
Right knee injury: medical records

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Referral to physiotherapy

4 February 2026

Dear colleague, I would be grateful if you could see this patient, who has had pain in the right knee for around three months after a fall while running.

Examination shows mild swelling and some tenderness along the inner joint line. Movement is slightly reduced. There is no locking or giving way.

An X-ray showed no fracture. I have advised rest from running, simple pain relief and ice, and would appreciate your assessment and a strengthening programme.

Yours sincerely, Dr A. Mensah

Radiology report: right knee

28 January 2026

Two views of the right knee. No fracture or dislocation is seen. Joint spaces are preserved.

There is a small joint effusion. No loose bodies. Soft tissues otherwise unremarkable.

Conclusion: small effusion, no bony injury.

Current medication

4 February 2026

Printed from the practice record. Please bring this list to every appointment and tell us about any changes.

Medicine	Dose	Since
Ibuprofen 400mg	Up to three times daily	Jan 2026
Paracetamol 500mg	Two tablets up to four times daily	Jan 2026
Cetirizine 10mg	Once daily in spring	2019

Discharge summary

30 March 2026

Seen for six sessions between February and March for right knee pain following a fall.

At discharge the swelling has resolved, strength is equal on both sides and the patient has completed two pain-free 5km runs.

Re-referral is not needed unless symptoms return. Discharged back to the care of the GP.

Discharge summary (continued)

Treatment focused on quadriceps and hip strengthening, balance work and a graded return to running.

Advised to continue the home programme three times a week for a further six weeks.

Home exercise sheet given and explained.