Anterior Knee Pain Pathway Referral Criteria Adults/Over 16s (Stage Two)

This document is for assesing whether the patient meets the referral criteria after completing <u>Anterior Knee Pain Pathway Stage One</u>

Start here

Have you checked?

- 1. Does the patient require additional support from a physiotherapist?
- 2. Has the patient completed an appropriate exercise plan for 12 weeks which has involved active participation in treatment, not treatment based on passive intervention e.g. heat, ultrasound etc. but not made adequate progress?
- 3. Does the patient have the ability to describe / demonstrate exercises / intervention undertaken?
- Have aggravating factors been addressed e.g. footwear, errors in training / sport factors?
- 5. If overweight, have measures been taken to reduce BMI?
- 6. Is there a report from a recognised therapist supporting onward referral?

It is a reasonable clinical decision to redirect the patient to sheffieldachesandpains.com/ exercisesandmanagementadvice if the patient is progressing well and able to continue to self-manage

MSK Sheffield referral

Physiotherapy

Six months of active and self-directed management unless atypical presentation e.g. known PFJ osteoarthritis, or not progressing with rehabilitation as expected. PROM data to be collected.

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Second opinion within physiotherapy with a senior member of staff.

Referral back to GP e.g. inadequate referral information

Discharge from physiotherapy with completed PROM

Referral to secondary care, e.g. orthopaedics / rheumatology

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