

Fact sheet

# Central Adelaide Foot & Ankle Clinics

## Orthopaedic Services

### Clinical Information Sheet

<b>Clinical Condition</b>	<b>Flat feet (Pes Planus)</b>
Eligibility	<ul style="list-style-type: none"><li>• Flattening of the medial longitudinal arch of the foot</li><li>+/-Associated pain. Especially if:<ul style="list-style-type: none"><li>○ Unilateral</li><li>○ Acquired ( flattening of the arch in adulthood)</li><li>○ Rigid ( loss of normal hindfoot inversion/eversion)</li><li>○ Bony swelling on the medial border of the foot</li></ul></li></ul>
Priority	<b>Non Urgent</b> Referral should be faxed to 08 8222 2751 (Royal Adelaide Hospital) or 08 8222 7244 (The Queen Elizabeth Hospital)
Differential Diagnoses	<ol style="list-style-type: none"><li>1. Posterior tibialis tendon dysfunction ( PTTD)</li><li>2. Flexible flat foot</li><li>3. Midfoot arthritis</li><li>4. Tarsal coalition</li><li>5. Accessory navicular</li><li>6. Charcot foot</li><li>7. Inflammatory arthropathy eg Rheumatoid arthritis</li></ol>
Information required with referral	<ul style="list-style-type: none"><li>• Detail history of the deformity ,pain and swelling</li><li>• Unilateral or Bilateral</li><li>• Acquired (adult) or developmental (childhood)</li><li>• Rigid or flexible hindfoot movement</li><li>• Progression of deformity (is it worsening?)</li><li>• Any treatment taken eg Orthotics</li><li>• Any previous surgeries</li><li>• Associated medical condition eg DM</li></ul>
Investigation required for diagnosis	<ul style="list-style-type: none"><li>• Full weight bearing foot x rays.</li><li>• USG to examine Tibialis Posterior tendon</li></ul>



Pre-Referral management strategies (include with referral)	<ol style="list-style-type: none"> <li>1. Supportive footwear ( usually lace up) +/- Foot orthotics (arch supports)</li> <li>2. Analgesia</li> </ol>
Discharge Criteria/information	<ul style="list-style-type: none"> <li>• Improving symptoms with non-operative management</li> <li>• No pain or progression of deformity</li> <li>• <b>Red flags:</b> Continuous symptoms despite the non-operative management</li> </ul>

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### For more information

#### Foot & Ankle Clinics

Royal Adelaide Hospital, North Terrace Adelaide, Telephone: 08 8222 4000

The Queen Elizabeth Hospital, 28 Woodville Road, WOODVILLE Telephone: 08 8222 6000 [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

