Evaluation of Knee Pain

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Physical Exam

ROM, joint tenderness, ligament instability , patellar compression test, joint line tenderness, McMurray test

NL ROM: 0-135 (+5-+10^o for hyperextension;-5--10^o for flexion contracture)

*Ligament instability

- (+) Lachmans (ACL)
- (+) Anter. Drawer (ACL)
- (+) Post Drawer (PCL)
- (+) Valgus Stress 0/30 (MCL)
- (+) Varus Stress 0/30 (LCL)

X-Ray (4 views-AP (WB if no trauma), Lateral, Tunnel, and Sunrise); >40 y/o do standing PA.

Fractures:

Low velocity fall in deconditioned obese patient, fracture young healthy. Keep NWB

Non-fracture Injury

Ligament laxity on exam or functional instability. Brace limit WB.

Non-traumatic knee pain with effusion

DDX: OA, Lyme, Psoriatic OA, Crystalline (Gout, Pseudogout), PVNS, synovial chondromatos. Crystalline arthropathy- Rheumatology.

Osteoarthritis: Standing view-joint line narrowing >2mm, osteophytes

Non-traumatic
Anterior pain <35 y.o:
Chondromalacia. Note
OCD lesions refer to Ortho

Refer to Ortho: Injury with patella malalignment, fracture and/or ligament injury. Non-operative Ortho treatment will be corticosteroid injection , Hyaluronic acid injections and bracing .

Sports Injuries and Sports head Injuries use the SMART phone call or text 877-4754 for immediate referral to our Primary Care Sports Medicine Doctors

If pain persists x 8 wks

Physical Therapy

Ice, NSAID, Rest

<u>Patient eligible for arthroplasty</u>: radiographic evidence of advanced arthritis (> 2mm of joint space narrowing), unrelenting pain despite use of NSAIDs, steroid injections, Hyaluronic acid injections and bracing; no evidence of infection.

<u>Delayed eligibility:</u> Dental pain r/o infection, Diabetes with A1c > 7.5, BMI > 40, CHF NYHA class 4 (EF < 20%), angina within last 3 weeks, MI within last 6 months, Child Pugh class C, OSA score ≥3 needs sleep study prior to surgery. Ortho will tx with intraarticular corticosteroids, Hyaluronic acid injections, arthroscopy, PT and/or weight loss program.

Ortho referral letter to include:

- 1. History and physical exam results, incl. any hx of Cancer
- 2. Treatment to date incl. narcotic use
- 3. Test results, incl. Lyme
- 4. Expectations of referral (consult only, consult & treat, long term follow up)

ACL reconstruction: Dr. MacKechnie

Knee Arthroscopy: Drs Mancini MacKechnie, Golden, Ramirez,

Rodger

Knee Arthroplasty: Drs Ramirez, Golden, Wexler, Aitken, Rodger

Rheumatology: Dr. Monaco, Dr. Raskin