

*Referral to physiotherapy should be helpful in the following situations:*

- In the acute phase early physiotherapy can relieve pain and effusion, and assist diagnosis of underlying pathology.
- After acute knee injury, physiotherapy can assist pain relief, improve range of movement, reduce effusion and improve strength, gait and overall function.
- Physiotherapy can be used to treat sub acute symptoms if early GP management has failed.

*Exclusions to physiotherapy:*

- Acute locked knee
- Gross ligamentous instability
- Severe effusion - requiring aspiration

If physiotherapy is ineffective then refer patients to orthopaedic specialist.