Anterior Knee Pain Pathway | Adults/Over 16s (Stage One)



Patients will exist within the wider community who may not have presented to the GP but will be able to access websites such as Aches and Pains and others and may have sourced private physiotherapy/other intervention.

Failed attempts at independent management, as described above, may result in the patient entering the following pathway.



Start here

Patient presents to their GP with pain at the front of the knee, unilateral or bilateral worse on stairs and or hills – Ask further relevant questions

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Examination – all patients must have a physical examination. See dates of training seminars and instructional webpage on Aches & pains website.

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No definite joint effusion. Signs and symptoms suggestive of anterior knee pain e.g. patella-femoral joint pain, patella tendinopathy.

GP management e.g. activity Sheffield / advice & education & access to Aches and Pains website.

If patients require additional support please refer to MSK Sheffield

Definite joint effusion at physical examination



- X-ray weight bearing, AP, lateral and skyline views
- 2. Blood test CRP

Abnormal XR/bloods consider other pathology & alternative management

Any onward referal must include investigation results

Normal results

Red flag symptoms: Night pain, acute hot, red swollen joint.

Urgent Orthopaedic / rheumatology referral

Elevated CRP, inflammatory arthritis suspected, referral to Rheumatology via MSK Triage