# Orthopaedic Choice Referral Guidance – Lower Limb

Please include the following **MINIMUM CLINICAL DATA SET FOR ALL REFERRALS**. Referrals that do not contain this information are likely to be returned for completion:

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| BMI Current (within 6/12) | Effect on function (walking etc) |  |
| Duration | Effect on sleep | Occupational factors |
| Severity | Previous x-ray/imaging | PMH |
| Site (Laterality) | Previous treatment (injections, physio, podiatry etc. with details) | DH |

\*Covered by Prior Approval process – criteria are in ***bold italics***

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| HIP | Condition | Possible Primary Care treatments prior to referral | ESSENTIAL referral Information required from GP *plus* MINIMUM DATA SET |
| OA | Physio  ***\*If BMI ≥ 35 then must have referral to Tier 2/3 weight loss first*** | X-ray for all hip joint pain, duration, severity of pain and functional disability, prior treatments |
| Labral tear/FAI | Physio | X-ray for all hip joint pain, duration, severity of pain and functional disability, prior treatments |
| Greater trochanteric pain | Advice – exercises, activity modification, Inject, Physio | X-ray required if >50 |

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| KNEE | Condition | Possible Primary Care treatments prior to referral | ESSENTIAL referral Information required from GP *plus* MINIMUM DATA SET |
| OA (most knee pain >40 is OA) | Advice incl weight management advice where appropriate, analgesia, NSAID if not c/I, Inject, Physio  ***\*BMI ≥35 as hip above*** | X-ray required if >40 NOT MRI. (Weight bearing) |
| Patello-femoral pain | Advice, Physio, inject | X-ray required if >40. NOT MRI.  Prior treatments and physiotherapy |
| Meniscal tear non traumatic degenerative tear. | Advice, analgesia, inject, physiotherapy | Full details of onset, x-ray above 40yr, ensure patient aware of prior approval restrictions on arthroscopic surgery. |
| Meniscal tear traumatic | Consider early referral if significant trauma. | Full details of onset, consider x-ray |
| ACL tear or true instability post trauma. | Refer onto ortho | Full details of onset, symptoms of instability, occupational factors and sporting aspirations |

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| ANKLE | Condition | Possible Primary Care treatments prior to referral | ESSENTIAL referral Information required from GP *plus* MINIMUM DATA SET |
| Suspected OA | Advice, analgesia, physio | X-ray all persistent ankle pain >10 weeks WB |
| Acute trauma | Apply Ottawa rules. Refer to A@E or minor injuries. Non-resolving ankle pain >12 weeks consider OC referral. | X-ray WB (Weight bearing) |
| Instability | Physio | X-ray WB (Weight bearing) |
| Tendinopathy (Tib Post or Peroneal) | Activity modification, Physio, Podiatry if foot mechanics abnormal |  |
| Achilles Tendonitis | Advice, Exercises, Physio |  |
| Symptomatic surgical metalwork | Advice, Footwear | X-ray WB (Weight bearing) |

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| FOOT | Condition | Possible Primary Care treatments prior to referral | ESSENTIAL referral Information required from GP *plus* MINIMUM DATA SET |
| Plantar fasciitis | Advice, Podiatry, Physio, Inject | Occupational factors, prior treatments incl injections |
| Morton’s neuroma | Podiatry, Inject | Prior treatments incl injections, USS useful |
| Metatarsalgia | Podiatry | X-ray WB (Weight bearing) |
| Hallux Valgus | Advice, Footwear, Podiatry | X-ray WB (Weight bearing), photo useful |
| Hallux Rigidus | Advice, podiatry | X-ray WB (Weight bearing) |
| Toe deformities | Advice, Podiatry |  |
| Suspected foot OA | Advice, podiatry | X-ray WB (Weight bearing) |
| Ganglia, plantar fibroma, lumps |  | USS |

**General Guidance for all Lower Limb Orthopaedic Choice referrals**

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| Location of the Service | * Romsey * Hythe * Lymington * Fordingbridge * Royal Hampshire County Hospital * Andover * Moorgreen |
| Exclusions | High index of suspicion for malignancy – primary or secondary  Acute injuries  Paediatrics <=16yrs |
| Suggested Investigations | X-Ray/Scan investigations prior to referral as per guidance by condition above |
| Administration Requirements | To Complete the referral proforma including all of the minimum data set and refer on Choose and Book  **Contact details for the booking office are:**  **0300 003 0806**  **outpatients@southernhealth.nhs.uk**  **Address:**  Lymington New Forest Hospital, Winchester Hill, Hampshire,  SO51 7ZA |