

Préparation de la consultation

Préparé par le patient · 16 octobre 2026

Motif de consultation, dans les mots du patient :

Pain in my right knee for three weeks, worse on stairs and when I get up.

(texte original du patient, non traduit)

Zone concernée Jambes et pieds

Symptômes, selon le patient

Symptôme	Depuis	Début	Fréquence	Intensité (0 à 10)
douleur (right knee)	3 weeks	progressif	plusieurs fois par jour	6/10
troubles du sommeil	2 weeks	progressif	quelques fois par semaine	4/10

Plus gênant Le matin, Après un effort

Aggravé par le mouvement, l'effort

Soulagé par le repos, un médicament

Chronologie

- 25 Sept : Started after a long hike
- 5 Oct : Knee swollen in the evening

Déjà essayé

- Ice and rest : ça a aidé
- Paracetamol : ça n'a pas aidé

Traitements en cours

- Ventolin inhaler, 100 mcg, when needed

Allergies

- Penicillin (Médicament)

Antécédents

Problèmes de santé connus Asthme

Opérations Appendix removed (2010)

Retentissement

Ce problème empêche de Faire du sport, Dormir, Travailler

Ce qui inquiète le patient :

That it is a torn ligament and I will need surgery.

(texte original du patient, non traduit)

Questions du patient

- Do I need an X-ray or an MRI?
- Can I keep running in the meantime?

Consultation summary — your copy

Prepared by the patient · 16 October 2026

This is your copy, in your language, of the summary prepared for your doctor. The answers are your own.

Reason for visit, in the patient's words:

Pain in my right knee for three weeks, worse on stairs and when I get up.

Area concerned Legs and feet

Symptoms, as reported by the patient

Symptom	Since	Onset	How often	Strength (0 to 10)
pain (right knee)	3 weeks	gradual	several times a day	6/10
sleep problems	2 weeks	gradual	a few times a week	4/10

Worst In the morning, After physical effort

Worse with movement, physical effort

Better with rest, a medicine

Timeline

- 25 Sept : Started after a long hike
- 5 Oct : Knee swollen in the evening

Already tried

- Ice and rest : it helped
- Paracetamol : it did not help

Current medicines

- Ventolin inhaler, 100 mcg, when needed

Medicine names are as entered by the patient and may be French brand names.

Allergies

- Penicillin (Medicine)

Medical history

Known conditions Asthma

Operations Appendix removed (2010)

Impact

This problem stops the patient from Doing sport, Sleeping, Working

What worries the patient:

That it is a torn ligament and I will need surgery.

Patient's questions

- Do I need an X-ray or an MRI?
- Can I keep running in the meantime?

EXAMPLE