



1. Fill in the Questionnaire
  2. Learn to feel your feet arteries
- It's easy and can help in a suspected diagnosis Peripheral Arterial Disease (PAD )

## *"Feel Your Feet Arteries"*

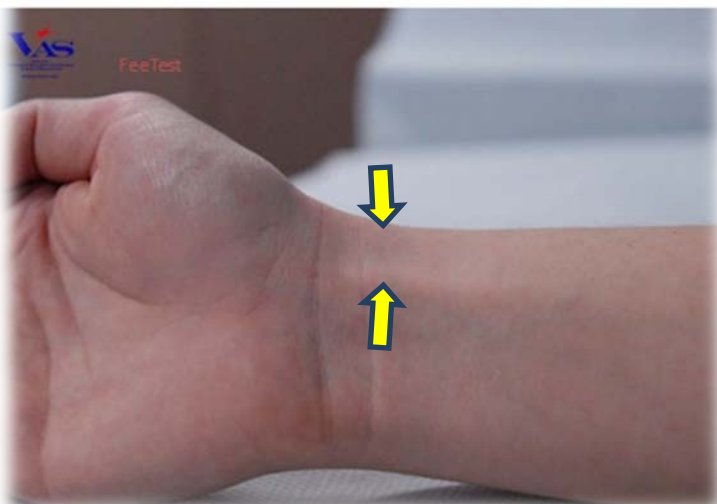
### How is it done?



#### 1- First of all, what do we have to feel?

Let's first feel our radial pulse. We will learn how to feel the beat of the artery, the same beat that we will look for at the two foot arteries.

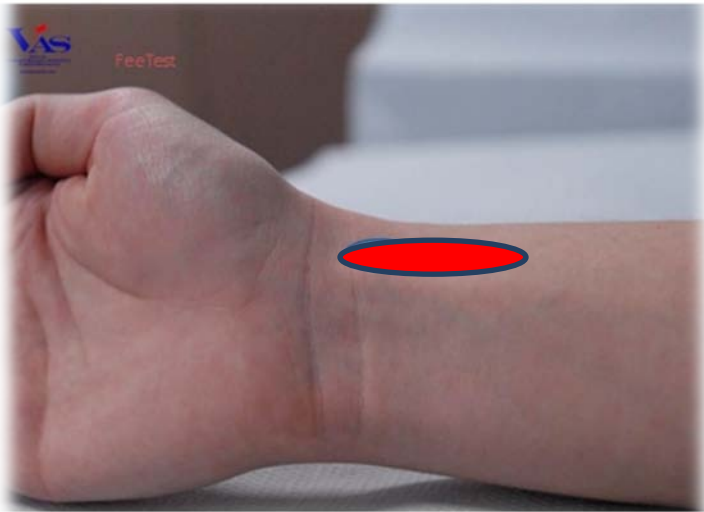
**Attention!** You should use these three fingers of your right hand (or the left hand if you are left-handed) !



Here is the **radial pulse area**, look for the two signs made by the arrows.

The first-on the same level as the thumb -is the radius **bone** -the hard consistency is easy to recognize...

The second is the **tendon**-it's visible and feels like an elastic cord...



If you place your **three fingers** on the colored space between the two markers , you will **feel the radial pulse!**(see the red-colored area)

*Now that we know what to look for, **let's begin the palpation of our two foot arteries.***

2. The first is the **PEDIDIAL ARTERY. How can we find it?**

Let's look at the foot from above.  
We find the space between the first and second toe.



**We can trace an ideal line** from that point to the center of the neck of the foot (we can also place a pencil over the area)

**The pedidial artery is found in this area.**

If you don't find it right away, gently move your three fingers back and forth in the area until you feel the beat.



Here is the pedial pulse.

You should do the same on the other foot.

The pulsations should be similar.

### 3-The second is the POSTERIOR TIBIAL ARTERY. How do we find it?

First of all we look at the medial side of the foot.  
As before, we need to find the two easy  
reference points.

The first is found at the **base of the heel** and the  
second is the arch of the **neck of the foot**.

Here they are, indicated by the arrows.



We then connect the two points (we can also  
use a pencil)

This time ,we need another marker as we  
will see on the next photo.





Let's identify the **medial malleolus** (the bone that we see and feel along the dotted line)

So we touch :

a- Along the dotted line

b- Under the medial malleolus (about 1 cm)

as we see in the next two photos.

**That's the posterior tibial artery!**

The pencil shows the correct positioning.



**Great!!!**

**Now you know your arteries. Check them once or twice a year according to your age.**

The pulses must be present (very rarely the pedial artery can be in an anomalous position) in both feet.

The arterial pulsations should be the same strength in both feet.

**This self-palpation should always be done along with the Questionnaire.**

The FeeTest is for everybody. It should be learnt by young people, as a means of prevention. Yearly self-palpation can help to identify an arterial disease that can appear after 40 years of age and become more common in later on in life.