





[09:40 AM]

 **Dr. Lawson:** Good morning, Mr. Reed! Can you hear and see me okay?


 **Patient:** Yes, loud and clear. Good morning, Dr. Lawson.


[09:41 AM]

 **Dr. Lawson:** Great. So I understand you were referred due to ongoing knee pain — is that right?


 **Patient:** Yes. It's been about six months now. My left knee's been really stiff, especially after walking or using the stairs.


[09:42 AM]

 **Dr. Lawson:** Is the pain dull, sharp, or more of an ache?


 **Patient:** Mostly dull, but after walking for 20-30 minutes, it becomes more intense and feels sharp when bending.

[09:43 AM]

 **Dr. Lawson:** Have you had any swelling or instability?


 **Patient:** Some swelling at night, especially after long days. No real instability — just discomfort.


[09:44 AM]

 **Dr. Lawson:** Understood. Any recent injuries, falls, or sports-related events?

 **Patient:** Not really. I used to play amateur football, but I haven't in over 10 years.


[09:45 AM]

 **Dr. Lawson:** And how does this affect your daily life?


 **Patient:** Walking my dog is difficult. Going up and down stairs takes longer, and I avoid long walks now.


[09:46 AM]

 **Dr. Lawson:** Any treatments tried so far?


 **Patient:** GP gave me ibuprofen, and I tried physiotherapy twice a week, but no major improvement.


[09:47 AM]

 **Dr. Lawson:** Did the physiotherapy include strengthening or stretching exercises?


 **Patient:** Mostly stretching — hamstrings and quads. I was told to strengthen the glutes too.


[09:48 AM]

 **Dr. Lawson:** That's a good foundation. We might need to assess the structure. Have you had imaging — X-ray or MRI?


 **Patient:** X-ray about 2 months ago. GP said mild osteoarthritis.


[09:49 AM]

 **Dr. Lawson:** I've reviewed the image. There's narrowing in the medial joint space but no severe degeneration.


 **Patient:** Okay, so what does that mean?

[09:50 AM]


 **Dr. Lawson:** It suggests early-stage arthritis, common for your age and history. It's manageable — surgery not needed yet.

 **Patient:** That's a relief.


[09:51 AM]


 **Dr. Lawson:** We'll focus on conservative management:

- Targeted physio (especially hip-knee chain)
- Weight management
- Consider knee brace support during activity


 **Patient:** I'm open to that.

[09:52 AM]

 **Dr. Lawson:** I'll refer you to MSK physio with a focus on strength and proprioception. We'll also prescribe topical NSAIDs to reduce side effects.


 **Patient:** Sounds good.

[09:53 AM]

 **Dr. Lawson:** If there's no improvement in 3-6 months, we could explore hyaluronic acid injection or guided steroid injections.

 **Patient:** Okay. Will I get those through the NHS?


[09:54 AM]


 **Dr. Lawson:** Yes, depending on outcome. You'll get a follow-up assessment at that point.

 **Patient:** Got it.


[09:55 AM]


 **Dr. Lawson:** Lastly — any questions?

 **Patient:** Just whether I can still cycle or use the rowing machine.


 **Dr. Lawson:** Yes, absolutely. Low-impact cardio is great. Avoid heavy squats or uneven terrain for now.


[09:56 AM]

 **Patient:** Thank you — really appreciate it.

 **Dr. Lawson:** No problem, Mr. Reed. I'll send you everything in writing and your physio referral will go out today.

[09:57 AM]

 **Patient:** Cheers, Dr. Lawson. Bye!

 **Dr. Lawson:** Take care — goodbye!