



Knee - Soft Tissue Injuries

(<https://galwayem.ie/index.php/index.php/guidelines/trauma-and-musculoskeletal/knee-soft-tissue-injuries>)

Category

[Trauma and Musculoskeletal \(https://galwayem.ie/index.php/guidelines/trauma-and-musculoskeletal\)](https://galwayem.ie/index.php/guidelines/trauma-and-musculoskeletal)

From the mechanism, history of injury and past history, physical examination and X-ray where indicated: establish a diagnosis

Rupture of extensor mechanism or suspicion of complete ligamentous rupture

Refer orthopaedics

Locked knee

- X-ray to exclude ossific loose body
- Refer orthopaedics.

Haemarthrosis

- If there has been a significant injury and from the history the patient has a haemarthrosis (i.e. knee swelled very rapidly) 70% of these have an ACL tear – refer orthopaedics
- Otherwise double tubigrip/ Robert Jones bandage/ Extension knee brace
- Review Clinic in one week.

Definite minor sprain without instability

- Support bandage
- Analgesia as necessary
- Encourage early weight-bearing but crutches if necessary. Advise on quads exercises
- Review clinic 14 days

Diagnosis uncertain

- Ask senior advice
- Support bandage as for sprain,
- Analgesia and crutches as necessary
- Review Clinic at 1 week for further assessment.