

Patient Name: Kavita Verma
Age: 55 years
Gender: Female
Nationality: Indian

Chief Complaint: The patient presents with chronic knee pain and difficulty walking.

History of Present Illness: The symptoms started several years ago and have progressively worsened. The patient reports pain, stiffness, and swelling in both knees, especially after prolonged periods of activity or in the morning. The pain limits mobility and affects daily activities.

Medical History: The patient has a history of osteoarthritis.

Physical Examination: Joint examination reveals tenderness, crepitus, and limited range of motion in the affected knees. No other abnormal findings.

Investigations: X-rays show joint space narrowing and osteophyte formation in the knees.

Diagnosis: The patient is diagnosed with bilateral knee osteoarthritis.

Treatment Plan: The patient will be started on conservative management, including pain medications, physical therapy, and assistive devices (e.g., knee braces, canes). Intra-articular injections, such as corticosteroids or hyaluronic acid, may be considered. Surgical options, such as knee replacement, may be discussed if conservative measures are ineffective. Regular follow-up appointments will be scheduled to monitor symptoms and adjust the management plan as needed.