Patient case; Knee

Anna, 47 years old

Clinical history:

Anna reports pain in her right knee and, to a lesser extent, in her left knee. Her symptoms have gradually worsened over the past year. She experiences stiffness and pain in the morning or after prolonged sitting. Walking longer distances causes pain, and climbing stairs can also be painful. She sometimes experiences pain when turning over in bed at night.

Anna has no significant past medical history, and she has a desk-based job. She underwent knee surgery for a meniscal injury 20 years ago, although she does not believe this is related to her current symptoms.

She had initially wanted to see a physician to have an X-ray but was required to attend a rehabilitation appointment first.

She previously went for daily walks but now walks for approximately 30 minutes twice a week. No other medical conditions reported.