

IMPORTANT: This is advice only. It is NOT recommended guidance

Leg Blood Pressure Measurement:

1. Only take BP in the leg if there is no cellulitis or deep vein thrombosis
2. Use ankle - Posterior Tibial artery
3. Standard adult cuff (arm) will fit around most ankles
4. The bladder of cuff (inside the cuff) should encircle 80% but not 100% of limb
5. Cuff / limb should be the same level as the heart. Supine / patient lying down.
6. Rest 5 mins before taking the reading
7. Take a measurement in both limbs and use limb with highest reading.
8. The Systolic reading is generally higher (about 10 mmHg) in leg than the arm
9. Diastolic in arms / legs the same.

