Al Rowad Specialist Hospital
Orthopaedic Clinic

Your visit summary

Prepared after your visit and approved by your doctor

Patient	MRN	Visit date	Doctor
Fahad Nasser Almutairi	**DEMO-104382**	**28 October 2026** Visit no. V-2026-118204	**Dr. Reem Alotaibi** Consultant Orthopaedic Surgeon

1 What is my condition?

Mild osteoarthritis of the right knee

2 What should I do?

- Reduce strenuous activities.

3 When do I come back?

In 4 weeks

Book before you leave the hospital or call us.

Why you came

Right knee pain for two weeks.

What your doctor found

- Mild osteoarthritis (wear) found on examination.

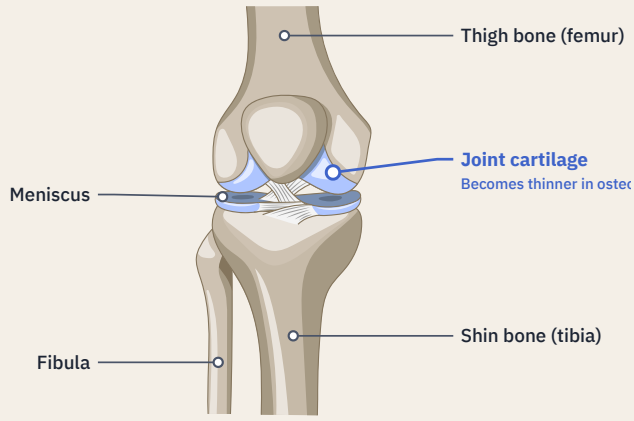
Understanding your condition

Mild osteoarthritis of the right knee

Knee osteoarthritis means the smooth cartilage covering the ends of the bones inside the knee has become thinner and rougher over time.

Cartilage works like a smooth cushion that lets the bones glide when you move. When it thins, you may feel pain or stiffness, especially after sitting for a long time or when climbing stairs.

Osteoarthritis is very common and its severity varies from person to person. Many people improve with regular movement and strengthening the muscles around the knee.



Knee joint — anterior view — right knee. A general illustration, not an image of your body.

Your doctor's instructions

- [ ] Reduce strenuous activities.

DEMO — fictitious data

Your medicines

Medicine	How to use (as on your prescription)
Paracetamol 500 mg tablets	Two tablets when needed every 6 hours, no more than 8 tablets a day
Diclofenac 1% gel	Apply to the right knee 3 times a day for two weeks

Always follow your prescription and the medicine label. Ask your pharmacist if anything is unclear.

Looking after yourself at home

- Keep moving every day as much as you can manage; long periods of complete rest can increase stiffness.
- Spread demanding activities through the day and take short breaks between them.
- Warm or cold packs can ease pain and stiffness for some people; protect the skin with a cloth.
- Wear comfortable, supportive shoes.
- If you are overweight, gradually losing weight reduces the load on your knee and can help the pain.

General information about this condition. Your doctor's instructions above come first.

⚠ Get medical help straight away if

- **The knee becomes hot, red and very swollen, especially with a fever.**
- **You cannot stand or put weight on the leg.**
- **The knee becomes very painful, badly swollen or changes shape.**
- **Pain, swelling or redness in the calf.**

In an emergency call 997 or go to the nearest emergency department

Your next appointment

In 4 weeks

Book before you leave the hospital or call us. — 800 124 0000

Approved by	Approved at	Document ID	Version
Dr. Reem Alotaibi	**28 October 2026, 9:31**	**AVS_DEMO_KNEE**	**v1 · 9cf109e3**

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This summary does not replace your prescription or contact with your doctor. Questions? Call the clinic: 800 124 0000

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