Adapted from the CCI Foot and Ankle Patient Pathway Guidelines 2005

**Musculoskeletal – Foot and Ankle Patient Pathway**

### Hallux Valgus (Bunions)
- Lateral deviation of hallux
- Become symptomatic with ill-fitting shoes
- Bursitis forms over medial prominence, may ulcerate
- Secondary corns callouses

**Primary Care**
- Education on foot wear/extra width shoes
- Care of secondary lesions
- Evidence base does not support use of orthoses to limit progression
- **Refer to orthopaedic consultant**

**Podiatry**
- **Refer**
  - Pain should be the primary indication for surgery
  - Difficulty in obtaining suitable shoes
  - Recurrent ulcers
  - Infection

### Hallux Rigidus
- Degenerative osteo-arthritis of 1st MTP joint
- Pain during and following activities
- Restriction of movement in joint
- Dorsal exostosis
- Transfer metatarsalgia due to stiff MTJP

**Primary Care**
- Inshoe orthoses/rigid insoles/rocker sole
- Intra-articular steroid injections and or mobilisation
- **Refer to podiatry**

### Metatarsalgia
**General Pain Under Metatarsals**
- MTP joint synovitis/instability
- Intermetatarsal bursitis
- MTP joint arthritis
- Painful plantar callosities

**Podiatry**
- **Refer**
  - Advice re footwear (avoid heels and tight fitting shoes)
  - Custom fit orthoses

**Morton’s Neuroma**
- Paroxysmal neuralgia affecting
- Web spaces and 2/3/4 toes
- Mainly a clinical diagnosis & further investigations are done as indicated

**Primary Care**
- (i) Simple padding & foot wear advice
- (ii) Stretching programme
  - heel raises / inshoe orthoses
- **Refer to podiatry**

### Posterior Heel Pain
- Pump Bumps
- Prominent posterior aspect of calcaneum
- Achilles Tendinosis
- Tenderness/swelling proximal to insertion
  - of tendon to posterior calcaneum

**Primary Care**
- (i) Heel cushions
- (ii) Regular call/ plantar fascia
  - In shoe orthoses
  - Steroid injection
  - Night splints
- **Refer to podiatry**

### Plantar Heel Pain
- (i) Plantar Pad
  - Fat pad atrophy with non-specific pain under heel
- (ii) Plantar Fasciitis
  - Pain worse on taking 1st steps in morning
  - Tenderness at attachment of PF to medial calcaneal tubercle
  - Spurs are not significant & therefore X-rays are not indicated

**Primary Care**
- (i) Simple padding & foot wear advice
- (ii) Stretching programme
  - heel raises / inshoe orthoses
- **Refer to podiatry**

### Midfoot Arthritis
- Pain and stiffness
- Local tenderness
- Loss of medial plantar arch

**Primary Care**
- Foot wear modification
- **Refer to podiatry**

### Lateral Ankle Sprains
- Lateral ankle pain, swelling and giving away

**Primary Care**
- Acute injury – rest, ice, Compress and elevation (RICE)
- X-ray if suspected fracture
- Tapping
- Proprioceptive/balance exercises
- Semi rigid ankle orthoses reduce re occurrence
- **Refer to orthopaedic consultant**