

# 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
<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	<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	<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
<b>Suggested Previsit Workup</b> Schedule urgent appointment with sports medicine Emergent evaluation if evidence of infection or inflammation	<b>Suggested Workup</b> Consider radiographs Schedule routine appointment with sports medicine	<b>Suggested Management</b> RICE (Rest, Ice, Compression, Elevation) Ibuprofen and/or acetaminophen as needed Therapeutic exercise Activity modification and low impact activity

## 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