



Podiatry Intervention Versus Usual General Practitioner Care for Symptomatic Radiographic Osteoarthritis of the First Metatarsophalangeal (MTP) Joint: A Randomized Clinical Feasibility Study



30
participants



Aged >40 years



Pain in
first MTP



Radiographic
osteoarthritis
in the first MTP

*Primary
outcomes
were
measures
of
feasibility*

-Recruitment
-Attendance
-Retention rates

-% of prescribed exercise
sessions completed

-Orthoses wear hours/day

-Treatment fidelity

Podiatrist-delivered multifaceted intervention

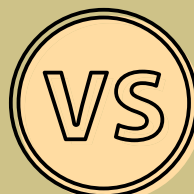


3 visits with podiatrist for treatment
and review included:

A pair of medium-density full-length
prefabricated Formthotics, modified by the
podiatrist using a first ray cutout

A home management program
demonstrated by podiatrist for patient
to complete twice daily at home

A self-management advice and plan



Usual GP management



1 visit with a GP at which they received:
Advice and/or prescription of analgesics
and antiinflammatory medication
Advice on weight management (if
needed)
Advice on physical activity.

MAIN RESULTS

- A clinical trial comparing a podiatry intervention to usual GP care for people with first MTP joint OA **is feasible**
- Both treatment approaches **improved pain and function** by clinically important differences **at 12 weeks**

KEY MESSAGES

Given the improvements in pain and function observed, **a larger appropriately powered clinical trial is warranted** to evaluate the superiority of one treatment approach over the other.