

Acute Knee pain

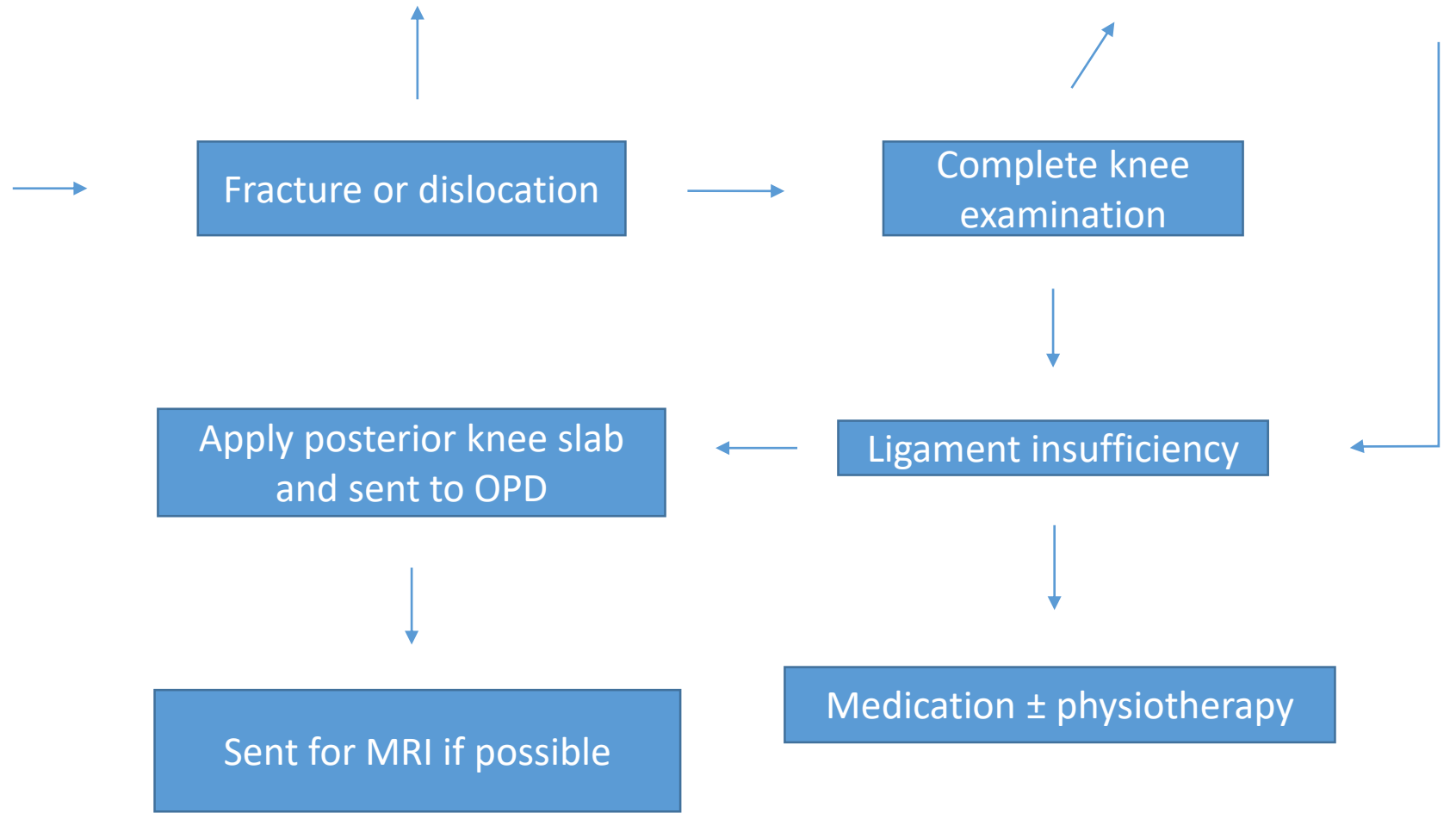


Ottawa knee rule

- > 55 years of age,
- have palpable tenderness over the head of the fibula,
- have isolated patellar tenderness,
- cannot flex the knee to 90°,
- cannot bear weight immediately after the injury, or
- cannot walk in the ER (after taking 4 steps)

Treat as specific fracture or dislocation

Apply posterior knee slab and follow up 1 week for complete knee examination



Fracture or dislocation

Complete knee examination

Apply posterior knee slab and sent to OPD

Ligament insufficiency

Medication ± physiotherapy

Sent for MRI if possible