

## Who not to refer/ red flag presentations

Serious pathology as a cause of MSK conditions is considered rare, but needs to be managed either as emergency or urgent referral to relevant secondary care service. *Consider below & also see relevant body area tab for further specific information and advice.*

Please make sure all red flag concerns have been managed prior to any MSK Physiotherapy referral

### •Emergency conditions

- Suspected septic arthritis
- Suspected acute Achilles tendon rupture
- Suspected fracture or dislocation

### •Urgent conditions

- Suspected neurological deficit/ worsening neurological deficit- neurology referral
- Primary and secondary cancers- suspected
- New inflammatory arthritis -suspected

### •Consider serious pathology as a differential diagnosis if person presents with:

- escalating pain and progressively worsening symptoms that do not respond to conservative management or medication as expected
- systemically unwell (fever, weight loss)
- night pain that prevents sleep due to escalating pain and/or difficulty lying flat

## What not to refer- other

- Presence of significant red flags as detailed above
- Age <16
- Non MSK complaints
- Recent foot/ankle surgery with complication- refer back to named Orthopaedic Consultant Surgeon
- Lumps and bumps
- Bunions, digital deformities
- People requiring orthotic provision

## Who & how to refer

### Who to refer

People with foot and ankle problems who have not responded to initial primary care management, do not have the presence of significant red flags or other exclusion criteria. Examples include ankle sprains, ankle instabilities, mild osteoarthritis (ankle, subtalar, midfoot), tendinopathies- Achilles, peroneal, tibialis posterior, plantar fasciitis,

### How to refer

Refer via SCI Gateway Referral "AHP-Physiotherapy" then choose local site.

Please provide as much detail as possible to help the triage process.

### Signpost patient to:

<https://services.nhslothian.scot/IntegratedOrthopaedicFootAndAnkleService/Pages/default.aspx>