

# KNEE PAIN REFERRAL GUIDELINE

Maine Medical Partners - Orthopedics & Sports Medicine (Div. Of Sports Medicine) · 119 Gannett Dr, South Portland, ME · (207) 773-0040

High Risk	Moderate Risk	Low Risk
Suggested Emergent Consultation	Suggested Consultation or Co-management	Suggested Routine Care
<div><b>Symptoms and Labs</b> Severe pain  Not able to walk or bear-weight  Severe swelling  History of traumatic injury (twisting, “pop” or locking of knee)  Calf pain or leg swelling  Instability or giving way of knee  Evidence of infection or inflammation</div>	<div><b>Symptoms and Labs</b> Moderate pain  Able to walk with limp  Moderate swelling  History of acute or chronic onset  Some catching, locking or giving way  Taking OTC pain medication as needed</div>	<div><b>Symptoms and Labs</b> Mild pain  Able to walk without limp  Minimal swelling  No history of traumatic injury  No catching, locking or giving way  No pain medication needed</div>
<div><b>Suggested Previsit Workup</b>  Schedule urgent appointment with sports medicine  Emergent evaluation if evidence of infection or inflammation</div>	<div><b>Suggested Workup</b>  Consider radiographs  Schedule routine appointment with sports medicine</div>	<div><b>Suggested Management</b>  RICE (Rest, Ice, Compression, Elevation)  Ibuprofen and/or acetaminophen as needed  Therapeutic exercise  Activity modification and low impact activity</div>

## Clinical Pearls

- Knee pain can affect individuals of all ages and activity levels
- Knee pain can be due to pathology within the knee joint or outside of the knee joint
- Obtaining radiographs can help to diagnose arthritic knee pain
- Losing weight as well as strengthening the hip, gluteal and core muscles can often help to decrease knee pain