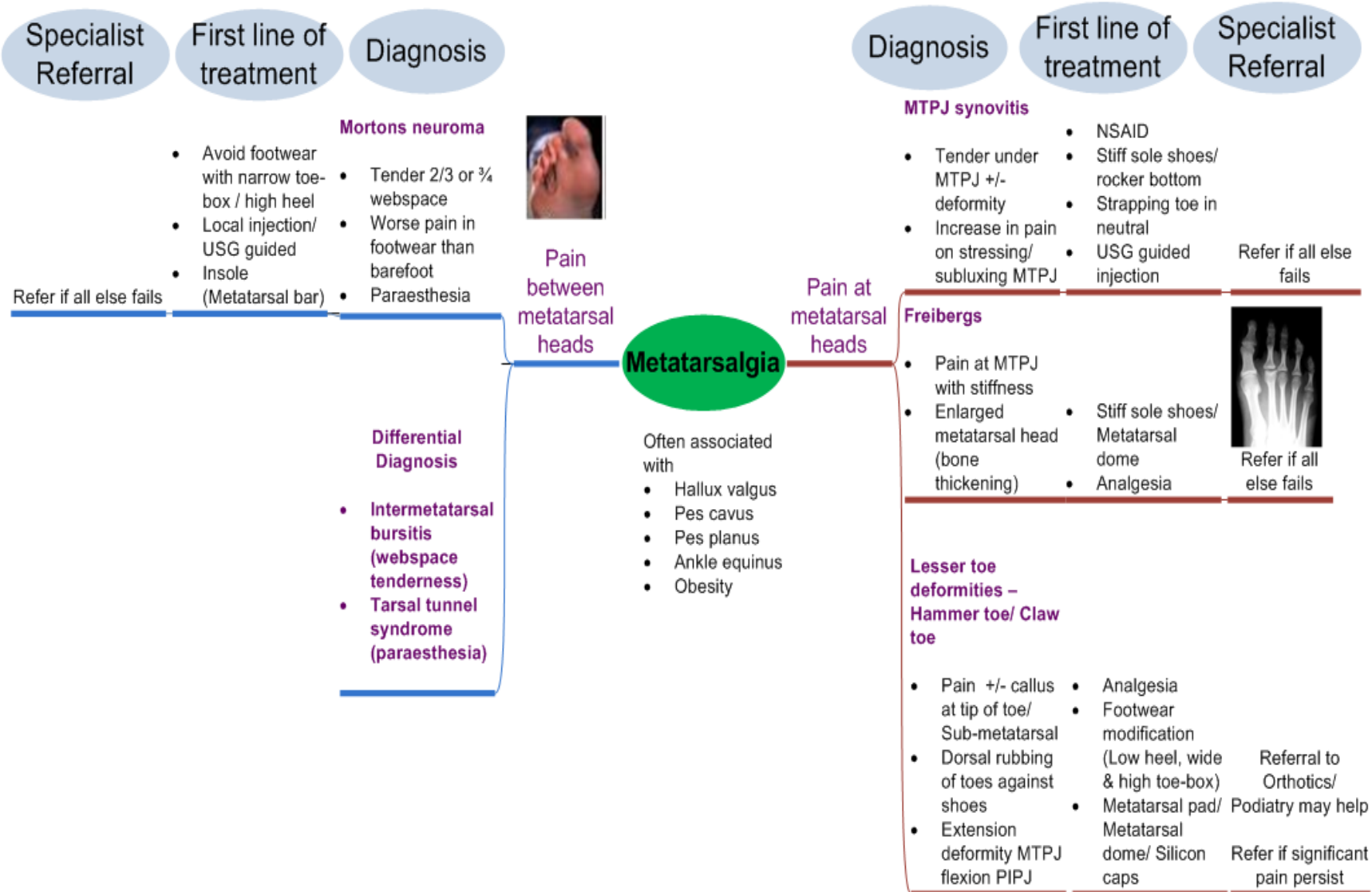
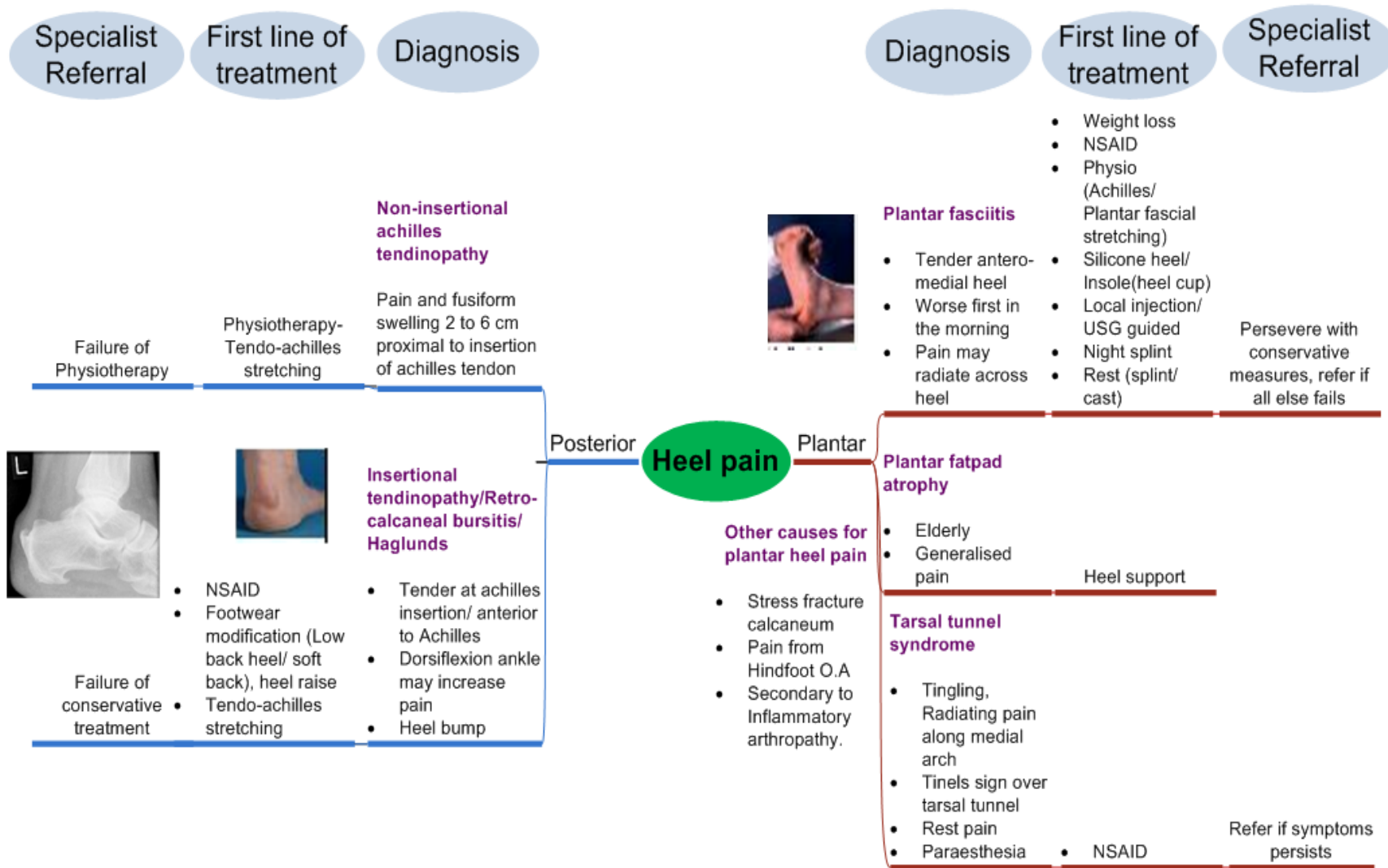


Referral Guidelines for Specific Foot & Ankle Conditions

Diagnosis	Signs & Symptoms	Investigations	Primary treatment	Specialist Referral
Hallux Valgus 	- Lateral deviation of Hallux - Pain over bunion prominence - Difficulty to fit in shoes - Pain under lesser metatarsal heads (transfer metatarsalgia)	Xray Foot AP & Lat Weight bearing 	- Advice on Footwear – Low heel, wide & high toebox - OTC available padding of bony prominence	Significant symptoms affecting work and ADL
Hallux Rigidus 	- Pain & tenderness first MTPJ - Dorsal bunion - Limitation of R.O.M. especially dorsiflexion - Pain under lesser metatarsal heads (transfer metatarsalgia)	Xray Foot AP & Lat Weight bearing 	- NSAID/Analgesia - Low heel, Rigid / Rockerbottom sole - Intra-articular injection	Significant symptoms affecting work and ADL
Midfoot Arthritis 	- Midfoot Pain & tenderness - Collapse at medial longitudinal arch/ Rockerbottom foot	Xray Foot & Ankle AP & Lat Weight bearing 	- NSAID/Analgesia - Accommodative footwear - Insole	Significant symptoms affecting Work and ADL

Tibialis Posterior Insufficiency 	• Pain along postero-medial ankle • Lateral subtalar impingement pain • Unable to do single stance heel raise • Hindfoot valgus + Loss of medial longitudinal arch		• NSAID/Analgesia • Insole – medial arch support with heel cup • Physiotherapy – Muscle strengthening, Achilles stretching • Weight reduction	Failure of conservative treatment
Ankle instability	• Often post-traumatic • Recurrent giving-way +/- tender lateral ligament		• Physiotherapy – Proprioceptive & Peroneal strengthening exercises • Brace	Failure of conservative treatment
Ankle/ Hindfoot arthritis	• Limitation of ROM • Painful on weight-bearing activities • Local tenderness • Deformity often varus	Xray Ankle AP & Lat 	• NSAID/ Analgesia • Weight reduction • Boots/Brace • Intra-articular steroid injection	Significant symptoms affecting Work and ADL





Abbreviations:

MT	- Metatarsal
OTC	- Over The Counter
MTPJ	- Metatarso-phalangeal Joint
IPJ	- Inter-phalangeal Joint
ADL	- Activities of Daily Living
ROM	- Range of Motion
AP & Lat	- Antero-posterior & Lateral
USG	- Ultrasound Scan

General Guidance**Red Flags – Direct referral to Secondary Care**

- Possible tumour
- Rapidly advancing structural deformity
- Fracture
- Signs of infection
- Profound ulceration
- Past history – carcinoma, steroids, HIV
- Pathological weight loss
- Non mechanical pain

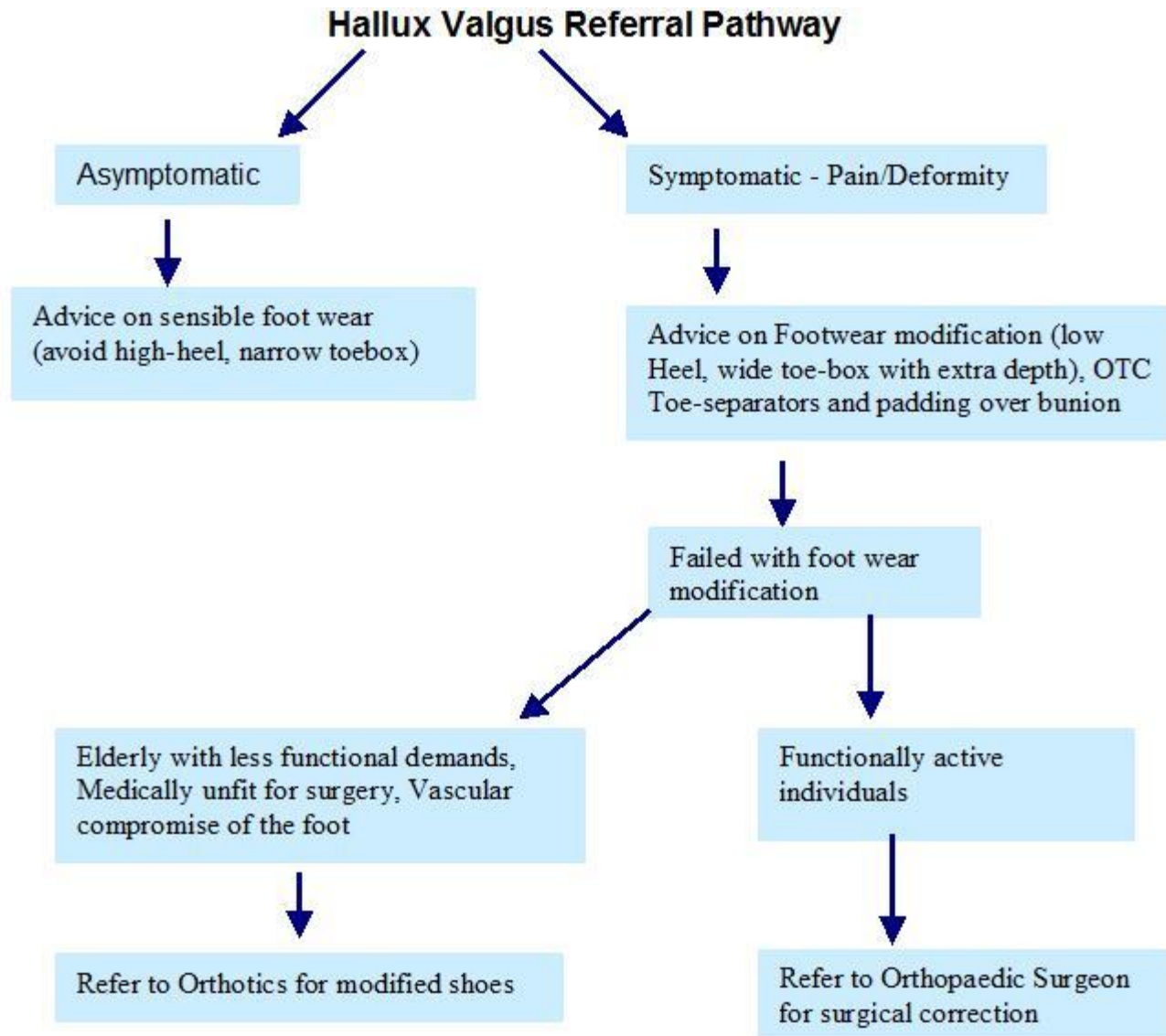
Conditions best seen by the podiatrists

- Toenail problems such as Ingrowing toenails /Fungal nails
- Verrucae
- General podiatry
- Treatment of skins conditions - corns and callus

Persevere with conservative approach for patients with

- Less functional demand
- Medically unfit for surgery
- Vascular compromise of the limb

Diabetic foot problem referral to Diabetic clinic run by podiatrist & Diabetologist



References:

- 1) Functional rehabilitation interventions for chronic ankle instability: a systematic review. Webster KA, Gribble PA. J Sport Rehabil. 2010 Feb;19(1):98-114.
- 2) Nonsurgical management of posterior tibial tendon dysfunction with orthoses and resistive exercise: a randomized controlled trial. Kulig K, Reischl SF, Pomrantz AB, Burnfield JM, Mais-Requejo S, Thordarson DB, Smith RW. Phys. Ther. 2009 Jan;89(1):26-37. Epub 2008 Nov 20.
- 3) <http://www2.cochrane.org/reviews/en/ab006801.html>. Custom made foot orthoses for the treatment of foot pain - Hawke F, Burns J, Radford JA, du Toit V
- 4) http://www.cks.nhs.uk/plantar_fasciitis/evidence
- 5) <http://www2.cochrane.org/reviews/en/ab000232.html> - Interventions for acute & Chronic Achilles tendonitis - McLauchlan G, Handoll HHG
- 6) <http://www2.cochrane.org/reviews/en/ab000964.html> - Interventions for treating hallux valgus - Ferrari J, Higgins JPT, Prior TD
- 7) Surgery vs Orthosis vs Watchful Waiting for Hallux Valgus: A Randomized Controlled Trial. Markus Torkki, Antti Malmivaara, Seppo Seitsalo, Veijo Hoikka, Pekka Laippala, Pekka Paavolainen. JAMA. 2001;285(19):2474-2480.
- 8) http://www.pathways.scot.nhs.uk/Orthopaedics/PP_FootAnk_ET2004.pdf
- 9) http://www.dorset-ots.nhs.uk/Foot&Ankle_Pathway2010.pdf
- 10) <http://www.northyorkshireand york.nhs.uk/AdviceInformation/MakingDecisions/docs/Clinical%20Pathways%20and%20Referral%20Guide%20may%202010.pdf>
- 11) <http://www.pathways.scot.nhs.uk/Orthopaedics/Orthopaedics%20Foot%20Apr05.pdf>
- 12) <http://www.blackburnfeet.org.uk/hyperbook>