

## Hallux Rigidus / 1<sup>st</sup> MTP Joint Arthritis

### Eligibility

- Pain/ swelling in the first metatarsophalangeal joint
- Limited range of motion at first metatarsophalangeal joint
- May be associated hallux valgus , metatarsalgia, lesser toe deformity

### Differential Diagnosis

- Inflammatory arthropathy
- Hallux valgus
- Bursitis
- Sesamoiditis

### Information Required for Referral

- Detail history of the pain, deformity and swelling
- Any previous treatment eg Orthotics
- Any previous surgeries
- Associated medical conditions

### Investigations Required for Referral

- Full weight bearing foot X-rays

### Fax Referral to:

**Repatriation General Hospital**

**Fax:(08) 8374 2591**

### Red Flags

- 🚩 Evidence of Infection immediate referral to the **Emergency Department**
- 🚩 Continuous symptoms despite the non-operative management- referral to RGH

### Suggested GP Management

- Orthotics – stiffer footwear, arch supports
- Analgesics medicines

### Clinical Resources

Polzer et al. Hallux Rigidus: joint preserving alternatives to arthrodesis- a review of the literature. World journal of Orthopaedics 2014 January 18; 5 (1) 6-13

General Information to assist with referrals and the and Referral templates for FMC and RGH are available to download from the SALHN Outpatient Services website [www.sahealth.sa.gov.au/SALHNoutpatients](http://www.sahealth.sa.gov.au/SALHNoutpatients)

Version	Date from	Date to	Amendment
1.0	July 2014	July 2016	Original