Transcript :

How may I help you? I'm here because I've been having some pain in my left knee for the past two months and it's not getting better. It feels stiff and I just haven't been able to, you know, use it as well as I was using it before and it's just limited some of my daily activities. Okay. And where, so the pain is in your left knee, where are you feeling the pain specifically? It isn't at the front of the knee, the sides or the back. Could you point to it? It feels like it's mostly on the front. Okay. Like deep within that kneecap. Okay. And you said the pain started two months ago? Yes. Well, it's always been a little like tender, but now it's more painful. Okay. And so, so has it been getting worse? I would say so slowly getting worse. Okay. And when you get pain in the left knee, how long does it typically last for? It usually hurts while I'm doing, like while I'm moving it or just after, but if I, if I rest, the pain eventually goes away. But when I first wake up in the morning, that joint feels stiff. And then when I start using it, I'm using it more, it's less stiff, but it becomes painful. Okay. So you have some stiffness in the morning? I do. Okay.

Summary :

The narrator explains that he is here to help a woman with pain in her left knee, which has been bothering her for two months and doesn't seem to be getting better. She says it's "stiff" and she's been having trouble using it as much as she used to before. He asks her questions about how long it usually lasts and how she deals with the pain. Turns out she has a kind of "friar" in the front of her kneecap, which hurts when she moves it, but if she rests it will eventually go away. When she uses it less, it becomes painful, but once she's started using it more, it becomes less painful. Give us an example: When you use your knee to brush your hair, it feels stiff. Okay. But when you're using it to dress, it starts to stiffen up, and then when you stop using it, it just becomes painful. That's weird. So basically what we're starting to see is that there are some differences in the ways people manage pain and care for their knees. Some people have arches in their knees, while some people have plantar fasciitis, which is inflammation. Then there are those with sciatic nerve problems, like sciatica, which involves nerve growths in the back of the legs, which causes pain when they walk or run errands. Yeah, I have one of those, too. And fibromyalgia,