

Hindfoot Arthritis

INFORMATION

This pathway covers arthritis of various aetiologies (non-infective) of the ankle and hindfoot.

FEATURES

- Pain usually activity related.
- Stiffness and limitation of movement especially on uneven ground.
- Deformity of the ankle or hindfoot is usually present.
- Examination denotes restriction of movement as compared to the opposite side.

EVIDENCE

- In early arthritis of the hindfoot, activity modification with orthotics, appropriate footwear and analgesics is acceptable.
- In cases with more pronounced symptoms, or with deformity, onward referral is advised.

INITIAL TREATMENT

- Depends on the severity of symptoms and deformity.
- In very early stages with minimal symptoms, or minimal interference with ADL may be treatable in the community.
- Orthotics, accommodative footwear and analgesic medication may be used.
- In cases refractory to the above, onward referral to secondary care is advised.

FURTHER MANAGEMENT

A trial of the above for three months is reasonable, failing which refer to secondary care.

Referral should only be made IF

- Patient understands that referral is likely to be for surgery
- Patient is fit to undergo surgery
- Patient understands that their operation will be carried out within 18 weeks and is able to commit to that timescale