

## Knee Pain/Injury Key points and information

3 points to take away

1. Is there *true* Locking? (Locking of the knee that requires some force to regain movement)
2. Is there *true* giving way? (Giving away that results in patient falling over, not giving away where they save themselves by grabbing something)
3. Is there loss of extension? (unable to achieve full extension even with passive force)

## Acute Meniscal Injury

Can happen at any age, more related to higher risk activities/sports with twisting knee forces.

Causes- Traumatic injury to knee

Be Aware- No trauma may be a sign of a degenerative meniscal tear general seen 40's onwards

Key Questions to ask- Is there true locking? Is there true giving way?

Key things to assess- Any joint effusion/swelling, joint line pain or tenderness?

Special tests- Thessalys, McMurrays, Joint line tenderness

## Management

If key either key questions are yes with associated pain and disability may benefit from referral for an orthopaedic opinion. MRI Scan if clinically



indicated, Surgery for repair or resection of meniscus depending on age and location of injury. Though these patient benefit from physiotherapy in preparation for surgery to maintain knee function.

If key questions are no then for conservative management Rest; exercise; advice; pain meds or NSAIDS; Urgent Physiotherapy

## **OA Knee**

Over the age of 50 higher risk of developing OA, Higher BMI

Insidious onset, can have an acute flare up of chronic condition following injury. Degenerative meniscal tears now viewed as signs of early OA changes.

Key questions- Any giving way? Any locking of the knee?

Assessment- Palpable bony deformity, Loss of full ROM especially extension

Investigations- Xray if pain persisting

## **Management**

Primary Care (Conservative) – Rest; exercise; advice; pain meds or NSAIDS; Physiotherapy; c/s injection

Secondary care (surgical)- TKR



## Useful links

Patient information, exercises and exercise video links

<https://www.csp.org.uk/public-patient/rehabilitation-exercises/knee-pain>

Useful GP resource for information on assessment

<https://patient.info/doctor/knee-assessment>

