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How to do a 3-minute diabetic foot exam

This brief exam will help you to quickly detect major risks and prompt you to refer patients to appropriate specialists.

The Ipswich Touch Test



JG, DPM, MD, PhD

Claw toe



PHOTO COURTESY OF: DAVID G. ARMSTRONG, DPM, MD, PhD

Deformities such as a claw toe (shown), hammertoe, or bunion place the patient at additional risk for friction-induced skin breakdown and ulceration.