



Hallux Valgus

Eligibility

- Bunion deformity +/- pain over the bunion
- Deformity of lesser toes +/- corns and callosities
- Limitation in daily / recreational activities
- Difficulty in wearing closed shoes
- **Cosmesis not an indication for surgical management**

Differential Diagnosis

- Hallux rigidus
- Inflammatory arthropathy

Information Required for Referral

- Detail history of the pain, deformity and swelling
- Functional limitations
- Any treatment taken eg Orthotics
- Any previous surgeries
- Associated medical conditions
- Problems with footwear

Investigations Required for Referral

- Full weight bearing foot X-rays.

Non-urgent referral should be faxed to:

Repatriation General Hospital - (08) 8374 2591

Red Flags

Red flags should prompt immediate GP referral to RGH

- 🚩 Continuous symptoms despite the non-operative management.

Suggested GP Management

- Appropriate footwear
- Orthotics – arch supports, spacer
- Analgesia

Clinical Resources

Surgery vs Orthosis vs watchful waiting for Hallux Valgus: a randomised control trial. Journal of the American Medical Association 2001 May 16; 285 (19) 2474-80

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website www.sahealth.sa.gov.au/SALHNoutpatients

Version	Date from	Date to	Amendment
1.0	July 2014	July 2016	Original