

# Dr Alex Nicholls

BMedSc(Hons) MBBS MSc(Oxon) FRACS FAOrthA  
Adult & Paediatric Knee Surgeon

**The  
(Knee)  
Institute**

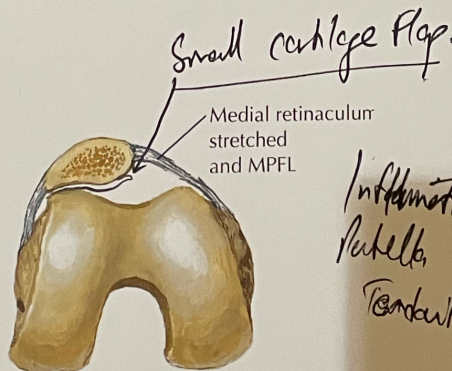
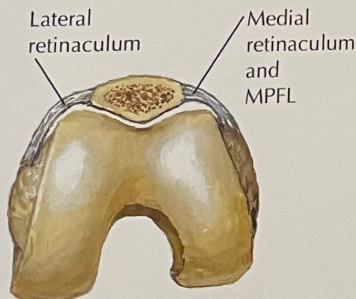
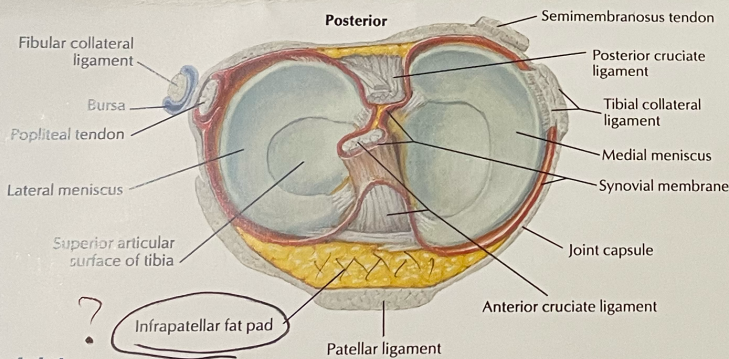
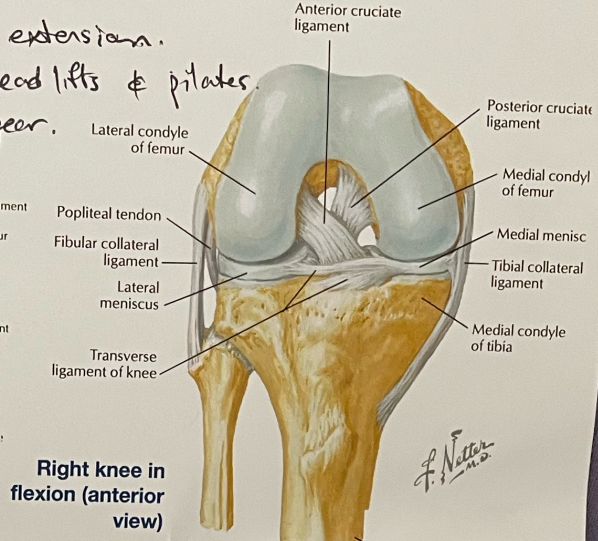
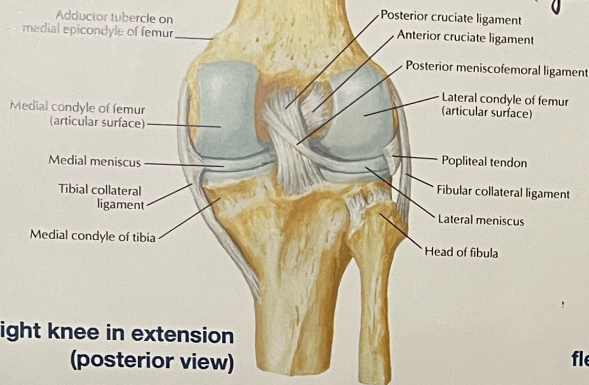
At Landmark Orthopaedics

**PATIENT NAME:** Eliza Talbot - Williams

**DIAGNOSIS:** - Small chondral flap on Retropatellar Surface (5mm).  
- Small Area of Patella Tendinitis.

## TREATMENT:

- ↳ No squats, lunges or knee extensions.
- ↳ Trial of reverse sled pulls, dead lifts & pilates.
- ↳ Surveillance MRI scan in 1 year.



Inflammation  
Patella  
Tendinitis

