

Smith, John

DOB: January 20th, 1984

MRN: 789

Date: February 9th, 2022

Follow-up: 1 month

Diagnosis: unilateral primary osteoarthritis, right knee (m17.11)

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, pivoting, and stairs and get better with rest, ice, and medication. He denies any radiating symptoms. He has received previous treatment including physical therapy which started on Dec 1, 2021 and has completed 6 sessions. He has taken the following medications to help with this condition: TYLENOL (Oral Pill) 500 mg BID

Allergies:

1. Levothyroxine (Oral Pill)
2. Acetaminophen/Codeine (Oral Pill) Hallucinations
3. Penicillin V potassium (Oral Pill) Hives

Medications:

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

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**Marital 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: 163 lbs

BMI: 24.781359

BP: 120/80

Pulse: 64

RR: 14

Skin Exam positive for:

- Edema

The Patient has tenderness to palpation at:

- Anteromedial Joint Line Knee
- Anterolateral Joint Line Knee
- Right_Anteromedial_Joint_Line
- Right_Anterolateral_Joint_Line

Range of motion:

- Right Knee Flexion 10-110° Left Knee Flexion 0-120°

Spine Strength:

| Name | value |
|------------------------|-------|
| Cervical Spine Flexion | 5/5 |

| | |
|---------------------------|-----|
| Cervical Spine Extension | 5/5 |
| Thoracic/Lumbar Flexion | 5/5 |
| Thoracic/Lumbar Extension | 5/5 |

Reflexes:

| Right | Name | Left |
|-------|-----------------|------|
| | Biceps | |
| | Triceps | |
| | Brachioradialis | |
| | Patellar Tendon | |
| | Achilles | |

The patient has a positive:

- Patellofemoral Grind on the right Knee

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

1. Unilateral primary osteoarthritis, right knee (M17.11)

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

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

