



Royal Perth Hospital Orthopaedic Service

Condition specific referral criteria

Metatarsalgia / Morton's Neuroma

Criteria for specialist referral via CRS

- One of the following:
 - Pain in the forefoot; or
 - Pain in the toes worsened by closed / tight shoes; or
 - Pain under the metatarsal heads (ball of foot), feels like a stone, worse when barefoot
- 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:

- History of the pain, deformity and swelling (location, severity, type, aggravating and relieving factors).
- Advice if pins and needles and/or pain in the toes.
- Advice if pain under metatarsals.
- Associated medical conditions (e.g. diabetes).
- Any previous treatments.

Investigations required for referral

- Full weight bearing foot x-rays.

Please note that ultrasonography for Morton's Neuroma is inaccurate as it leads to false positives.

Required GP Management prior to referral

- Referral to community podiatry.
- Appropriate footwear.
- Orthotics.
- Analgesia / Anti-inflammatory medicines (unless contra-indicated).