

Foot and Ankle Conditions

2017

CONDITIONS	OPTIONS
Bursitis /Ganglion* Impingement Tendonitis (TA) Tenosynovitis (Tib Post) Plantar fasciitis* Morton's Neuroma* Metatarsalgia OA Bunions /HAV / lesser toes* Instability,#, OCD, AVN *ALL need INNF, PRIOR APPROVAL https://www.bristolcpg.nhs.uk/innf	Physiotherapy Podiatry (Bio-mechanics/ Orthotics) Xray USS / USS+ INJ MRI Inject diagnostic / therapeutic MR Arthrogram Surgery Other? bloods / meds. Nothing Pain clinic

Condition	Injection / location	Options
Bursitis	Retro Calcaneal, inter – tarsal	CS injection, Aspiration PT, POD , (normalise movement restore function) Uss +/- inj *Surgery
Ganglion*	Sinus Tarsi /Inter tarsal	
Impingement ant /post ankle.	Unlikely, ankle joint	X-ray, PT,, (normalise movement restore function) POD /orthotics, bio-mech, CSinj, surgical excision
Tendonitis/osis	TA (rare), Extensors	PT, USS, occ CSinj debridement, stripping
Tenosynovitis Tib Post	USS guided (only)	POD / orthotics, PT, (normalise movement restore function) ,USS, X-ray (foot architecture), surgery.
Plantar Fasciitis*	Med calcaneal tubercle (avoid fat pad)	POD/orthotics, PT, (normalise movement restore function) , USS, *debridement
Morton's Neuroma* and Bursitis/capsulitis*	Distal intertarsal web space	POD, PT, inj, Occasional USS, *Surgery
Metatarsalgia	Unlikely, unless associated capsulitis	POD bio-mech, orthotics, PT USS Xray, surgery
OA: Ankle, Sub-talar^, Mid tarsal, 1 st MTPjt	Intra capsular local	POD, PT, X-ray, USS^+/- inj s , surgery fusion, excision, arthroplasty
Bunions , HAV and lesser toes*	unlikely	. POD, Orthotics, Xray. *Surgery
Instability, OCD (Talus) Fracture (stress), AVN (Talus, head 2 nd MT)	Unlikely, unless for pain, and non surgical candidate	Xray, MRI, PT, POD, Orthotics, Surgery