

Fact sheet

Central Adelaide Foot & Ankle Clinics

Orthopaedic Services

Clinical Information Sheet

Clinical Condition	Hallux Rigidus / 1 st MTP joint arthritis
Eligibility	<ul style="list-style-type: none">• 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 <ul style="list-style-type: none">• Referral should be faxed to 08 8222 2751 (Royal Adelaide Hospital) or 08 8222 7244 (The Queen Elizabeth Hospital)
Differential Diagnosis	<ol style="list-style-type: none">1. Inflammatory arthropathy2. Hallux valgus3. Bursitis4. Sesamoiditis
Information required with referral	<ul style="list-style-type: none">• Detail history of the pain, deformity and swelling• Any previous treatment eg Orthotics• Any previous surgeries• Associated medical conditions
Investigation required for diagnosis	<ul style="list-style-type: none">• Full weight bearing foot x rays
Pre-Referral management strategies	<ol style="list-style-type: none">1. Orthotics – stiffer footwear, arch supports2. 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

© Department for Health and Ageing, Government of South Australia. All rights reserved.



Government
of South Australia

SA Health