

How to find your Pulse

During each heart beat, the muscles of the heart contract causing a wave of pressure which forces blood through the arteries. This wave of pressure is known as a pulse. There is one pulsation for every heartbeat. The pulse can be felt at various parts on the body where the arteries are just under the skin, such as the temple, neck, crook of the elbow, wrist, back of the knee and behind the ankle.

To check a pulse on the neck, the pulse point is located beneath the ear and jawbone. The most common place to check a pulse is on the wrist. Place your right index and middle finger on the palm side of your left wrist below the thumb. Press lightly.

Remember your heart rate or pulse will increase with exercise or activity and slows at rest.

