

Medical Treatment Guidelines

Washington State Department of Labor and Industries

Criteria for ankle/foot

Procedure	Conservative care	Clinical findings		
		Subjective	Objective	Imaging
<p>Fusion - ankle - tarsal - metatarsal to treat non- or mal-union of a fracture.</p> <p style="text-align: center;">OR</p> <p>Traumatic arthritis secondary to on the job injury to the affected joint.</p>	<p>Immobilization which may include:</p> <p>Casting, bracing, shoe modification, or other orthotics.</p> <p style="text-align: center;">OR</p> <p>Anti-inflammatory medications.</p> <p style="text-align: center;">AND</p>	<p>Pain including that which is aggravated by activity and weight-bearing</p> <p style="text-align: center;">AND</p> <p>Relieved by Xylocaine injection.</p> <p style="text-align: center;">AND</p>	<p>Malalignment AND</p> <p>Decreased range of motion.</p> <p style="text-align: center;">AND</p>	<p>Positive x-ray confirming presence of:</p> <p>- Loss of articular cartilage (arthritis).</p> <p style="text-align: center;">OR</p> <p>- Bone deformity (hypertrophic spurring, sclerosis).</p> <p style="text-align: center;">OR</p> <p>- Non or mal-union of a fracture.</p> <p>Supportive imaging could include:</p> <p>Bone scan (for arthritis only) to confirm localization.</p> <p style="text-align: center;">OR</p> <p>MRI.</p> <p style="text-align: center;">OR</p> <p>Tomography.</p>
	<p>- Requests for intertarsal or subtalar fusion will be referred to Physician Adviser.</p>			

Date Introduced: March 1992.

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Criteria for ankle/foot continued

Procedure	Conservative care	Clinical findings		
		Subjective	Objective	Imaging
<p>Lateral ligament ankle reconstruction for chronic instability or acute sprain/strain inversion injury.</p>	<p>Physical Therapy: - immobilization with support cast or ankle brace.</p> <p>- Rehab program.</p> <p>For either of the above, time frame will be variable with severity of trauma.</p> <p style="text-align: center;">AND</p>	<p>For chronic: - Instability of the Ankle.</p> <p>Supportive findings: - Complaint of swelling.</p> <p>For acute: - Description of an inversion.</p> <p style="text-align: center;">AND/OR</p> <p>Hyperextension injury, ecchymosis, swelling.</p> <p style="text-align: center;">AND</p>	<p>For chronic: Positive anterior drawer.</p> <p>For acute: - Grade 3 injury (lateral injury).</p> <p style="text-align: center;">AND/OR</p> <p>Osteochondral fragment.</p> <p style="text-align: center;">AND/OR</p> <p>Medial incompetence.</p> <p style="text-align: center;">AND</p> <p>Positive anterior drawer.</p> <p style="text-align: center;">AND</p>	<p>Positive stress x-rays identifying motion at ankle or subtalar joint. At least 15° lateral opening at the ankle joint.</p> <p style="text-align: center;">OR</p> <p>Demonstrable subtalar movement.</p> <p style="text-align: center;">AND</p> <p>Negative to minimal arthritic joint changes on x-ray.</p>
	<p>- Requests to use prosthetic ligaments will not be authorized.</p> <p>- Requests for any plastic implant will be referred to a Physician Adviser for review.</p> <p>- Requests for calcaneous osteotomies will be referred to a Physician Adviser for review.</p>			