**Foot and Ankle Care Pathway**

[http://www.footanklespecialist.com/images/pdf](http://www.footanklespecialist.com/images/pdf/GP%20Foot%20and%20ankle%20guide.pdf)

[/GP%20Foot%20and%20ankle%20guide.pdf](http://www.footanklespecialist.com/images/pdf/GP%20Foot%20and%20ankle%20guide.pdf)

H/o trauma/significant injury or severe functional disability consider Ottawa ankle rules for XR and A&E

(if needed)

GP assessment

Rule out red flag

Symptoms

Self care advice, trial for 6 weeks.

No Improvement over 6 weeks’ or Progressive?

**FOREFOOT**

1st Ray pathology Metatarsalgia Neuroma

Lesser toe abnormalities Capsulitis

Consider XR weight bearing?

USS for Neuroma

**MIDFOOT**

Mid tarsal OA

Pes Planus

Pes Cavus

Central Metatarsalgia Navicular/styloid process

Consider weight bearing XR?

**SOFT TISSUE INJURY**

Ligament Sprain Retinaculum Bursitis

Muscle Sprain

Consider USS for tears or ruptures causing persistent instability?

**GAIT ABNORMALITIES**

Leg Length

Asymmetries

Biomechanical

Joint pain

Plantar pressure abnormalities Proprioception hypermobility

**NON-MSK**

Rheumatoid Inflammatory Arthropathy

Gout

Tendon Rupture

Ganglions

Fracture

Infection

DM Neuropathy P.V.D.

Tumour/Cancer

Refer to appropriate Pathway

**HINDFOOT**

Heel pain/plantar fasciitis

Tarsal tunnel

Consider

MR/XR?

**PHYSIOTHERAPY REFERRAL**

Acute ligament or tendon injury, Achilles tendinopathy, gait retraining.

Patients with tendon pathology should have undertaken a Physio led rehab programme prior to referral to MSK Podiatry

**PATIENT APPLIANCES**:

Custom/stock footwear

Splints and AFO’s

Shoe raise for LLD

**ADVANCED PRACTICE MSK PODIATRY**

MSK/biomechanical assessment,

Neurovascular examination

Footwear assessment/advice

Diagnostic imaging

Pathology

Diagnosis

Orthoses

Injection therapy

Extracorporeal Shock Wave Therapy (ECSWT)

EMG/NCS Referral

**ADVANCED PRACTICE MSK PHYSIOTHERAPY**

Assessment

Diagnosis

EMG/NCS referral

Diagnostic Imaging/Pathology

Injection therapy

**PODIATRIC SURGERY REFERRAL**:

ASA 1 or 2 18 years or over Day case soft tissue and bone surgery

**ORTHOPAEDIC REFERRAL**

ASA 3 or above