




Clinical Condition	Ankle/Hindfoot Arthritis
Eligibility	<p>Pain around the ankle (Ankle, Subtalar, Talonavicular or Calcaneocuboid joint)</p> <p>Associated swelling and deformity</p> <p>Walking is difficulty especially on uneven ground</p> <p>Usually Unilateral</p> <p>Usually a history of trauma</p> <p>Associated inflammatory arthropathy</p>
Clinical photo	
Differential Diagnosis	<ol style="list-style-type: none"> 1. Tibialis posterior tendon insufficiency 2. Fracture around the ankle
Information required with referral	<p>History:</p> <p>Detail history of the pain (Location, severity, type, aggravating and relieving factors)</p> <p>Range or movement of the joint</p> <p>Associated medical conditions</p> <p>Any treatment used (orthotics , brace, analgesia)</p> <p>Exact location of the swelling</p> <p>Associated deformity</p>
Investigation required for the diagnosis	<p>Weight bearing Ankle x rays (AP, Lat and Mortise view)</p> <p>Weight bearing Foot x rays (AP ,Lat and oblique view)</p>
Pre-Referral management strategies (information required with referral)	<p>Analgesic +/- anti inflammatory medication</p> <p>Activity modification</p> <p>Walking stick/ frame</p> <p>Appropriate footwear</p> <p>Orthotics/ brace</p>
Referral criteria	<p>Continuous pain despite the non-operative management.</p>
Fact sheets	<p>http://www.footeducation.com/subtalar-arthritis</p> <p>http://www.footeducation.com/rheumatoid-arthritis-talonavicular-joint</p> <p>http://www.footeducation.com/ankle-arthritis</p>