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Specialist Musculoskeletal Service

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09 May 2024
 (Clinic: 09 May 2024)

Mr Kieran Weledji
 Physiotherapist
 Outpatient Physiotherapy Department
 One Life
 Linthorpe Road
 Middlesbrough
 TS1 3QY

Dear Kieran,

Re: **Mr Paul Van Schaik** D.O.B - 18 May 1959
16 Kader Avenue Acklam Middlesbrough TS5 8NQ

Diagnosis: Right lateral knee pain

Mr Van Schaik attended the MSK Service today for a review regarding his right lateral knee pain. He informed me that he has been managing his exercises and experienced some soreness when doing the iliotibial band exercise but does manage the other exercises fine. He also informed me that he attended for his knee x-ray; which reported:

Right knee: There are mild osteoarthritic changes demonstrated to the medial tibiofemoral joint compartments with slight reduction in joint space. The lateral tibiofemoral and the patellofemoral joints appear relatively well preserved. No significant interval changes since the previous imaging from 23/06/2020.

He is not aware of any redness, heat or swelling in the knee and there have been no episodes of locking or giving way.

On examination there was no redness, heat or swelling. He had full range of movement in both of his knees and were painfree. There was crepitations in both patellofemoral joints with pain on compression. Orbits test was positive but certainly improved in comparison with previous assessment. Hamstrings and hip flexors remain very tight and there was some improvement in the glute function on the right hand side.

