

Non Traumatic Knee Pain pathway

History and examination

Red flags

Urgent MSK Service referral

Septic Arthritis or suspected fracture

Emergency acute orthopaedics via A&E

Suspected Inflammatory

Acute monoarthritis Pathway

Isolated knee pain <40 years of age
No trauma

Analgesic ladder, patient education and leaflet, rest and stop sport until better

Persists beyond 6 weeks
Or Severe pain affecting ADLs or work

Refer MSK service

Isolated knee pain > 40 years of age
No trauma

If suspected OA
-Education and leaflet
-Analgesic ladder
-Buy heel wedges
-Signpost patient to OA Knee patient decision aid
-Weight management

If symptoms persist over 6 weeks

X-ray AP standing and lateral

Refer MSK service

Isolated Knee pain > age 16 with previous operative intervention

Analgesic ladder + weight management

If pain persists...

X-ray AP standing and lateral

Refer MSK service

Bakers Cysts

Manage in primary care