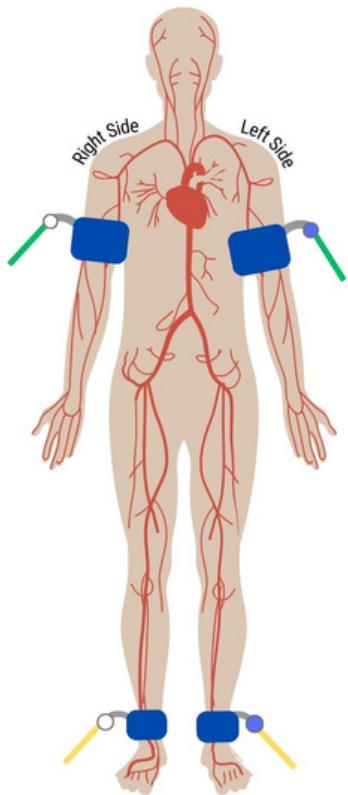


Attaching cuffs

Have the patient lie down in the supine position relaxed, head and heels supported in a comfortably warm room. Wrap appropriately sized cuffs (usually 10cm on the ankles). On the legs, have the patient place their feet flat on the table with knees bent as you apply the cuff above their ankle.

Cuffs should fit snugly so that fingers should slide between the cuff and limb with difficulty. The lower edge of the ankle cuff should be about an inch above the top of the medial malleolus (ankle bone).



Cuff techniques:

- Wrap the cuff snugly.
- Cuffs may be placed over thin clothing or stockings.
- Don't let the patient try to help by lifting their leg - as they relax their muscles the cuff will become loose.
- Placing a pillow under the patients heels may aid the examination.
- Have the patient remain as still and quiet as possible while taking the waveforms.
- If the patient has tremors that interfere with the waveform, having them perform a few dorsiflexions with their toes before taking the waveform may help.