



Royal Perth Hospital Orthopaedic Service

Condition specific referral criteria

Hallux Rigidus / 1st MTP Joint Arthritis

Indications for urgent referral

- Signs of infection or ulceration – immediate-referral to the Multi-disciplinary Foot Ulcer Clinic.
- Signs of ischaemia, sepsis or ascending cellulitis – refer to the Emergency Department.

Criteria for specialist referral via CRS

- Pain / swelling in the first metatarsophalangeal joint.
- Unsuccessful trial of “Required GP management” (see below).

Information required for referral

All referrals must include comprehensive medical history, relevant test results and a detailed summary of treatment to date.

Diabetic control with a targeted HbA1C of < 7.5% (or 58 mmol/mol) and documentation of weight loss management for patients with a BMI > 40.

Also required:

- Detailed history of the pain, deformity and swelling (location, severity, type, aggravating and relieving factors).
- Functional limitations.
- Any previous treatments (e.g. Orthotics).
- Any previous surgery.
- Associated medical conditions.

Investigations required for referral

- Full weight bearing foot x-rays.

Required GP Management prior to referral

- Referral to community podiatry.
- Orthotics, footwear with rigid soles, medial heel wedge.
- Analgesia / Anti-inflammatory medicines (unless contra-indicated).