



## Monofilament Exam [audio transcript]

Next we perform the monofilament examination.

To perform the examination, you take the monofilament and apply it perpendicular to the skin.

Pressing down, just to the point of bending, hold for a second and release.

We conduct the exam first on ourselves to illustrate to the patient that it is not painful, and then have them extend their hand. Apply the monofilament so they have a reference point for what normal feels like.

Then we test four spots on each foot: The great toe, the first metatarsal, third and fifth metatarsal heads.

Have the patient close their eyes and acknowledge “Yes” when they feel the monofilament.

“Yes” (patient)

“Yes” (patient)

“Yes” (patient)

“Yes” (patient)

And then we perform the exam on the other foot.

With a normal exam being able to feel the monofilament on all eight areas.