

## Appendix

### Referral guidelines to acute knee screening service

Refer patients (16 years or over) with knee pain following acute knee trauma with one or more of the following:

1. History of swelling, locking or giving way  
OR
2. Effusion (greater than minimal)  
OR
3. Loss of passive extension - query locked less than 20°  
OR
4. Loss of active flexion less than 75°  
OR
5. Minimal to moderate laxity on valgus or varus testing of the knee or unable to adequately assess.  
OR
6. Non-weight bearing or difficulty weight bearing.

#### Exclusions

Patients presenting with the following conditions, injuries or medical history should not be referred.

#### Presenting Condition

- Bony injury
- Haemarthrosis
- Locked knee
- Patella dislocation
- Possible septic arthritis
- Patient otherwise unwell
- Other injuries requiring medical follow-up  
e.g. lacerations, injury to another part of the body - ankle etc.

#### Previous Medical History

- Chronic knee problems without an acute injury
- Inflammatory arthropathy
- Diabetes
- Other medical conditions which significantly complicates knee function  
eg hemiplegia, peripheral neuropathy
- Bleeding disorders - eg haemophilia

#### Drug History

- Warfarin and other anticoagulants

#### Other

Please note the service does not accept paediatric referrals (ie 15 years and under).  
There is no upper age limit.