



Shepherd Center

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Skin Check Worksheet

Area to Check	Looks Good	May Be a Problem	What Did I See? (e.g., cut, blister)
Head/Face			
Ears			
Shoulders			
Arms			
Elbows			
Wrists			
Tailbone			
Hip bones			
Sitting area			
Knees			
Shins			
Heels			
Ankles			
Toes			
Breasts			
Penis			