

**PRIMARY CARE TREATMENT AND REFERRAL GUIDELINES FOR MSK FOOT AND ANKLE CONDITIONS**

CONDITIONS	Ankle Pain (S)	Amputation (C)	Cavus Foot (S)	Charcot (C)	Curly/Burrowing Toes (S)	Deformity Ankle/Fixed Deformity Foot (S)
<b>Primary Care</b>	Simple analgesia +/- OTC insole X-Ray if required.	N/A	Advise good footwear	N/A	Advise strapping	Analgesia X-ray Simple footwear advice
<b>Action and Referral Route</b>	Refer in-house where available - 1 <sup>st</sup> physio  If condition does not resolve after treatment then refer on to biomechanics or orthotics if condition is not resolving	Referral on to Orthotist if partial foot amputation or to Prosthetist if other amputation level. Any thing more proximal than mid tarsal should be referred to prosthetics.  Patients who are concerned regarding aesthetics should be referred to prosthetics for assessment for silicone prosthesis.  Patient with current wounds and vascular insufficiency should be referred for MDT approach including medical/ nursing and prosthetic intervention.	Refer to In-House or Primary Podiatry  Refer on to orthotics if podiatry is unable to provide off loading insoles	Refer same day to diabetes team  If patient is not diabetic, refer to orthopaedic consultant for same day appointment	Referral onto podiatry first	Refer to orthotics/biomechanics as may require orthoses beyond insoles
<b>Service Delivery</b>	East Dorset Community Podiatry Orthotic Clinics DCH Orthotics Poole NHS Centre PH Orthotics RBH Orthotics Shelley Rd Boscombe WCH Orthotics West Dorset CHs	DCH Orthotics Dorset Prosthetic Centre (if unsure send here and centre will triage) PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs	East Dorset Community Podiatry Clinics DCH Orthotics PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs	DCH RBH Orthotics	East Dorset Community Podiatry Clinics DCH Orthotics PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs	East Dorset Biomechanics Clinics DCH Orthotics Poole NHS Centre PH Orthotics RBH Orthotics Shelley Rd Boscombe WCH Orthotics West Dorset CHs
<b>Outcomes and Measurable Tools</b>	Relieve pain Reduce deformity Increase mobility Reduce need for surgery  Pain Score Activity Level ROM Proprioception Muscle Strength VAX score for ADL	Improve stability and mobility  Pain Score Activity Level	Redistribute pressure Reduce ankle sprains Improved position and pain control  Reduction in callus Reduction in ankle swelling	Pain control and modifying disease progression	Reduce pressure and deformity Improved shape Improved over pronation Reduced pressure  Pre and post treatment x-rays	Pain control Reduce deformity or redistribute pressures  VAS Score

CONDITIONS	Digital Deformity (S)	Forefoot Adductus (C)	Hallux Limitus / Hallux Rigidus (S)	Hallux Valgus (S)	Hypermobility (S)	Leg Length Discrepancy (<2cm) (C)
<b>Primary Care</b>	Prevalence of ulceration Ability to wear standard footwear	Advise on good footwear	N/A	Pain control and general good footwear advice	Footwear advice	Referral as appropriate
<b>Action and Referral Route</b>	Advise good footwear Refer on to podiatry first	Refer on to orthotics	Refer to Orthotist / Biomechanics  Requires full Foot and Ankle assessment.  Assess for compensatory biomechanical problems	GP managed care LPP Criteria	Refer on to orthotics Insoles (in the case of foot biomechanical issues)  Very broad range of potential symptoms dependent upon level of hypermobility  Refer paed to Paediatric physiotherapy and Children's biomechanics	Refer to physiotherapy first if back pain For orthopaedic congenital problems refer to orthotics  Check if shortening is actual or apparent. Physio assessment is needed to assess for scoliosis and other back problems, some of which may be acute, correctable without shoe raise.
<b>Service Delivery</b>	East Dorset Community Podiatry Clinics DCH Orthotics Poole NHS Centre PH Orthotics RBH Orthotics Shelley Rd Boscombe WCH Orthotics West Dorset CHs	DCH Orthotics Dorset Prosthetic Centre (if unsure send here and centre will triage) PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs	East Dorset Community Podiatry Clinics DCH Orthotics PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs		Children's biomechanics East Dorset only DCH Orthotics Poole NHS Centre PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs	East Dorset Physiotherapy Clinics DCH Orthotics PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs
<b>Outcomes and Measurable Tools</b>	Reduce Pressure and deformity Improved position and pain control Pressure redistribution  Reduced incidence of ulceration	Correct deformity  Pre and post treatment x-rays RS scan measures Pain Score Activity Score	Compensate for loss of movement to normalise gait Pain control  VAS Score Pain Score Activity Score Walking Speed Smoother progression through second and third rocker measured by RS Scan	Reduce pain and increase mobility Reduce need for surgery  Pain Score	Maintain joint integrity to prevent deformity. Reduce pain Improve joint stability  RS Scan showing reduction in excessive pronation through improved progression of COP	Level pelvis to reduce lower back pain and improve gait  Level of pelvis Pain Score

CONDITIONS	Metatarsalgia (S)	Neuroma (S)	Osteoarthritis (General Diagnosis)	Plantar Fasciitis (S)	Post Tib Tendon (S)	Pre-Dislocation (C)
<b>Primary Care</b>	Simple analgesia and OTC insoles Footwear advice	Simple analgesia and OTC insoles Footwear advice Only refer on if not resolved	Simple analgesia X-ray as required Joint injection Insoles Footwear advice Weight loss	Pain relief Simple analgesia Footwear Weight loss Steroid injection Simple stretches	Simple pain relief Footwear advice	N/A
<b>Action and Referral Route</b>	Refer on to Podiatry or orthotics	GP managed care	GP managed care Dietetics	Refer to primary care physiotherapy	Refer on to orthotics or biomechanics	Refer on to orthotics or biomechanics
<b>Service Delivery</b>	East Dorset Community Podiatry Clinics DCH Orthotics PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs	Dorset prosthetic centre for medical opinion if neuroma is related to amputation or amputation site		Primary care physio location DCH Orthotics PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs	East Dorset Community Biomechanic Clinics DCH Orthotics Poole NHS Centre PH Orthotics RBH Orthotics Shelley Road, Boscombe WCH Orthotics West Dorset CHs	East Dorset biomechanic clinics DCH Orthotics Poole NHS Centre PH Orthotics RBH Orthotics Shelley Road, Boscombe WCH Orthotics West Dorset CHs
<b>Outcomes and Measurable Tools</b>	Pain control  Pain score Activity score VAS score	Pain control Reduce need for surgery  Pain score Activity score VAS score	Pain control Modifying disease progression  Pain score Activity score VAS score	Pain control  Pain score Activity score VAS score	Prevent deterioration Improve gait Pain control and increased range of movement  Pain score Activity score VAS score	Reduce/prevent stress on plantar plate Pain control  Pain score Activity score VAS score

CONDITIONS	Pre-ulceration or at risk of – Advice and treatment (S)	Rheumatoid Arthritis (S)	Sesamoiditis (S)	Severes Disease (S)	Symptomatic flex flat foot (S)	Tarsal Tunnel Syndrome (C)
<b>Primary Care</b>	Nurse reviews Footwear advice Foot care advice Review of higher risk patients foot biomechanics	Pain relief Bloods Joint injection Footwear Advice Insoles Foot care	Pain control X-ray as required Insoles Footwear advice – Rocker sole trainers	Rest Simple analgesia Possible heel insert Insoles Advice Physio	Pain relief Insoles Footwear advice	N/A
<b>Action and Referral Route</b>	Consider off loading footwear GP managed care	Foot care for callous skin  Footwear advice for mild moderate deformity  Poor biomech alignment – orthotist/biomech assessment for insoles  Specialist care with Rheumatology	Refer to podiatry	Refer to physiotherapy first Refer on to orthotics or biomechanics if physiotherapy unsuccessful	Refer on to biomechanics or orthotics	Refer to orthotics or biomechanics for a full foot and ankle assessment
<b>Service Delivery</b>		Rheumatology - Acute Trusts	East Dorset Community Podiatry Clinics DCH Orthotics PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs	DCH Children’s Clinic RBH Orthotics Children’s Biomechanics (East Dorset only at Poole NHS Centre)	Biomechanics – East Dorset clinics Poole NHS Centre Shelley Road Boscombe Children’s Biomechanics (East Dorset only at Poole NHS Centre) DCH Orthotics PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs	Biomechanics – East Dorset clinics Poole NHS Centre Shelley Road Boscombe Children’s Biomechanics (East Dorset only at Poole NHS Centre) DCH Orthotics PH Orthotics RBH Orthotics WCH Orthotics West Dorset CHs East
<b>Outcomes and Measurable Tools</b>	Prevention of disease progression  Ulceration rates	Prevent ulceration and deformity Pain control and modifying disease progression  Pain score Activity score VAS score	Reduce pressure Pain control  Pain score Activity score	Pain control  Pain score Activity score	Improve gait Pain control Pain score  RS scan progression COP	Reduce impingement on tibial nerve Pain control and modifying disease progression  Pain score

<b>CONDITIONS</b>	<b>Tight Muscles General diagnosis (S)</b>	<b>Non Diabetic Foot Ulceration (C)</b>
<b>Primary Care</b>	Analgesia and simple stretch techniques Physio	Referral as appropriate  DN for treatment  Management of any oedema by medication or compression hosiery when clinically appropriate
<b>Action and Referral Route</b>	Refer to physiotherapy first  Referral to orthotics if required	Refer to orthotics or biomechanics  Refer to Podiatry  Ulceration with bandaging should preclude issuing of permanent footwear.  Consideration should be given to use of temporary footwear with offloading until ulcers healed.  Use of compression hosiery later on to reduce/stabilise oedema should be considered prior to making footwear.
<b>Service Delivery</b>		East Dorset Community Podiatry clinics RBH Orthotics DCH Orthotics PH Orthotics WCH Orthotics West Dorset CHs
<b>Outcomes and Measurable Tools</b>	Improve muscle length Increased flexibility	Redistribute pressures to promote healing Pain control

**ABBREVIATIONS**

<b>ADL</b>	Activities of Daily Living
<b>C</b>	Complex Conditions – as per pathway model
<b>CHs</b>	Community Hospitals
<b>COP</b>	Centre of Pressure
<b>DCH</b>	Dorset County Hospital
<b>Dorset Prosthetic Centre (DPC)</b>	The DPC is based a Royal Bournemouth Hospital, Castle Lane East, Bournemouth. BH7 7DW. Postpoint A06 The centre will accept referrals by fax: 01202 704364
<b>LPP</b>	Low Priority Procedure
<b>MDT</b>	Multi-Disciplinary Team
<b>OTC</b>	Over The Counter
<b>PH</b>	Poole Hospital
<b>RBH</b>	Royal Bournemouth Hospital
<b>ROM</b>	Range of Movement
<b>RS SCAN</b>	A Foot Pressure Measurement System
<b>S</b>	Simple Conditions – as per pathway model
<b>VAS</b>	Visual Analogue Scale
<b>WCH</b>	Weymouth Community Hospital