

**RGH Referral & Management Guidelines**  
**Arthritis of the Hip/Knee – Orthopaedic Surgery**

**Diagnosis**

- Osteoarthritis
- Avascular Necrosis (Hip)
- Other

**Evaluation**

- Range of movement
- Walking distance
- Rest pain & sleep disturbance
- Use of walking aids
- Effectiveness of NSAIDs and analgesia
- General medical condition

**Investigations**

- X-rays - HIP - AP pelvis & lateral hip including weight bearing  
KNEE - AP & lateral both knees, weight bearing
  - Bloods as appropriate

**Management**

- Anti-inflammatories and analgesia
- Physiotherapy/exercise physiology
- Activity modification – use of walking stick or other aid
- Weight reduction

**Triage & Referral Guidelines**

Refer if:

- clinically concerned
- Significant pain
- Disability
- Unresponsive to conservative management strategies
- If patient is medically fit for surgery

**Previous Total Hip/Knee Arthroplasty**

**Diagnosis**

- Infection
- Loosening
- Wear

**Evaluation**

- New pain
- Limp
- Translucency on X-ray

**Referral -**

- Refer urgently if patient has pain in a previous arthroplasty
- If infection is suspected contact Ortho Reg on, particularly if symptoms of septic arthritis (do **not** commence antibiotics).