




Clinical Condition	Hallux Rigidus / 1st MTP joint arthritis
Eligibility	<p>Pain/ swelling in the first metatarsophalangeal joint</p> <p>Limited range of motion at first metatarsophalangeal joint</p> <p>May be associated hallux valgus, metatarsalgia, lesser toe deformity</p>
Clinical Photo	
Differential Diagnosis	<ol style="list-style-type: none"> 1. Inflammatory arthropathy 2. Hallux valgus 3. Bursitis 4. Sesamoiditis
Information required with referral	<p>Detail history of the pain, deformity and swelling</p> <p>Any previous treatment eg Orthotics</p> <p>Any previous surgeries</p> <p>Associated medical conditions</p>
Investigation required for the diagnosis	Full weight bearing foot x rays.
Pre-Referral management strategies (information required with referral)	<ol style="list-style-type: none"> 1. Orthotics/footwear modification 2. Analgesics medicines
Referral Criteria	Continuous symptoms despite the non-operative management.
Fact sheets	http://www.footeducation.com/hallux-rigidus-hallux-limitus