

STEP-BY-STEP INSTRUCTION

HOW TO PERFORM THE TEST

The test simply involves very lightly touching six toes, three on each foot as shown to find out how many of the touches are felt. Importantly the touch must be gentle, light as a feather and brief.

VERY IMPORTANT!

- The touch must be light as a feather, and brief (1–2 seconds): do not press, prod or poke tap or stroke the skin.
- If the person did not respond do not attempt to get a reaction by pressing harder. They did not feel; this should be recorded as not felt.
- You must not touch each toe more than once. If not felt do not repeat the touch, there is no second chance.

- 1 Remove socks and shoes and rest the subject with their feet laying on a sofa or bed.
- 2 Remind them which is their RIGHT and LEFT leg, pointing this out by firmly touching each leg, saying **“this is your right”** when the right leg is touched and **“this is your left side”** when the left is touched. If you face the soles of their feet their right is on your left (see reference guide, page 1).
- 3 Ask them to close their eyes and keep them closed until the end of the test.
- 4 Inform them that you are going to touch their toes and ask them to say right or left as soon as they feel the touch and depending on which foot was touched.
- 5 Perform the touch, using your index (pointing finger) as shown in the photos and diagrams.
- 6 The pictures also show which six toes should be touched and the sequence.
- 7 So, start by lightly touching the tip of the toe marked 1 (right big toe) with the tip of your index finger. The patient will respond by saying **“right”** if they feel the touch.
- 8 Record the result by circling **‘Y’** on the attached record sheet. If they did not respond, circle **‘N’**.
- 9 Now move to the toe marked 2, the right little toe, record the result, followed by the toe marked 3, the left big toe etc.
- 10 Continue until all the six toes has been checked.

