



Royal Perth Hospital Orthopaedic Service

Condition specific referral criteria

Flat feet (Pes Planus)

Criteria for specialist referral via CRS

- Flattening of the medial longitudinal arch of the foot +/- pain.
 - Unilateral; or
 - Acquired (flattening of the arch in adulthood); or
 - Rigid (loss of normal hind foot inversion/ eversion); or
 - Bony prominence on the medial border of the foot.
- Unsuccessful trial of "Required GP management" (see below).

Information required for referral

All referrals must include comprehensive medical history, relevant test results and a detailed summary of treatment to date.

Diabetic control with a targeted HbA1C of < 7.5% (or 58 mmol/mol) and documentation of weight loss management for patients with a BMI > 40.

Also required:

- History of the pain, deformity and swelling (location, severity, type, aggravating and relieving factors).
- Functional limitations.
- Unilateral or bilateral.
- Acquired (adult) or developmental (childhood).
- Rigid or flexible hind foot movement.
- Progression of deformity (is it worsening?).
- Any previous treatments.
- Any previous surgeries.

Investigations required for referral

- Full weight bearing foot x-rays.
- Ultrasound to examine Tibialis Posterior tendon.

Required GP Management prior to referral

- Referral to community podiatry.
- Supportive footwear (usually lace up) +/- foot orthotics arch supports with medial heel wedge.
- Analgesia / Anti-inflammatory medicines (unless contra-indicated).