

Report

MRI KNEE JOINT

CLINICAL HISTORY:

Moderate to severe pain, discomfort, and stiffness in the knee joint. Pain may be present even at rest and may be aggravated by weight-bearing activities such as walking, standing, or climbing stairs. Reduced range of motion, swelling, and deformity in the knee joint. Joint function significantly affected, with limitations in daily activities and reduced quality of life.

IMPRESSION:

Diagnosed through a combination of physical examination, medical history, and imaging studies, such as X-rays. X-ray show marked joint space narrowing, large osteophytes or bone spurs, and changes in the alignment of the knee joint.

RISK FACTORS:

Risk factors for developing knee OA, including grade 3, may include age, previous knee injuries, family history of OA, obesity, joint overuse or repetitive stress, and other underlying health conditions.

MANAGEMENT:

Treatment for grade 3 knee OA may involve a combination of conservative measures and more aggressive interventions. This may include lifestyle modifications such as weight management, regular low-impact exercise to maintain joint mobility and strengthen the muscles around the knee joint, pain relief medications, physical therapy, and possibly the use of assistive devices such as braces or orthotics. In severe cases where conservative measures are not effective, surgical options such as arthroscopy, osteotomy, or joint replacement surgery may be considered. The goal of management is to alleviate pain, improve function, and optimize quality of life.

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CONCLUSION:

The patient has been diagnosed with grade III knee OA, and a conservative management plan has been recommended. The patient will be followed up to monitor symptoms and assess response to treatment.

Moderate Degeneration of Knee Joint / KL Grade 3 Progression of Knee Osteoarthritis

Suggested clinical correlation

*** End Of Report ***

In case of any discrepancy due to typing error, kindly get it rectified immediately. This is a professional opinion, not a diagnosis.