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South Tees Hospitals



NHS Foundation Trust

Specialist Musculoskeletal Service

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15 Aug 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

I had a telephone review with Paul today, regarding his lateral knee pain. Paul informed me that he is pretty much in the same situation as he was when we last had contact no better no worse. The main area of his pain is over the lateral aspect of his knee.

We discussed the recent x-ray report which I received this morning-

FINDINGS: Medial meniscus, horizontal tear of the posterior horn extending to the inferior articular surface. The posterior horn and body appear a little reduced in volume and there is irregularity of the free edge. Lateral meniscus, diffuse signal within the anterior root, and to a lesser extent within the posterior horn, likely degenerative rather than a tear. Ligaments intact. Extensor mechanism intact. Minor lateral patellar tilt. Surface fissuring of the patellar articular cartilage. Chondral thinning and fissuring over the weightbearing medial femoral condyle and a small focus of subchondral oedema on the medial tibial plateau. No focal chondral defects within the lateral joint compartment. Minor fluid in the joint. Inflammatory oedema deep to the iliotibial band.

CONCLUSION: Horizontal tear of the posterior horn of the medial meniscus as described. Early chondromalacia of the patella and medial femoral condyle. Mild inflammation deep to the iliotibial band.

