

What is a General Lower Limb Assessment?

- A trained healthcare provider performs a non-invasive assessment, meaning nothing is put into your body.
- The healthcare provider will assess blood flow, skin health, nerves, muscles, and joints.

Benefits of a General Lower Limb Assessment

- Can lead to early detection of circulation or nerve problems.
- Provides a baseline (starting point) to compare future assessments.
- Helps your healthcare provider understand your needs and determine how to best help you.
- After the assessment, your healthcare provider may give you advice on how to stay healthy, prevent wounds or infections, or manage any problems that are found.

Risks of a General Lower Limb Assessment

- There is little to no risk with a General Lower Limb Assessment.
- During the assessment, you may experience:
 - Mild pressure from the healthcare provider's hands or assessment tools.
 - Minor discomfort if you have painful areas or wounds.

What to expect during the assessment

- This assessment takes a different amount of time for each person. Most assessments take 30 minutes to 1 hour.
- The healthcare provider will:
 - Ask about symptoms and medical history.
 - Examine your legs and feet by looking at them, touching them, and checking how they move.
 - Both legs and feet will be assessed, even if you only have symptoms or concerns on one side.
 - Watch how you walk.
 - Check how your shoes fit.
- Depending on the results, your healthcare provider may:
 - Recommend changes to your daily activities or self-care routine.
 - Give you foot care or exercise instructions.
 - Suggest different footwear or orthotics.
 - Arrange follow-up appointments to monitor changes.
 - Refer you to your family doctor, nurse practitioner, or another specialist.
 - Recommend additional tests to learn more about the problem.

Preparation instructions for a General Lower Limb Assessment

- Wear loose, comfortable clothing. Pants should be easy to roll up above your knees.
- Wear or bring the shoes you wear most often and orthotics if you have them.
- Bring any mobility aids you use, such as a cane or walker.
- Bring a current list of your medical conditions and all prescription and over-the-counter medications.

