

Physiotherapy note

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Community Physiotherapy

Physiotherapy Note - Initial Knee Assessment

Patient: Evelyn Hart

Date of assessment: 10 August 2026

Time: 3:00 pm

Clinician: Physiotherapist

Service: Community Physiotherapy

Encounter type: Initial assessment

Reason for assessment

Referral from general practice for physiotherapy following worsening right knee pain and reduced function. The assessment focused on knee strength and mobility.

Background

Ms Hart is a 67-year-old woman with a history of right knee osteoarthritis, obesity, and hypertension. She is independent but reports reduced activity because of knee pain. A recent right knee X-ray (3 August 2026) confirmed moderate medial compartment osteoarthritis with no fracture. At a GP review on 5 August 2026, walking distance was noted to be reduced and there was no locking. The GP recommended conservative treatment and referral to physiotherapy. Ms Hart is currently taking amlodipine 10 mg once daily and paracetamol 1 g up to three times daily as required.

Assessment findings

Quadriceps weakness was identified on assessment.

Management

A home exercise program was started during this session. A six-week rehabilitation plan was commenced.

Follow-up

The physiotherapy program remains outstanding, with a planned review due by 21 September 2026. A non-urgent orthopaedic review is also outstanding, due by 28 September 2026.

No medication changes were made at this appointment.