

PLIMS 1st ray pathologies

Additional Information Supporting Pathway

Pathologies:

- Hallux Rigidus (OA 1st MTPJ: restriction of joint movement in non-weight bearing & weight bearing))
- Hallux Abducto Valgus
- Functional Hallux Limitus (restriction of 1st MTPJ dorsiflexion in weight bearing only secondary to foot alignment / postural issues)

Clinical Features:

- Painful 1st MTPJt
- Swelling
- Stiffness
- Enlarged appearance of joint
- Dorsal or medial osteophyte
- Possible history of trauma
- Transfer metatarsalgia

The group agreed that management of this condition and overall 'ownership' lies with ESP Podiatrist in PLIMS service. This service should be 1st point of contact for all patients with this condition.

Non- surgical management:

- Advice & reassurance
- Manage patient expectations & beliefs
- Pain relief medication
- Modification of activities
- Stiffer rocker soled footwear, consider referral to orthotics
- Provision of functional orthotics
- Consider cortisone injection

Pathway Focus Group:

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