

Symptom Analysis Report

Patient Information

Name:	Likhith Busam
Age:	20
Gender:	Male
Contact:	7993599818
Reported Symptoms:	Pain in one knee,Pain in both lower limbs
Severity Level:	Not specified

Medical Analysis

Predicted Condition: Patellofemoral Pain Syndrome (PFPS)

Clinical Description

Patellofemoral Pain Syndrome is a common condition characterized by pain around or behind the kneecap (patella). It often results from overuse, muscle imbalances (e.g., weak quadriceps or hip muscles), poor biomechanics, or sudden increases in activity, leading to irritation of the cartilage beneath the patella or surrounding soft tissues. It is particularly prevalent in young, active individuals.

Symptoms Analysis

The reported pain in one knee and both lower limbs in a 20-year-old male is highly consistent with Patellofemoral Pain Syndrome. PFPS typically presents as pain around the kneecap, often exacerbated by activities like climbing stairs, squatting, or prolonged sitting, and can lead to referred pain or discomfort in other lower limb areas due to compensatory muscle usage and biomechanical issues.

Risks if Untreated

If left untreated, PFPS can become chronic, leading to persistent pain, reduced physical activity, and functional limitations. Over time, chronic patellofemoral joint stress may contribute to degenerative changes and increase the risk of developing early patellofemoral osteoarthritis.

Recommended Medicines

- **Ibuprofen** - 400 mg by mouth every 4-6 hours as needed for pain and inflammation (Take with food to minimize gastrointestinal upset. Do not exceed 2400 mg in 24 hours.)
- **Acetaminophen** - 500-1000 mg by mouth every 4-6 hours as needed for pain (Do not exceed 4000 mg in 24 hours. Avoid if liver issues are present.)

- **Diclofenac Topical Gel 1%** - Apply 2-4 grams to the affected knee 3-4 times daily (Rub gently into the skin. Wash hands immediately after application unless hands are the treated area.)

Suggested Diet

- Incorporate anti-inflammatory foods such as omega-3 fatty acids (found in salmon, flaxseed), colorful fruits (berries), and leafy green vegetables to support healing.
- Maintain adequate hydration by drinking plenty of water throughout the day and reduce intake of processed foods, excessive sugars, and unhealthy fats which can promote inflammation.

Workout / Exercise

- Quadriceps strengthening exercises, especially targeting the vastus medialis obliquus (VMO), such as straight leg raises with external rotation, and hip abductor strengthening (e.g., clam shells, side-lying leg lifts).
- Low-impact aerobic activities like swimming or cycling to maintain cardiovascular fitness without aggravating the knee, combined with stretching for tight muscles like hamstrings, quadriceps, and IT band.