

Chronic Knee Pain *PainChecker*TM

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- Post TKR or knee surgery; Osteoarthritis; Inflammatory (seronegative) arthritis; Bilateral knee pain
- Red Flags (T.I.N.T)?

- Tumour; Infection/inflammation; Septic arthritis/bursitis; Neurological; Trauma (fracture, dislocation, ligament, meniscus); DVT; Baker's cyst; Crystal arthropathy; 'Strange pain in strange-looking limb': complex regional pain syndrome; Cancer history; Steroids; Infection risk; Diabetes; IVDU; Age ≤ 25 (seron Arth)

- Yellow flags (C.H.A.M.P.S)? (Increased risk of chronic pain and disability)

- Catastrophic-thinking; Hypervigilance; Anxiety; Medically-focused;

- Passive-coping; Stress; Substance or medication overuse; Workplace or sports injury.

- Pain education
- Psychosocial care (See below)

- Crepitus; Giving-way; Locking; Referred hip pain.

- Localised knee pain.

- Saphenous-infrapatellar branch neuralgia (tenderness over infero-medial tibial plateau)

- Anterior (patello-femoral) knee pain

- Pre-patellar bursitis (old 'housemaids')
- Chondromalacia patellae (young females)
- Osteochondritis dissecans (young females, locking)
- Osgood-Schlatter disease (young males, tibial tubercle)

- Medial knee pain: Pes anserinus tendonitis-bursitis (antero-medial tibial plateau)

- Lateral knee pain: Iliotibial band syndrome (supero-lateral knee) (runners)

- Plain x-ray
- Ultrasound
- MRI

- Pain education & key messages: *painHEALTH* website; Pain programme; Set realistic outcomes;

- Emphasise functional goals; 'Hurt ≠ harm'; Allay fears re x-ray findings; Weight loss

- Multimodal analgesia (*useful for neuropathic pain): Paracetamol; NSAID gel; Capsaicin 0.075% cream*;

- Tramadol*; Tapentadol*; Celecoxib (for flare-ups); Buprenorphine patch; Duloxetine/SNRI*;

- Pregabalin*; DMARDs (inflammatory arthritis).

- Physical therapies: Walking stick; Podiatry; Knee brace; Quads-strengthening; Hydrotherapy;

- Exercise (Tai Chi); TENS; other.....

- Psychosocial care: Anxiety; depression; Sleep; Clinical psychology; Rehabilitation; Geriatric.

- Pain generators?

- Knee joint pain



- Intra-articular steroid injection (not after TKR)

- Genicular nerves thermal radiofrequency neurotomies

- Localised knee pain (tendonitis, bursitis)



- Ultrasound-guided steroid injection

- Saphenous-infrapatellar branch neuralgia



- Saphenous-Infrapatellar branch local anaesthetic/steroid injection ± pulsed radiofrequency treatment

- Surgery?

Ongoing review → Recycle through checklist.

Disclaimer: This is educational and generic medical information only and not specific medical advice. The producers or distributors of this information cannot be held responsible for clinical outcomes based on using this information.

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