

Traumatic Knee Pain	Referral Guide: Page 1 of 1	Ortho
Diagnosis/Definition: Knee Pain: Instability or loss of motion related to specific traumatic events.		
Initial Diagnosis and Management: H&P (focus on mechanism of injury) X-ray; R/OP FX's obvious fracture, instability or motor disruption, refer initial exam may be difficult due to pain and or significant effusion.		
Ongoing Management and Objectives: Repeat examination in 7-14 days for more definitive exam. PT for ROM/strengthening exercises.		
Indications for Specialty Care Referral: If symptoms persist beyond 6 weeks refer any obvious fracture, ligament instability or motor disruption.		
Test(s) to Prepare for Consult: X-Ray	Test(s) Consultant May Need To Do: X-Ray MRI, Joint aspiration (+/-)	
Criteria for Return to Primary Care: Return to PCP after stabilization.		
Revision History: Created Revised		

Disclaimer: Adherence to these guidelines will not ensure successful treatment in every situation. Further, these guidelines should not be considered inclusive of all accepted methods of care or exclusive of other methods of care reasonably directed to obtaining the same results. The ultimate judgment regarding the appropriateness of any specific procedure, therapy, or referral must be made by the physician/provider in light of all circumstances presented by an individual patient.