

# B. Podiatric examination

Objective examination of complaint: (site, size, pain type)

- ① Tenderness on palpation of nail sulci toes 1-5 B feet
- ② B PMA, +5 tender ulnar, R PCA central H mild tender to palpate.
- ③ B HD PIPJ DS let pain on palpation
- ④ B feet mark across dorsum LISFRANCS JOINTS due to FW + swelling.
- \* **ORTHOPAEDIC** - LOS RWB, ROS adductorovarus, BO2 hamator, BO3+4 devious with adduction DIAS, B 10 1+2 ↑SPACE R>L, B HAV ②, B L EHL tight, L P flexia tight, R plantar styloid stl not prominent, B ↓ PMA fat pad ROM - B STJ, MTJ + LISFRANCS ROM LIMITED, ANKLE OF 0° - B 1ST MPJ OF 45°
- \* **DERM** ⑤ R lateral ankle/dorsal calcaneus 1cm diameter elevated plaque with hyperkeratosis + underlying erythema. R dorsum foot base of 4th met 6mm diameter abrasion under shoe elastic
- FW** - MINIMAL SUPPORT + CUSHIONING, TOES TOUCH END OF SHOES

|  |  |
|--|--|
| <b>Dermatology:</b><br>(lesions, site, type, texture)    | ① BD <sub>1-4</sub> B sulci involved + OP lateral sulci. BD, OP radial sulci. L D2 OX + BEAUS LINES with brown discoloration<br>② L D <sub>1</sub> black/brown longitudinal streak under nail.<br>③ R leg near ankle to mid radial calf (scarious) |
| <b>Orthopaedic:</b><br>(structure, hip, leg, feet, gait) | R leg - central medial lesion 2x3cm irregular margins, rough surface, pink + brown with scaling.<br>- central anterior " 2x1cm " " pink + scaling<br>- central lateral " 1cm diameter circular pink + scaling                                      |

**Peripheral Vascular Assessment:** L leg lateral central lesion circular with irregular border 3cm diameter brown, black, pink pigmentation, rough surface + scaling.

| Reference range   | Anatomy          | Left                | Right               | Comments  |
|---|------------------|---------------------|---------------------|---|
| <b>Macrovascular</b><br>+++ - bounding<br>++ - normal<br>+ - diminished<br>0 - absent | Posterior Tibial | +                   | +                   | B ankle oedema<br>B dorsal foot oedema<br>R superficial varicosities navicular (dorsum) |
|   | Dorsalis         | +                   | +                   |   |
| <b>Microvascular (SVPFT)</b><br><5sec - WNL<br>>5sec - delayed                        | Forefoot         | S <sub>1</sub>      | S <sub>1</sub>      |   |
| <b>Perfusion (temp)</b><br>warm - WNL<br>cool - reduced                               | Foot             | cool toes + midfoot | cool toes + midfoot |   |
| <b>Varicosities</b><br>Absent - WNL<br>Present - abnormal                             | Leg/foot         | Y B                 | Y telangiectasia    |   |
| <b>Lymphodema</b><br>Absent - WNL<br>Pitting - abnormal<br>Non-pitting - abnormal     | Ankles           | PITTING             | PITTING             |   |

## Neurological Assessment:

| Reference range   | Anatomy              | Left              | Right             | Comments   |
|---|----------------------|-------------------|-------------------|--|
| <b>Sensory (Afferent)</b><br>present - WNL<br>absent - abnormal   | Fine touch           | wool              |                   | → B cotton wool sensation absent PMA 2-3 + S-O7 non-painful absent PMA 2-3. all other sites normal |
| <b>Motor (Efferent)</b><br>present - WNL<br>absent - abnormal     | Dorse/plantar lexion | 3/4 DF+PF         | 3/4 DF/PF         | → INV + EVERSION STRENGTH ④  |
| <b>Vibration</b><br>present - WNL<br>absent - abnormal            | Hallux               | absent<br>C128 HZ | absent<br>C128 HZ |  |
| <b>Reflex (Innervation)</b><br>present - WNL<br>absent - abnormal | Patella<br>Ankle     | absent<br>weak    | absent<br>weak    |  |