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### Specialist Musculoskeletal Service

**Team Members:**

**Heidi Clark** Clinical Lead/ Advanced Podiatry Practitioner

**Dr B Blackledge GPwSI**

**Dr A Gongloor GPwSI**

**Anne Hardy** Advanced Physiotherapy Practitioner

**Tracy O'Brien** Advanced Physiotherapy Practitioner

**Ben Senior** Advanced Physiotherapy Practitioner

**Maxine Glen** Advanced Physiotherapy Practitioner

**Paul Rodger** Advanced Podiatry Practitioner

**John Willet** Advanced Podiatry Practitioner

Musculoskeletal Service

One Life

Linthorpe Road

Middlesbrough

TS1 3QY

Tel: 01642 854664

[www.southtees.nhs.uk/services/musculoskeletal](http://www.southtees.nhs.uk/services/musculoskeletal)

MG/MK/NHS NO - 628 197 5472

18 Mar 2024

(Clinic: 18 Mar 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 knee pain- likely degenerative Right knee, Iliotibial band friction syndrome (chronic) and gluteal muscle weakness.**

Mr Van Schaik attended the MSK Service today due to chronic lateral right knee pain. Mr Van Schaik reported a 30-year history of right knee pain. He reported that his pain initially started after a long walk many years ago and has since had intermittent episodes of pain when walking and driving. Mr Van Schaik reported seeing several Orthopaedic Surgeons and physiotherapist over this time and has had? a debridement surgery of his right knee a number of years ago without any benefit. Mr Van Schaik reported mainly right lateral knee pain, which is exacerbated mostly by walking and driving, such that he has now stopped driving. Mr Van Schaik denies any locking or giving way in his knee and also denies any episodes of redness/heat/swelling in his knees.

Objectively the right knee was slightly larger bony than the left nil redness/heat/swelling noted in the knee. There were significant gluts wasting noted on the right greater than the left and there was an approximate shortening of 1cm; right shorter than left for which his an insole provided by orthotics annually. Mr Van Schaik had good, pain free hip ROM bilaterally. The right knee had slightly reduced flexion with a springy end feel and medial knee pain

