

Smith, John

DOB: January 20th, 1984

MRN: 789

Date: February 2nd, 2022

Follow-up: 1 month

Diagnosis: unilateral primary osteoarthritis, right knee (m17.11), and pain in right knee (m25.561)

Work Duty: Full duty

Chief Complaint: right knee pain

History Of Presenting Illness:

John Smith is a very pleasant 38 year old male who presents with the complaint of dull ,achy ,sore pain to his right knee. He states the symptoms have been present since January 1st, 2021, at mild to severe level intensity. He denies any injury. He states symptoms are worse with weightbearing, walking, 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 including Cortisone Viscosupplementation He has taken the following medications to help with this condition: TYLENOL (Oral Pill) 500 mg 3x Daily

Allergies:

1. Levothyroxine (Oral Pill)
2. ZOCOR (Oral Pill) Reaction

Medications:

1. SYNTHROID (Oral Pill)-25-mg 2x Daily
2. amLODIPine (Oral Pill) mcg 1x Daily
3. Simvastatin (Oral Pill)-100 mcg 2x Daily

Past Medical History:

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

Past Surgical History:

- Knee arthroplasty - total
- Carpal tunnel release

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

Social History:**Occupation:** Engineer**Martial Status:** single**Smokes:** yes - 1 pack/daily**Drinks:** yes - 1 per sitting/daily**Hand Dominance:** left**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: John Smith 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' 8"

Wt: 180 lbs

BMI: 27.365917

BP: 120/80

Pulse: 64

RR: 15

Skin Exam positive for:

- Edema

The Patient has tenderness to palpation at:

- Anteromedial Joint Line Knee
- Anterolateral Joint Line Knee
- Male_Skeletal_Patella_Right_Geo

Range of motion:

- Right Knee Flexion 10-100° Left Knee Flexion 0-130°
- Right Hip Flexion 0-120° Left Hip Flexion 0-120°
- Right Hip Extension 0-20° Left Hip Extension 0-30°
- Right Hip Abduction 0-20° Left Hip Abduction 0-45°
- Right Hip Internal Rotation 0-30° Left Hip Internal Rotation 0-30°
- Right Hip External Rotation 0-60° Left Hip External Rotation 0-60°

Strength:

| Right | Name | Left |
|-------|----------------|------|
| 5/5 | Hip Flexion | 5/5 |
| 5/5 | Hip Extension | 5/5 |
| 5/5 | Hip Abduction | 5/5 |
| 4/5 | Knee Flexion | 5/5 |
| 4/5 | Knee Extension | 5/5 |

Reflexes:

| Right | Name | Left |
|-------|------|------|
|-------|------|------|

The patient has a positive:

- Patellofemoral Grind on the right Knee
- Pain with Flexion on the right Knee
- Pain with Extension on the right Knee

Assessment: John Smith is a 38 year old male with:

1. Unilateral primary osteoarthritis, right knee (M17.11)
2. Pain in right knee (M25.561)

Plan: John Smith presents signs and symptoms consistent with: unilateral primary osteoarthritis, right knee (m17.11), and pain in right knee (m25.561)

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

Treatment plan includes:

- NSAIDS
- Tylenol
- RICE
- Cortisone
- Hinged knee brace

The patient will follow up in 1 month.

Work Duty:

Full duty

Ali, M.D.

Ali

1/31/2022, 9:16:31 PM