Sheffield Aches & Pains

Supported by NHS

Sheffield Knee Pathway - July 2021 Version

Start here

Knee Osteoarthritis → Manage as per knee arthroplasty pathway

Soft tissue knee problems →

Inflammatory
- Pain, swelling, warmth
- Morning stiffness
- No trauma
- Associated LBP/polyarthralgia
- GUI/GI symptoms
- Psoriasis
- Arteritis

Red flags
- Trauma
- Fracture/dislocation
- Sepsis
- Unremitting pain
- Malignancy
- Unable to weight bear
- Haemarthorsis
- Tendon rupture

→ Urgent referral orthopaedics via on-call team

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

→ Orthopedic 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

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

→ No resolution 6/52
Refer rheumatology