

## SCOPE OF THE GUIDELINE

The following inclusion and exclusion criteria were agreed by the guideline team at the outset.

### INCLUSION

- The diagnosis and management of adults (over age 15) with an acute injury to the menisci, the collateral and cruciate ligaments of the knee.

(An acute injury was defined as one where presentation is within three months of the date of injury).

### EXCLUSIONS

- Surgical management of meniscal and ligament injuries
- Chronic and recurrent knee instabilities
- Overuse injuries
- Arthritic conditions
- People with other significant co-morbidities, for example haemophilia, psychiatric disorders which may require modified management
- Injuries to the patellofemoral joint
- Patella ligament injuries
- Bone bruises
- Fat pad impingement/entrapment
- Ilio-tibial band syndrome

## SEARCH TERMS

Basic search terms were used to identify studies relating to soft tissue knee injuries. Additional terms were used to address each aspect of the guideline and these were combined with the basic search for soft tissue knee injuries. Appropriate filters were used to identify diagnostic studies and randomised controlled trials.

The complete list of search terms used to identify and locate studies for this guideline are included in the reference document on the NZGG website.

## CRITERIA USED TO LOCATE AND INCLUDE STUDIES

### TYPES OF STUDIES

Only systematic reviews, meta-analyses, randomised controlled trials or quasi-randomised controlled trials were considered for inclusion for the guideline. Observational studies, case studies and laboratory base studies were excluded.

### TYPES OF PARTICIPANTS

Participants included people over the age of 15 with an acute soft tissue injury of the knee involving the menisci or ligaments.

### TYPES OF INTERVENTIONS

#### Diagnosis

- Clinical Tests
- Use of X-ray
- Use of MRI

#### Treatment

- 'RICE' (rest, ice, compression, elevation)
- Medication (NSAIDs or paracetamol)
- Bracing or any form of bandaging
- Electrotherapies including ultrasound, NMES, TENS, Laser, Biofeedback
- Methods of rehabilitation therapy including open and closed kinetic chain exercises, proprioceptive retraining, home versus supervised, bracing post-operatively
- Complementary therapies, including chiropractic, osteopathy and acupuncture.

### TYPES OF OUTCOMES

- Functional outcomes such as return to previous activity levels and return to work
- Validated functional outcome scoring systems, including Lyshom, Tegner, IKDC
- Objective tests such as stability testing (clinical tests and arthrometry), one leg hop

- Subjective assessments including VAS functional and satisfaction assessments
- Harm or adverse reactions
- Cost-effectiveness

Only published studies in the English language were included. No attempt was made to locate unpublished studies.

## SEARCH STRATEGY

The studies located by the Cochrane Musculoskeletal Injuries Group in Dunedin formed the basis of the literature search. This was a broad scoping search, which identified over 7000 titles of which 630 studies were considered eligible. Not all of these were relevant to the questions addressed by the guideline and it was necessary to carry out additional searching for each question.

The following search strategy was applied:

### GENERAL DATABASES

- MEDLINE (1966- current)
- EMBASE (1988 – current)
- CINAHL (1982-current)
- AMED (1985-current)
- SPORTDiscus.(1949-current)
- Current Contents (1993-current)
- PubMed (current)

### COCHRANE

- Cochrane Database of Systematic Reviews
- Controlled Trials Register
- Database of Abstracts of Reviews of Effectiveness (DARE)
- Cochrane Complementary Medicine fields trials register.

## SELECTED INTERNET SITES

- PEDRo (Physiotherapy Evidence Database) [www.ptwww.chs.usyd.edu.au/pedro/](http://www.ptwww.chs.usyd.edu.au/pedro/)
- NHS Clinical Trials [www.clinicaltrials.gov/ct/gui/c/r](http://www.clinicaltrials.gov/ct/gui/c/r)
- Health Technology Assessment for NHS [www.hta.nhsweb.nhs.uk/](http://www.hta.nhsweb.nhs.uk/)
- NHS Centre or Reviews and Dissemination [www.york.ac.uk/inst.crd/listong.htm](http://www.york.ac.uk/inst.crd/listong.htm)
- New Zealand Health Technology Assessment [www.nzhta.chmeds.ac.nz](http://www.nzhta.chmeds.ac.nz)
- Bandolier [www.jr2.ox.ac.uk/bandolier/](http://www.jr2.ox.ac.uk/bandolier/)
- National Guideline Clearing House [www.guideline.gov/index/asp](http://www.guideline.gov/index/asp)
- NHS Clinical Trials [www.clinicaltrials.gov/ct/gui/c/r](http://www.clinicaltrials.gov/ct/gui/c/r)

## REFERENCE LISTS

The reference lists of included studies and relevant reviews were checked for further trials.