

Central Adelaide Foot & Ankle Clinics

Orthopaedic Services

Clinical Information Sheet

Clinical Condition	Hallux Rigidus / 1 st MTP joint arthritis
Eligibility	• Pain/ swelling in the first metatarsophalangeal joint • Limited range of motion at first metatarsophalangeal joint • May be associated hallux valgus , metatarsalgia, lesser toe deformity
Priority	Non-urgent • Referral should be faxed to 08 8222 2751 (Royal Adelaide Hospital) or 08 8222 7244 (The Queen Elizabeth Hospital)
Differential Diagnosis	1. Inflammatory arthropathy 2. Hallux valgus 3. Bursitis 4. Sesamoiditis
Information required with referral	• Detail history of the pain, deformity and swelling • Any previous treatment eg Orthotics • Any previous surgeries • Associated medical conditions
Investigation required for diagnosis	• Full weight bearing foot x rays
Pre-Referral management strategies	1. Orthotics – stiffer footwear, arch supports 2. Analgesics medicines
Discharge Criteria/ Information	Improving symptoms with non-operative management Red flags: Continuous pain despite the non-operative management

For more information

Foot & Ankle Clinics

Royal Adelaide Hospital, North Terrace Adelaide, Telephone: 08 8222 4000

The Queen Elizabeth Hospital, 28 Woodville Road, WOODVILLE Telephone: 08 8222 6000 www.sahealth.sa.gov.au

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