

HISTORY OF PRESENT ILLNESS

The patient is here today for evaluation of left knee pain.

She reports experiencing mild discomfort in her left knee, which began approximately a month ago. She has been under the care of a pain specialist who diagnosed her with osteoarthritis and identified the presence of fluid in the knee. The specialist recommended immediate knee replacement surgery, a suggestion she is currently hesitant to accept. She has recently completed a course of physical therapy for her overall health issues.

PHYSICAL EXAM

Musculoskeletal:

Left knee: Trace effusion, tenderness to palpation diffusely, full range of motion, no obvious ligamentous instability

RESULTS

Imaging

- X-ray of the left knee: Bone on bone arthritis of the medial compartment of the left knee

PROCEDURE

A cortisone injection was administered in the left knee today.

ASSESSMENT AND PLAN

1. Osteoarthritis of the left knee:

A cortisone injection was administered in the left knee today to address discomfort. Treatment options discussed include arthritis medications such as ibuprofen, steroid injections, gel injections, physical therapy, braces, or knee replacement.

Follow-up

Follow-up appointment scheduled in a couple of weeks to ensure improvement in symptoms.