



# ALASKA NATIVE MEDICAL CENTER



## KNEE PAIN

### Diagnostic/Treatment Recommendations:

- Nontraumatic knee pain should be treated with exercises, activity modification, and/or NSAID protocol for at least six weeks.
- Physical therapy is often helpful
- Consider cortisone injection in the older patient population.
- Knee Osteoarthritis
- Patellofemoral Pain Syndrome

### Patient Handouts:

- Osteoarthritis
- Patellarfemoral Pain
- Knee Fact Sheets, Booklets and Brochures

### Referral Guidelines:

- Refer for failure of conservative treatment > 6 weeks.
- Please obtain plain knee radiographs on all acute traumatic injuries (to r/o fracture) and weight bearing films on all other patients. MRI is not indicated for referrals.
- ACL injuries require rehabilitation in physical therapy for 6 weeks.
- Patients with nontraumatic anterior knee pain should not be referred without a trial of rehabilitation.