



Royal Perth Hospital Orthopaedic Service

Condition specific referral criteria

Ankle / Hindfoot Arthritis

Indications for urgent referral

- Increase swelling / redness or signs of infection – immediate referral to the Emergency Department.

Criteria for specialist referral via CRS

- Pain around the ankle.
- Associated swelling and deformity.
- Difficulty in walking.
- 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.

If required, 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).
- Range or movement of the joint.
- Associated medical conditions.
- Any previous treatments.

Investigations required for referral

- Full weight bearing foot x-rays.

Optional: Ultrasonography to identify tendon/ligament pathology.

Required GP Management prior to referral

- Referral to physiotherapy and/or podiatry unless clearly requires surgery.
- Orthotics – arch supports/soft heel pads.
- Supportive footwear.
- Analgesics and anti-inflammatory medications.
- Ultrasound guided steroid injection.