Jacky, a 68-year-old woman suffers from knee pain, predominantly on the right side. The pain started when she fell on the knee 3 months ago when she was hit by a bike. The knee was instantly swollen and the swelling is still there, but less. There was no discoloration or hematoma present after the fall and she could walk, although it was painful directly after the accident.
The pain has decreased since the accident (the first week it was painful 24 hours), but she still reports some instability every once in a while which she calls “going through her knees”. Sometimes she has a different sensation in the leg, like it’s numb. Her knee feels stiff, especially in the morning and it takes her a while to get going. There is no night pain anymore. NPRS max (7/10), NPRS average (5/10), NPRS rest (0/10).
Jacky is worried because she does not know why the pain and stiffness are still there and it’s challenging for her to keep up with her husband during the walks (PSC 7/10 for walking >10min), it hurts when she is getting up from a chair (PSC 5/10) and she can’t kneel down anymore. Walking stairs is challenging with PSC 8/10.
She is having difficulties with walking the dog at the moment, which she really misses as this is her favorite hobby.
When the pain becomes very strong, she usually takes pain killers (Ibuprofen 3x600mg per day). The couple lives on the second floor without access to an elevator. Their three kids visit them about once a week. She has a BMI of 33 and high blood pressure.

1) Which potential red flags do you recognize in this case?
– Follow the 6 steps you learned during the screening chapter in order to perform a complete screening process for this case.

* Trauma - fracture

2) Is this case an indication for physiotherapy or do you have to refer back?

* Could refer back to get an x-ray to rule out fracture as precautionary but is a case for physiotherapy
	+ Is able to weight bear
	+ Trauma was 3 months ago
	+ Symptoms have improved since trauma
	+ Still swollen but can take 6 months to fully resolve
	+ Symptoms: instability, numbness, pain (reducing, esp with NSAIDs), difficulty with stairs/kneeling/walking/STS
	+ Psychosocial element - can’t keep up with husband / walk dog - hobby