

Knee Conditions

2017

CONDITIONS	OPTIONS
Bursitis Bakers Cyst*/Ganglions * Tendonitis Patella, Hamstrings OA*: (knee)TF Jt / PF Jt (CBA) Anterior Knee pain: OCD, CMP, dysplasia, dislocation. Meniscal* Tear acute / degenerative Instability: ACL tear*, Co-lateral Ligament strain/Degenerative (Valgus / varus) deformity plateau #/ OCD/ AVN (SONK)	Physiotherapy Podiatry (bio-mechanics/orthotics) X-ray (can show soft tissues) USS / USS+ INJ MRI / MRI arthrogram Inject diagnostic / therapeutic Surgery Other? bloods / meds. Nothing Pain clinic

Condition	Injection / location	Options
Bursitis Bakers Cyst /Ganglions*	Patella: Pre,supra, infra. Pes Anserine, Semi Membranosus	Aspiration and CS inj, Physio, USS +/- inj, X-ray MRI, excision- need INNF https://www.bristolccg.nhs.uk/innf
Tendonitis (Hamstring / Patella)	Rarely, specialised guided injection,	Physio, (normalise movement restore function), USS +/- inj , Debridement, stripping techniques
OA: Knee , PF Jt *	Knee, arthroscopy portal, med/lat (knee flexed edge of couch), or med/ lat mid patella (Knee extended)	Physiotherapy, (normalise movement restore function), MEDS, X-ray AP standing , lat, skyline (PFjt); MRI . Arthroplasty , UNI, TKR, PF jt follow Criteria Based Access https://www.bristolccg.nhs.uk/innf
Anterior Knee pain	Knee (depends on age and underlying condition)	Physiotherapy, (normalise movement restore function). MEDS, X-ray AP standing , lat, skyline (PFjt); MRI TTT, PFjoint Arthroplasty.
Meniscal Tear * (depends on trauma, age dysfunction)	Acute, rarely Degenerative, Occasionally for pain	Physio , (normalise movement restore function , X-ray (age), MRI, Arthroscopy Follow CBA repair/debridement.
ACL tear, * Co-lateralLigament strain	Unlikely Occasionally for pain	Physio, (normalise movement restore function , Xray, MRI Uss +/- inj
plateau #/ OCD/ AVN- SONK, Degen deformity	unlikely	X-ray, MRI, surgery