

Fact sheet

Central Adelaide Foot & Ankle Clinics

Orthopaedic Services

Clinical Information Sheet

Clinical Condition	Ankle/Hindfoot Arthritis
Eligibility	<ul style="list-style-type: none">• Pain around the ankle (Ankle, Subtalar, Talonavicular or Calcaneocuboid joint)• Associated swelling and deformity• Walking is difficult especially on uneven ground• Usually Unilateral• Usually a history of trauma• Associated inflammatory arthropathy
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. Tibialis posterior tendon insufficiency2. Fracture around the ankle
Information required with referral	<ul style="list-style-type: none">• Detail history of the pain (Location, severity, type, aggravating and relieving factors)• Range or movement of the joint• Associated medical conditions• Any treatment used (orthotics , brace, analgesia)• Exact location of the swelling• Associated deformity
Investigation required for diagnosis	<ul style="list-style-type: none">• Weight bearing Ankle x rays (AP, Lat and Mortise view)• Weight bearing Foot x rays (AP ,Lat and Oblique view)
Pre-Referral management strategies	<ul style="list-style-type: none">• Analgesic +/- anti-inflammatory medication• Activity modification• Walking stick/ frame• Supportive footwear• Orthotics – ankle brace
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

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