

Patient Letter 2

Dear Ms. Smith,

We are writing to follow up on your recent visit to Harmony Family Clinic on **January 6, 2025**. Below, you will find a summary of your appointment and recommendations for your ongoing care.

Summary of Appointment

During your consultation with **Dr. Michael Reynolds**, we addressed your concerns regarding recurring fatigue and joint discomfort. The following key findings were noted:

- **Condition/Diagnosis:** Early signs of osteoarthritis in the knee joints.
- **Tests Conducted:** X-ray imaging and a comprehensive blood panel.
- **Results:** The X-rays revealed mild joint degeneration, and the blood panel ruled out any signs of inflammation linked to autoimmune conditions.

Recommendations

To help manage your symptoms and improve your quality of life, we suggest the following:

1. **Physical Therapy:** We recommend scheduling sessions with a physical therapist to strengthen the muscles around your knees and improve flexibility.
2. **Lifestyle Adjustments:** Incorporate low-impact exercises such as swimming or cycling into your routine and avoid prolonged periods of standing.
3. **Pain Management:** Over-the-counter medications like **Ibuprofen** (200mg as needed) can be used to alleviate occasional discomfort.

Next Steps

We encourage you to start physical therapy within the next two weeks. Additionally, please schedule a follow-up appointment in **six weeks** to evaluate your progress and discuss further options if needed.