

Ankle / Hindfoot Arthritis

Eligibility

- 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

Differential Diagnosis

- Tibialis posterior tendon insufficiency
- Fracture around the ankle

Information Required for Referral

- 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

Investigations Required for Referral

- Weight bearing Ankle x rays (AP, Lateral Mortise view and Saltzmann Views)
- Weight bearing Foot x rays (AP ,Lateral and oblique view)

Fax Referral to:

Repatriation General Hospital

Fax:(08) 8374 2591

Red Flags

- Evidence of infection immediate referral to the **Emergency Department**
- Continuous pain despite the non-operative management- Referral to RGH

Suggested GP Management

- Analgesic +/- anti-inflammatory medication
- Activity modification
- Walking stick/ frame
- Supportive footwear
- Orthotics – ankle brace

Clinical Resources

Ankle Arthritis: review of diagnosis and operative treatment
 Grunfeld R, Aydogan V, Juliano P. Medical Clinics of North America 2014 Mar;98 (2) 267-89

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