

Knee problems that do not need to be sent to the hospital

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Introduction

- Children / adult knee symptoms
- MRI report
- Media referrals
- Patient Expectation
- Clinical warranty



In children

- Anterior knee pain
 - Analgesic / reassurance / physiotherapy
- MRI:
 - chondromalacia patella
 - Brodie's abscess
 - Bone bruising
- Unless
 - Hot swelling
 - Fixed flexion deformity after injury
 - More than 3 patellar dislocation

Less active adults

- BMI above 35
 - Outcome is less satisfactory
- Pt does not want replacement surgery
 - Expectations are too high
 - Kneeling activity
 - Bearable symptoms
 - Looking for an injection
- Untreated Comorbidities
- Awaiting test results
- Generalized body ache / hip / back pain

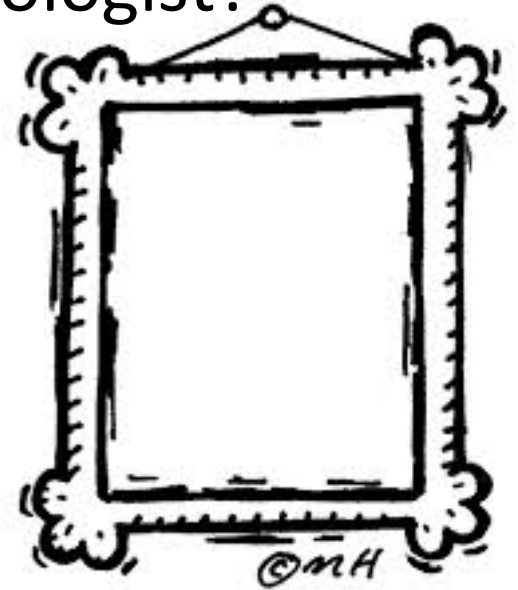
Active adults

Symptoms

- Cracking sound
- Pain on kneeling
- Knee Pain after running
- Shin pain after running
- Anterior knee pain on strenuous activity
- Pain on stair climbing
- Morning stiffness
- Intermittent swelling + old injury / meniscectomy
- Unless: SLOG
 - Swelling Locking Onset is sudden Giving way

GP requested MRI

- Do you have a question for the radiologist?
 - “MRI is not a crystal ball”
 - Radiologists do not see patients
 - Static images of a dynamic joint
 - False negative- incorrect reassurance
- ‘MRI fication’
- Default: ref to Ortho
- Bundle tariff
- Unavailable or inadequate films at appointment



Active Adult MRI

Not for referrals

Bone bruising
Cartilage loss
Radial meniscal tear
Chondromalacia
Early degeneration
Patella Mal tracking
Tendinosis
Osteonecrosis
OCD
Hamstring edema

For referral

- Bucket handle tear
- Loose body
- Grade 3 or severe ligament tear
- Damage to extensor mechanism
- ACL or PCL tear

Unless SLOG $\frac{3}{4}$ positive



Half an hour with a drill meant I didn't need a new knee

By [CAROLE DAVIS](#)

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A new minimally invasive procedure could help tackle the early stages of knee arthritis. John Legg, 65, an engineer from Hoo in Kent, underwent the treatment in July 2011.

THE PATIENT

About four years ago I started having tearing pains down my right knee, especially when I'd been on my feet a lot. I have always been pretty active and it hurt to climb stairs or to use an exercise bike.

I assumed it was part of getting older, so put up with it. But it was getting worse, I'd go to bed with my knee aching, and sometimes the pain would wake me up. It even hurt to drive.

So in early 2011, a couple of years after the pain started, I saw my GP. He thought I might have twisted



*Commercially driven
Propaganda*

Ask the hospital



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By Zoe Chamberlain

Media hyped expectation



Word of mouth

- High expectations



Who to refer to

- Hospital referral structure
 - Named referral / open referral – details
- Hospital
 - DGH: Upper limb /lower limb surgeons / hand / Spine
 - Specialist hospital (ROH): Arthroscopy/ arthroplasty / Revision /spine/hand/foot

Better to choose “knee surgeon”

Previously treated patient

- Surgical Warranty
- Phone consultant / secretary for urgent care
 - A/E is only for out of hours emergency
- Post op issues:
 - DVT
 - Wound infection
 - Wound break down

Thank you for listening

