

Sheffield Knee Pathway

Start here

Knee Osteoarthritis

Manage as per the OA NICE guidelines

Soft tissue knee problems

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

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

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

Urgent referral orthopaedics via on-call
team

Orthopedic acute knee clinic

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

No resolution 6/52

Refer rheumatology