

UVM Health ORTHOPEDICS KNEE DISORDERS Referrals/Consult

All referrals must include the most recent visit note and imaging reports. Be sure imaging done outside UVMH is sent to UVMHC Film Library with reports. Below we provide guidance on popular referrals. Any fracture should be sent as an URGENT referral.

Acute injury (<6 weeks):

- If cannot weight bear, then send to emergency department or urgent care for evaluation.
- Can weight bear and no suspected diagnosis – URGENT referral.

Moderate or severe osteoarthritis noted on imaging:

- Be sure XR Knee (AP, lateral views, tunnel and patellar views, WEIGHTBEARING) of affected knee are available for viewing.
- While awaiting referral, initiate non-surgical treatment (trial of NSAID if not contraindicated; trial of PT; consideration of ambulatory device).
- **Note:** To qualify for joint replacement, patients usually will need to have BMI<40, smoking cessation, and A1c<7.

Chronic knee pain without injury:

- Initiate PT x minimum 4 weeks; NSAID if not contraindicated.
- Xray imaging (AP, lateral views, tunnel and patellar views, WEIGHTBEARING).
- Complete MRI of affected knee IF symptoms are not improving after 4-6 weeks of conservative treatment.
- *After* these steps are done, ROUTINE referral.