




**GP Pathway for foot and ankle soft tissue lumps and bumps**  
**Lesion Summary Table**

Type of lesion	Choice of Treatment
<p><b>Ganglion</b></p> 	<ul style="list-style-type: none"> <li>• Leave if not causing pain</li> <li>• If causing accommodation issues i.e. painful to walk on-refer to foot &amp; ankle for orthotic management</li> <li>• This can be treated either by aspiration in the practice or by referral to a surgical provider</li> <li>• Refer if rapid enlargement (red flag)</li> </ul>
<p><b>Plantar fibroma</b></p> 	<ul style="list-style-type: none"> <li>• Leave if not causing pain (red flag)</li> <li>• If causing accommodation issues i.e. painful to walk on-refer to foot &amp; ankle for orthotic management</li> <li>• Removal is recommended-they return and can become more aggressive</li> <li>• Refer if rapid enlargement (red flag)</li> </ul>
<p><b>Lipoma</b></p> 	<ul style="list-style-type: none"> <li>• Leave if not causing pain</li> <li>• Refer if rapid enlargement (red flag)</li> <li>• If causing accommodation issues i.e. painful to walk on-refer to foot &amp; ankle for orthotic management</li> <li>• If patient wants it removed-refer to surgical provider</li> </ul>

### Gouty Tophus



- Refer to Rheumatology

### Rheumatoid nodule



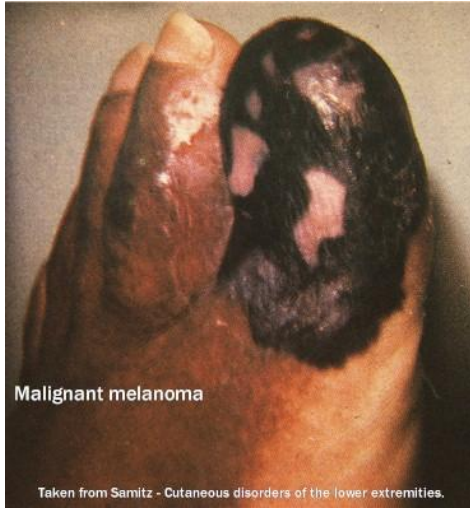
- Refer to Rheumatology

### Synovitis



- Refer to Rheumatology

## Malignancy



- Refer to Sarcoma Unit