

## PLIMS Lesser ray pathologies

### Additional Information Supporting Pathway

#### **Pathologies:**

- Freiberg's Disease
- Morton's Neuroma
- OA lesser MTPJ
- Lesser toe deformities
- MTPJ instability
- Stress fracture

#### **Clinical Features:**

- Pain in lesser rays
- Swelling in lesser MTPJ
- Stiffness
- Enlarged appearance of joint / metatarsal
- Possible history of trauma
- Deformity of lesser toes

The group agreed that it can be difficult to differentially diagnose MSK pathologies affecting the lesser rays. By virtue of this initial assessment, often management and overall 'ownership' of these conditions lies with ESP Podiatrist in PLIMS service. This service should be 1<sup>st</sup> 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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