

# Sheffield Knee Pathway

Start here

**Knee Osteoarthritis**

Manage as per the OA NICE guidelines

**Soft tissue knee problems**

Trauma but in presence of true instability/  
True locking/True giving way

Orthopedic acute knee clinic

**Inflammatory**

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

- 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

**Red flags**

- Trauma
- Fracture/dislocation
- Sepsis
- Unremitting pain
- Malignancy
- Unable to weight bear
- Haemarthrosis
- Tendon rupture

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

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

No resolution 6/52  
Refer rheumatology

Urgent referral orthopaedics via on-call  
team