

Summary

Mrs P a 67 years old housewife presented to the routine rheumatology clinic for follow up. She is diagnosed with bilateral knee osteoarthritis. Initially she had severe limitations in performing ADL. Her examination showed a waddling gait, deformed bilateral knees and mild effusion on left knee with limitation of movements. Radiological findings show severe joint space reduction and sub-articular sclerosis. She is treated with oral NSAIDs and local NSAIDs. She also attends physiotherapy sessions. With above medications and physiotherapy her pain is settled and she can perform her ADL with only mild assistance.