

**Munir, Hussain**

**DOB:** January 20th, 1984

**MRN:** 789

**Date:** January 26th, 2022

**Follow-up:** 1 month

**Diagnosis:** Peripheral tear of medial meniscus, current injury, left knee, initial encounter

**Work Duty:** Full duty

**Chief Complaint:** Left Knee ,

**History Of Presenting Illness:**

Hussain Munir is a very pleasant 38 year old male who presents with the complaint of , at Left Knee. He states the symptoms have been present since January 3rd, 2022, at moderate to severe level intensity. He "admits to twisted knee". He states symptoms are worse with weightbearing walking pivoting stairs and squatting and get better with ice rest and medication. He denies any radiating symptoms. He has received treatment for this issue in the past. Cortisone He has taken the following medications to help with this condition: MOTRIN (Oral Pill) 800 mg 3x Daily ,

**Allergies:**

1. ZOCOR (Oral Pill) Zocor reaction

**Medications:**

1. ZOCOR (Oral Pill)-4-mg 2x Daily
2. SYNTHROID (Oral Pill)-25-mg 2x Daily
3. amLODIPine (Oral Pill) mcg 1x Daily

**Past Medical History:**

1. anxiety
2. asthma
3. COPD/Emphysema
4. high blood pressure
5. seizure disorder

**Past Surgical History:**

**Family History:**

**Mother's Conditions:** Hypertension and Arthritis

**Fathers's Conditions:** Heart Disease Cancer and Stroke

**Grand Parents Conditions:** Cancer Hypertension and Stroke

**Siblings Conditions:** Hypertension Stroke and Blood Clots

**Social History:**

**Martial Status:** single

**Smokes:** yes - 1 pack/daily

**Drinks:** yes - 1 per sitting/daily

**Review of Systems:****General:** fever or chills and trouble sleeping**Neurological:** tingling**Skin:** none**Hematologic:** none**Musculoskeletal:** Muscle or joint pain and back pain**Endocrine:** none**Psychiatric:** none

**Physical Examination:** Hussain Munir is an a&o x 3 male that appears equal to the stated age. He has a pleasant demeanor. He is able to follow instructions. He is in no acute distress.

**Vitals**

Ht: 5' 4"

Wt: 185 lbs

BMI: 31.751709

BP: 120/80

Pulse: 60

RR: 14

**Skin Exam positive for:**

- Edema

**Range of motion:** External Rotation: Right: , Left: 10**Left Knee Strength:**

Right Strength	Name	Left Strength
5/5	Hip Flexion	5/5
5/5	Hip Extension	5/5
5/5	Hip Abduction	5/5
5/5	Knee Flexion	4/5
5/5	Knee Extension	4/5

The patient has a positive:

- McMurray on the left
- Pivot Shift on the left
- Pain with Flexion on the left
- McMurray on the left
- Pivot Shift on the left
- Pain with Flexion on the left

The patient has a negative:

- McMurray on the right
- Pivot Shift on the right
- Pain with Flexion on the right
- McMurray on the right
- Pivot Shift on the right
- Pain with Flexion on the right

### **Diagnostic Studies:**

Four view x-rays of the left knee demonstrate no fractures or dislocations no degenerative joint changes overall well appearing x-rays

### **Assessment:**

Hussain Munir is a 38 year old male with: Peripheral tear of medial meniscus, current injury, left knee, initial encounter

**Plan:** Hussain Munir presents signs and symptoms consistent with: Peripheral tear of medial meniscus, current injury, left knee, initial encounter

Diagnosis, diagnostic studies, and treatment plan was reviewed with the patient at today's visit.

Treatment plan includes:

- NSAIDS
- Tylenol
- Cortisone
- Hinged knee brace

The patient will follow up in 1 month.

### **Work Duty:**

Full duty