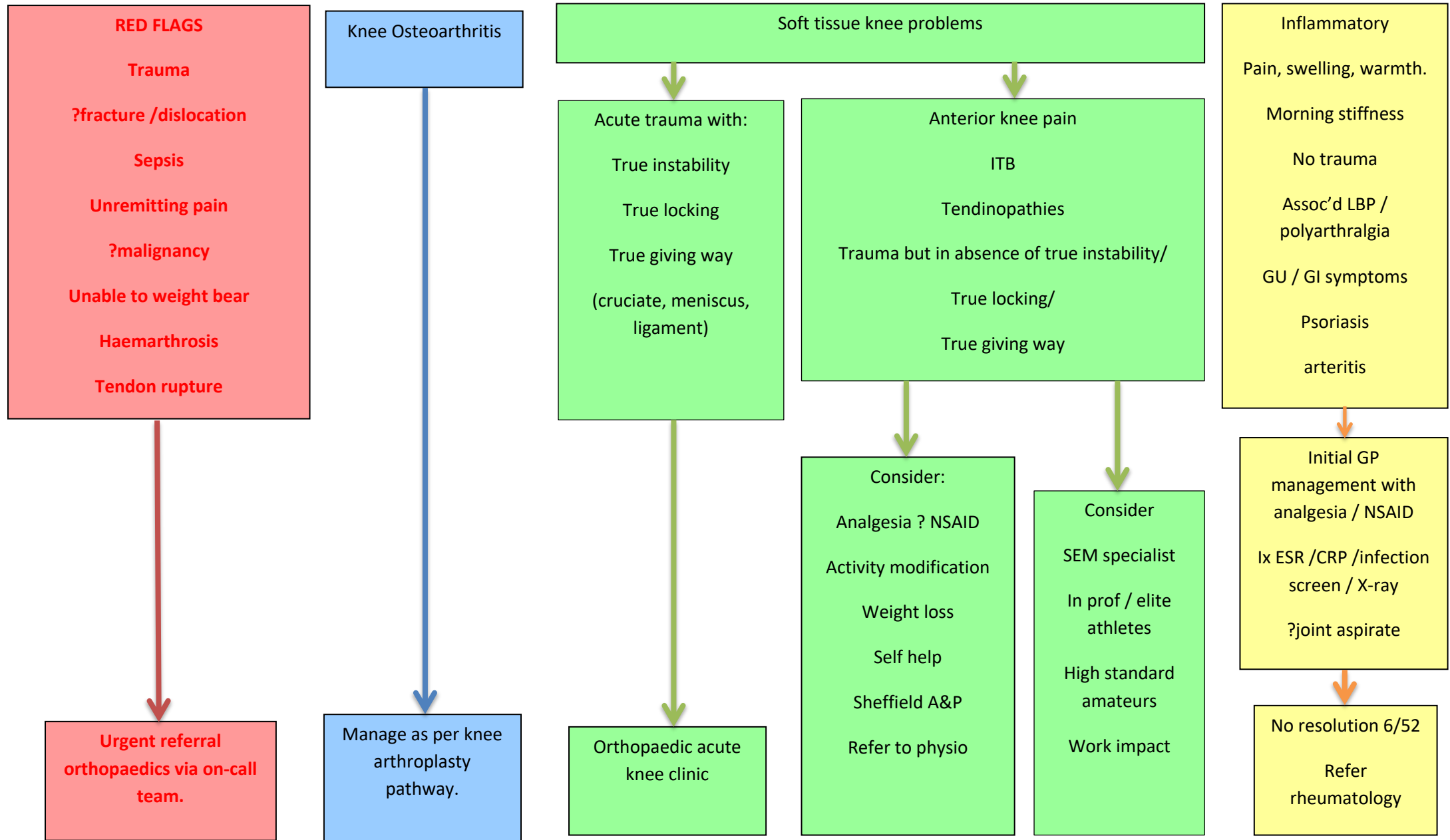


Sheffield knee pathway – July 2021 version



RED FLAGS

- Trauma
- ?fracture /dislocation
- Sepsis
- Unremitting pain
- ?malignancy
- Unable to weight bear
- Haemarthrosis
- Tendon rupture

**Urgent referral
orthopaedics via on-call
team.**

Knee Osteoarthritis

Manage as per knee
arthroplasty
pathway.

Soft tissue knee problems

Acute trauma with:
True instability
True locking
True giving way
(cruciate, meniscus,
ligament)

Orthopaedic acute
knee clinic

Anterior knee pain

ITB
Tendinopathies
Trauma but in absence of true instability/
True locking/
True giving way

Consider:

- Analgesia ? NSAID
- Activity modification
- Weight loss
- Self help
- Sheffield A&P
- Refer to physio

Consider

- SEM specialist
- In prof / elite
athletes
- High standard
amateurs
- Work impact

Inflammatory

- Pain, swelling, warmth.
- Morning stiffness
- No trauma
- Assoc'd LBP /
polyarthralgia
- GU / GI symptoms
- Psoriasis
- arteritis

Initial GP
management with
analgesia / NSAID
Ix ESR / CRP /infection
screen / X-ray
?joint aspirate

No resolution 6/52
Refer
rheumatology