



GEOGRAPHE BAY ORTHOPAEDICS

GORDON HAY

MBBS(UWA) FRACS(Orth)
ORTHOPAEDIC SURGEON

20 March 2024

Dr Lillian Daniels
Manjimup Medical Centre
3/34 Rose Street
MANJIMUP WA 6258

Re: Nicole Leal
3 Beresford Avenue Manjimup WA 6258
DOB: 27.4.1989
0400185708

Dear Dr Daniels,

Operation: Right knee arthroscopy, removal of loose bodies and chondroplasty to 20 mm x 15 mm chondral defect medial femoral condyle.

Management Plan: Ongoing physiotherapy-guided rehab. Review in six to seven months. ?For OATS procedure.

I reviewed Nicole now three months post left knee arthroscopy, removal of loose bodies and chondroplasty. At the time of surgery she had a significant chondral defect in the medial femoral condyle. She does report ongoing improvement in her pain and function. She is working with the physiotherapist on strengthening and rehab.

I have advised her against running and cutting sports and plyometric exercises due to the impact loading. I have recommended cycling, swimming, Pilates and gym-based exercises to maintain her strength and fitness. I would like to review Nicole again in six to seven months' time. If she has ongoing good pain and function in the knee, then we could continue with conservative measures, otherwise there may be a role for osteochondral autologous transfer surgery.

Kind regards,

Sighted but not signed

Mr Gordon Hay

cc: Southern Forest Physiotherapy, Shop 3 5 Pritchard Street MANJIMUP WA 6258,