

Head-to-Toe Skin Assessment

Assess all pressure points

Anterior | **Posterior**

Chin, Trochanter, Knee, Pretibial crest, Occiput, Scapula, Elbow, Spinous process, Ischium, Malleolus, Heel

Pressure Injury Sites

- 1 Occiput
- 2 Scapula
- 3 Spinous process
- 4 Elbow
- 5 Iliac crest
- 6 Sacrum
- 7 Ischial Tuberosity
- 8 Achilles tendon
- 9 Heel
- 10 Sole
- 11 Ear
- 12 Shoulder
- 13 Anterior iliac spine
- 14 Trochanter
- 15 Thigh
- 16 Medial knee
- 17 Lateral knee
- 18 Lower leg
- 19 Medial malleolus
- 20 Lateral malleolus
- 21 Lateral edge of foot
- 22 Posterior knee

Modified from Terlease CC: Developing standards for wound care, *Ostomy Wound Manage* 20:46, 1988.

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**Assess the skin beneath any medical device
(tubes, splints, etc)
&
Any significant skin folds**