

Physiotherapy note

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Community Physiotherapy

Physiotherapy Progress Review

Patient: Evelyn Hart

Age: 67 years

Sex: Female

Date: 24 August 2026

Service: Physiotherapy

Encounter: Progress review - knee rehabilitation

Reason for review

Review of knee rehabilitation progress.

Subjective

Evelyn reports improved tolerance of stairs. She reports that knee pain has reduced but persists.

Relevant background

Right knee X-ray on 3 August 2026 showed moderate medial compartment osteoarthritis with no fracture. GP results review on 5 August 2026 noted reduced walking distance and no locking, with a plan to continue conservative treatment and refer to physiotherapy. Initial physiotherapy assessment on 10 August 2026 identified quadriceps weakness and a home exercise program was started as part of a six-week rehabilitation plan.

Findings

Improved stair tolerance.

Pain reduced but persists.

Assessment

Progress is consistent with the current rehabilitation plan.

Plan

Continue the exercise program as part of the six-week rehabilitation plan. The physiotherapy program remains outstanding, due 21 September 2026. Non-urgent orthopaedic review remains outstanding, due 28 September 2026.