

# MSK – LOWER LIMB

## CLINICAL TEAM

**Dedicate MDT: NHS MSK and AHP Consultants, Advanced Practitioner Physiotherapists, Physiotherapists and Podiatrists**

	Knee	Hip	Foot & Ankle
Symptoms and Diagnoses Accepted	<p><b>Bony</b></p> <ul style="list-style-type: none"> <li>Osteoarthritis</li> <li>Knee and Patella Instability/ Recurrent Patellar Dislocation</li> <li>Mechanical Mal-alignment</li> <li>Suspected loose bodies</li> </ul> <p><b>Soft tissue</b></p> <ul style="list-style-type: none"> <li>Sports injuries</li> <li>Tendinopathy/ overuse Injuries/ Jumper's Knee</li> <li>Bursitis</li> <li>Anterior knee Pain</li> <li>Suspected Meniscal Tear</li> <li>Suspected Ligament Tear</li> <li>Bakers Cyst (popliteal cyst)</li> </ul> <p><b>Mechanical Symptoms</b></p> <ul style="list-style-type: none"> <li>Locking knee/ giving way/ollapse</li> </ul>	<p><b>Bony</b></p> <ul style="list-style-type: none"> <li>Hip Pain/ Osteoarthritis</li> <li>Bone Oedema/ Transient Osteoporosis</li> <li>Hip Impingement (pincer/ cam type)</li> <li>Osteitis Pubis</li> </ul> <p><b>Soft Tissue</b></p> <ul style="list-style-type: none"> <li>Labral Tears</li> <li>Gilmore's Groin/ Adductor Tendinitis</li> <li>Gluteus Tendinitis and weakness</li> <li>Hamstring Tendinitis</li> <li>Trochanteric Bursitis/ Ischial Bursitis</li> <li>Piriformis Syndrome</li> <li>Iliotibial Band Syndrome</li> <li>Posterior Hip Pain (buttock pain)</li> </ul>	<p>Patients having marked symptoms causing significant functional &amp; social impairment</p> <p><b>Forefoot Pain</b></p> <ul style="list-style-type: none"> <li>Hallux Valgus/ Limitus</li> <li>Lesser MTPJ Capsulitis</li> <li>Morton's Neuroma/ Bursitis</li> <li>Toe deformity</li> <li>Osteochondrosis (Freiberg's)</li> </ul> <p><b>Midfoot Pain</b></p> <ul style="list-style-type: none"> <li>Mid-Tarsal strain</li> <li>Midfoot collapse/ Arthritis</li> <li>Plantar fasciitis/ Fasciosis</li> </ul> <p><b>Ankle/Rearfoot Pain</b></p> <ul style="list-style-type: none"> <li>Achilles Tendinitis/Tendonosis</li> <li>Insertional Tendonopathy</li> <li>Twisting/ inversion Ankle Injury</li> <li>Antero-Medial/ posterior Heel pain</li> <li>Leg pain (MTSS)</li> <li>Soft Tissue mass for assessment</li> </ul>
Assessments, Treatments and Interventions Available	<ul style="list-style-type: none"> <li>Specialist clinical assessment</li> <li>Appropriate imaging Including XR, MRI, USS and blood tests</li> <li>Steroid injections into knee joints</li> <li>QOL &amp; PROM scoring</li> <li>Shared decision making information, patient education, information and self help</li> <li>Rehabilitation physiotherapy</li> <li>Remedial exercise programmes</li> <li>Soft Tissue strapping</li> <li>Podiatry and Orthoses</li> <li>Knee Bracing assessment</li> <li>Review for surgical management when appropriate (Includes fitness for surgery assessment)</li> <li>Direct listing for Arthroscopy and related procedures (includes full pre-op assessment)</li> </ul>	<ul style="list-style-type: none"> <li>Specialist clinical assessment (includes excluding sciatica and referred spinal pain)</li> <li>Appropriate imaging Including XR, MRI, USS and blood tests</li> <li>QOL and PROM scoring</li> <li>Steroid injections into trochanteric bursa</li> <li>Shared decision making information and patient education, information and self help</li> <li>Rehabilitation physiotherapy</li> <li>Remedial exercise programmes</li> <li>Review for surgical management when appropriate (includes fitness for surgery assessment)</li> <li>Direct listing for Osteotomy, Arthroplasty, Arthrodesis, Arthroscopy and related procedures (includes full pre-op assessment)</li> </ul>	<ul style="list-style-type: none"> <li>Specialist Podiatric &amp; Orthopaedic assessment</li> <li>Appropriate Imaging Inc. XR, MRI, USS and blood tests</li> <li>PROM and Clinical/ Radiological grading of pathology for treatment thresholds</li> <li>Shared decision making information, Patient education, information and self-help</li> <li>Steroid injections into tendon sheaths, joints and plantar fascia</li> <li>Biomechanics, Orthoses and off-loading bracing</li> <li>Rehabilitation physiotherapy with remedial exercise programmes</li> <li>Soft tissue strapping</li> <li>Review for surgical management when appropriate (includes fitness for surgery assessment and grading of pathology)</li> </ul>

## e-RS (CHOOSE AND BOOK SERVICE)

Speciality	Clinic Type	Service Name
Orthopaedics	Knee	See CCG link for individual e-RS service names
	Sports Trauma	
	Hip	
	Foot and Ankle	