

Appendix I. Tools for assessing neuropathy, circulation and foot deformity¹⁶⁰

Neuropathy

10 g monofilament sensitivity

Vibration perception (tuning fork or biothesiometer)

Neuropathy disability score – ankle (Achilles) reflexes and the sensory modalities of pinprick, vibration and temperature perception

Circulation

Palpation of peripheral pulses

Ankle-brachial pressure index

Toe-brachial pressure index

Foot deformity score

Six point scale (one point for each characteristic)

☐ small muscle wasting

☐ Charcot foot deformity

☐ bony prominence

☐ prominent metatarsal heads

☐ hammer or claw toes

☐ limited joint mobility

A score of ≥ 3 indicates foot deformity