton wool(light), Simmes Weinstein 10gram monofilament Two point discrimination Pain (pin prick) : using sharp and blunt tool Temprature perception(Hot/Cold) Motor <ol style="list-style-type: none"> Deep Tendon Reflex(DTR) : achilles tendon Abnormal gait
 <p style="text-align: center;"> Tuberculous ulcer Undermined edge Trophic ulcer (Diabetic ulcer) Punched out margin Healing ulcer Sloping edge Squamous cell Carcinoma Everted margin Basal cell Carcinoma Rolled out margin </p>	<p>MSS examination</p> <ol style="list-style-type: none"> ☆Structural deformities: <ol style="list-style-type: none"> Hammer toes Charcot deformity Loss of arch ☆Small muscle atrophy ☆Limited joint movement ☆Prior amputation ☆Probe to bone test <ol style="list-style-type: none"> ☆Assess the foot deformity: <ol style="list-style-type: none"> Claw toes Hammer toes Rocker bottom foot Charcot changes Loss of arch
<p>6. infection</p> <ol style="list-style-type: none"> Temperature :cold /warm Tenderness of ulcer Edema Pus oozing Contact bleeding Indurated ,fluctuate,fixation(mobility) 	
<p>7. ☆Color changes:</p> <ol style="list-style-type: none"> erythema pallor pigmentation cyanosis 	