

Knee Pain Treatment: A Joint Approach

A GP's Guide to Diagnosis and Collaborative Treatment

FACT

- Knee pain is one of the most common musculoskeletal complaints, affecting 25% of adult Australians.
- The prevalence of knee pain has increased by over 65% in the last 20 years.
- Osteoarthritis, particularly knee osteoarthritis, affects 2.1 million Australians - approximately 8.3% of the population.

As a general practitioner, diagnosing and managing knee pain requires a systematic approach to identify the underlying cause and determine the appropriate treatment plan for your patient.

Steps To Effective Diagnosis:

- Identify the mechanism of injury, onset of symptoms and the type of pain your patient is experiencing.
- Assess for symptoms such as swelling, stiffness, instability, locking or clicking.
- Understand the impact of the pain on your patient's daily activity.
- Conduct tests to assess range of motion
- If required perform stability tests to assess ligament integrity and/or a McMurray's test to assess the meniscus.
- If there is no mechanism of injury, direct referral to physiotherapy is appropriate
- If there was a significant mechanism of injury it is likely that an MRI and orthopaedic consult is likely required - with a referral to physiotherapy

When To Refer Your Patient To Physiotherapy

Importantly, the earlier we see a patient the faster the treatment results will be.



Persistent Pain:

If the pain persists despite initial treatment or self-care measures.



Functional Limitation:

When the patient experiences significant limitations in mobility and daily activities.



Post-Injury Rehabilitation:

For structured rehabilitation following knee injuries or surgeries.



Preventive Care:

To prevent further knee issues through strengthening and mobility exercises such as with knee OA

360 Physio Revesby's Approach To Treating Knee Conditions For Successful Patient Outcomes.

Whether your patient requires an orthopaedic review or not it is very important to commence physiotherapy as soon as possible. The faster normal ROM is restored, pain and swelling is reduced the better. Even if surgery is required, orthopaedic surgeons want the knee to be as normal as possible to minimise the likelihood of post-operative complications and to assist in achieving the best outcome. Combining medical interventions with physiotherapy provides the best outcome. Manual treatment, strengthening exercises, proprioception retraining coupled with education and self-management, enables patients to remain active and enjoy life with their loved ones. The best treatment for lower-limb OA varies by severity and individual needs. Key treatments include:

Remove their pain

Our priority is getting your patients fast relief, by finding and eliminating the source of pain.

01

Restore their movement

We ensure they are equipped to protect themselves from re-injury, with comprehensive strength and stability techniques.

02

Rediscover their potential

Our physios are passionate about giving your patients the freedom to do what they need to do.

03

Exercise and Lifestyle Changes

Maintain a healthy weight, stay active, and modify activity as pain allows.

Manual Therapy

Improve joint flexibility, stability, and muscle strength through targeted exercises. Our approach will depend on your patient's specific condition and lifestyle, including:

- Joint mobilisation to the tibiofemoral and patellofemoral joints
- Soft tissue massage and myofascial release
- Individualised quadriceps, glutes and hamstrings strengthening
- Electrotherapeutic modalities as required
- Kinesiology taping
- Knee braces

Education and Self-Management

Equip patients with knee condition knowledge and self-care skills to support physiotherapy and improve symptom management.

Did you find this information useful?

Visit the 360 Physio Revesby General Practitioners Hub for more valuable resources to empower your patient for better outcomes with physiotherapy.



Contact us to find out more about how we can help your patients reach their potential.

(02) 9774 2530

Brett St Medical Precinct, Suite 2, Level 1 Corner Macarthur Ave & Brett St REVESBY 2212 | **P** (02) 9774 2530 | **W** 360physiorevesby.com.au

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