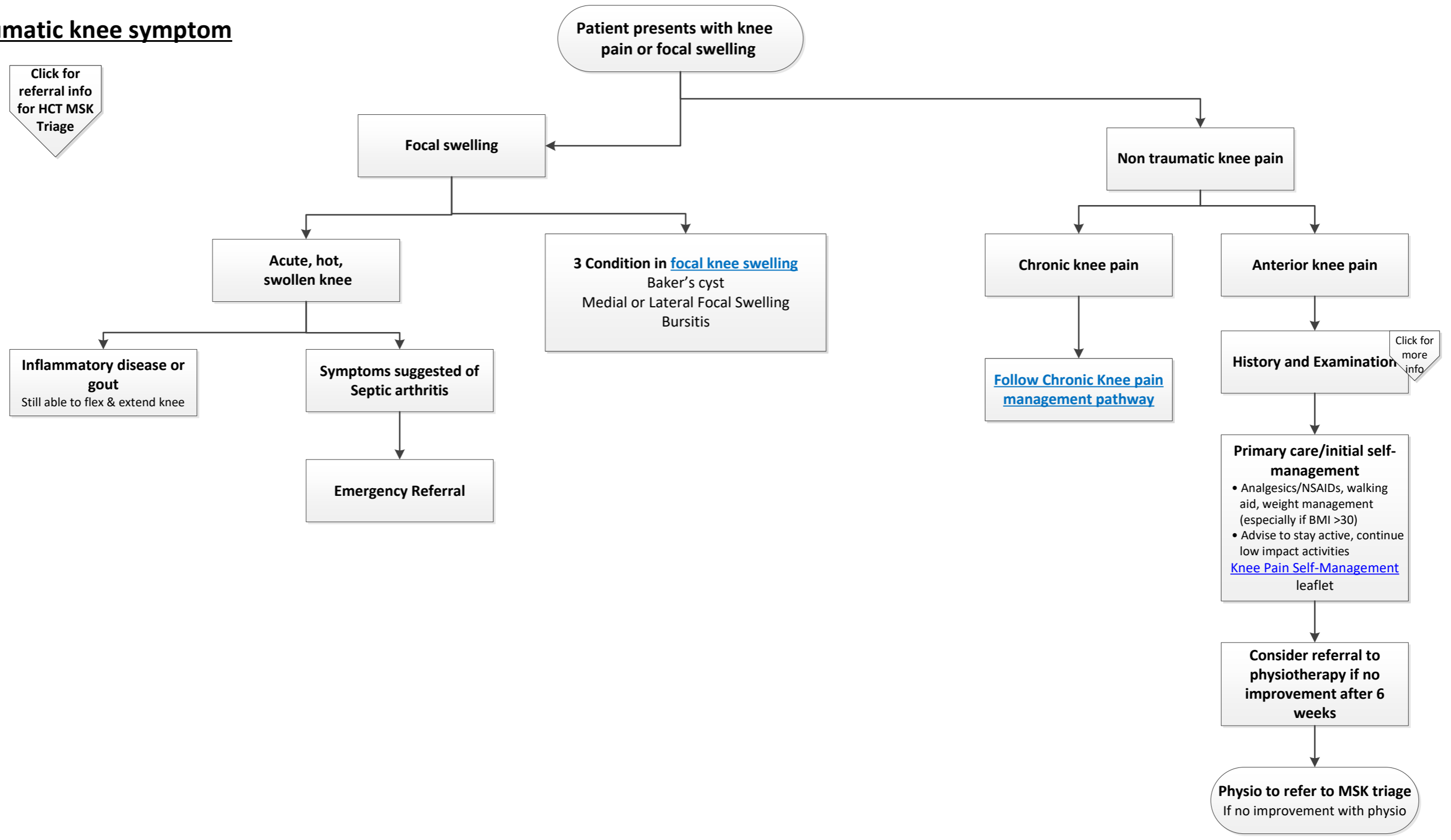


Non traumatic knee symptom

Click for info for patients

Click for referral info for HCT MSK Triage



Patient presents with knee pain or focal swelling

Focal swelling

Non traumatic knee pain

Acute, hot, swollen knee

3 Condition in focal knee swelling
Baker's cyst
Medial or Lateral Focal Swelling
Bursitis

Chronic knee pain

Anterior knee pain

Inflammatory disease or gout
Still able to flex & extend knee

Symptoms suggested of Septic arthritis

Follow Chronic Knee pain management pathway

History and Examination

Primary care/initial self-management
• Analgesics/NSAIDs, walking aid, weight management (especially if BMI >30)
• Advise to stay active, continue low impact activities
Knee Pain Self-Management leaflet

Emergency Referral

Consider referral to physiotherapy if no improvement after 6 weeks


Physio to refer to MSK triage
If no improvement with physio

Click for more info



Initial self-management

Arthritis Research UK Knee Pain exercises: <https://www.csp.org.uk/publications/knee-pain-exercises>

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Back to
pathway

Information for patients and carers

British Pain Society leaflet, Managing your pain effectively using over-the-counter medicines: <http://www.selfcareforum.org/fact-sheets/>

Knee Pain Self-Management: <https://www.hct.nhs.uk/media/2258/knee-pain-may-2017.pdf>

Arthritis Research UK Knee Pain exercises: <https://www.csp.org.uk/publications/knee-pain-exercises>

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pathway

Referral information for HCT MSK Triage Service

The administration team are based at the New QE2 hospital.

Appointments and General Enquires: **01707 247411 or 01707 247412 or 07884 547579**

E- referral enquiries via the MSK e-referral administration on: **01707 247416 or 07884 547579**

Referral to the service is via the NHS e-referral system (previously Choose and Book). Electronic screening of referrals takes place on a daily basis by clinicians. The referrals are either referred directly to secondary care where they manage the Choose and Book process, or seen for clinical assessment by the team to decide the appropriate pathway of care.

Clinics for assessment are held at The New QE2, Hertford County Hospital, Cheshunt Community Hospital and Lister Hospital.

The MSK Triage Service and the MSK Physiotherapy Service are both part of the whole integrated HCT MSK Service, and as such can refer directly to each other as appropriate.

The MSK Physiotherapy Service is a team of therapists specialised in the treatment and management of MSK Conditions and based over 6 sites in East and North Herts. (Referral for this team is via generic email – mskphysio.enherts@nhs.net).

The MSK Triage Service is a team of ESP (Physiotherapists by background) but with training and advanced skills for specialist assessment, referring for diagnostics and providing injection therapy. This team meets regularly for 3 MDT meetings with the appropriate Consultant Surgeons for the upper limb, lower limb and spine. Complex cases are discussed at these meetings to provide integrated care as necessary.

History and Examination

To exclude hip/spine pathology (especially in children) and inflammatory arthritis.

NB: BMI >35; weight loss should reduce symptoms, need for surgery and surgical outcomes

Characteristics of anterior knee pain:

- It is common
- Pain is usually at the front of or all over knee
- Often bilateral
- Exacerbated by stairs/hills/sitting long time
- Pseudo-mechanical symptoms (regular, transient)
- Often no history of injury