

Knee		
Injury	ED Treatment	Pathway
No Trauma	Symptomatic Treatment	Discharge
OA	Symptomatic Treatment	Discharge
NO Trauma, Acute swollen Knee	Bloods, Aspirate MC&S	Ortho on call
Tibial Plateau/ Femoral Condlye #	Immobilise	Ortho on call
Patella Dislocation First Time – no OC# First Time – OC# Recurrent	Knee Splint WBAT Knee Splint Knee Splint WBAT	MSK Lower Limb Physio Clinic VFC MSK Lower Limb Physio Clinic
Patella Tendon/ Quads Tendon Rupture	Knee Splint	Ortho on call
Soft Tissue Injury ? Meniscal, ? Ligament Injury	Knee Splint	MSK Lower Limb Physio Clinic
Foot & Ankle		
Injury	ED Treatment	Pathway
Isolated avulsion # tip of lateral/medial malleolus	Treat as sprain WBAT, RICE Ankle Brace/Walker boot if necessary	Discharge
Isolated Weber A distal fibula #s	Treat as sprain WBAT, RICE Ankle Brace/Walker boot	Discharge Advice to contact VFC if symptoms > 3/12
Isolated Weber B Lateral Malleolar #	WB AP lat X-Ray if able) Documentation must include Any medial swelling? Yes/No Any medial tenderness? Yes/No Any medial bruising? Yes/No	Ortho on call
Talar shift/ displacement?	Yes – Backslab No – Walker Boot WBAT ? – Walker Boot WBAT	VFC VFC VFC
Isolated Weber C fibula # (Also Need Assessment for medial injury& syndesmotic injury)	Displaced – Backslab Undisplaced – Walker boot WBAT	Ortho on call VFC
Bimalleolar/ Trimalleolar	Backslab	Ortho on call
Tarsal fractures - Small avulsions without disruption of tarsal alignment	Treat as sprain -Walker boot, analgesia, WBAT If unsure	Discharge VFC
Tarsal or cuneiform #	Walker boot, analgesia, WBAT	VFC
Metatarsal # Intra-articular/basal # ? Lis Franc Definite Lis Franc/ Significant displacement	Walker boot, analgesia, WBAT Backslab	VFC Ortho on call
Metatarsal # Neck & Shaft #s Minor Trauma/Minimally displaced/stress # High Energy/ Multiple / Significant displacement	Walker boot/flat post op shoe WBAT Backslab	Discharge Ortho on call
Isolated 5th Metatarsal Base Zone 1 Zone 2/3	Walker boot/flat post op shoe WBAT Walker boot	Discharge VFC
Lesser Toe Injuries #s/dislocations	ED reduction if needed Neighbour Strap WBAT flat shoe/ Normal footwear	Discharge
Achilles Tendon Rupture	Equinous Slab, NWB, VTE prophylaxis	F2F # Clinic
Talus Neck / Body #	Backslab	Ortho on call
Calcaneal #	Walker boot NWB	Ortho on call
Tongue Type #	Equinous Slab NWB (Keep NBM)	Ortho on call
SPINE		
No Spinal injuries, back pain, Cauda Equina, foot drop etc to be referred to VFC		

VIRTUAL FRACTURE CLINIC EXCEPTIONS	
FACE TO FACE FRACTURE CLINIC APPOINTMENTS MUST BE MADE FOR THE FOLLOWING PATIENTS:	
	Patients with no fixed address / address recorded in EPR nowhere to send letter and that is a recommended legal requirement if unable to contact patient
	Non English speaking patients unless consent to someone taking the call on their behalf - must be documented in VFC referral
	Inpatients Addressed on ward round so a VFC appointment causes duplication
	Patients with no telephone cannot ring patient if no phone
	Patients with Hearing Difficulties unless consent to someone taking the call on their behalf - must be documented in VFC referral
	Injuries Associated with Domestic or Child Abuse follow safeguarding guidance
	Children Under 2 Years of Age unable to assess virtually - must be seen F2F
	Police/HMPS Custody no accessible phone & confidentiality issues
ANY SAFEGUARDING CONCERNS?	