

**Smith, John**

**DOB:** January 20th, 1984

**MRN:** 789

**Date:** February 9th, 2022

**Follow-up:** 6 weeks

**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 February 1st, 2021, at mild to severe level intensity. He denies any injury. He states symptoms are worse with weightbearing, walking, and pivoting and get better with ice, rest, bracing, and medication. He denies any radiating symptoms. He has received previous treatment include Cortisone and physical therapy which started on Dec 1, 2021 and has 8 sessions completed. 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. 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
- Arthroscopy

**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:

Wt:

BMI: 0.0

BP:

Pulse:

RR:

**Skin Exam positive for:**

- Edema

**The Patient has tenderness to palpation at:**

- Anteromedial Joint Line Knee
- Anterolateral Joint Line Knee
- Plane042
- Plane041

**Range of motion:**

- Right Knee Flexion 10-100° Left Knee Flexion 0-130°

**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 6 weeks.

**Work Duty:**

Full duty

