



3601 Caldwell Dr  
Soquel, CA 95073 - 2055  
PH: 831-576-3000  
FAX: 831 461-3641

**PROGRESS NOTE**

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
David	Ganschow	01-23-1991	Male
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Solinda Lim, NP		09-19-2023	SCL56909
Insurance:	Employer:	Claim Number:	Date of Injury:
Sedgwick	County of Santa Cruz WC	4A230957WLB-0001	08-31-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Santa Cruz		3601 Caldwell Dr, Soquel CA 95073 - 2055	

**History of Present Illness**

Patient is a 32 year old male.

Patient is a 32 year old male. History of present illness: patient is a 32-year-old corrections officer, who was performing a training maneuver that required him to redirect air resistant person. While performing this training, he fell sideways against a wall and twisted his knee in an unknown direction. At the time he felt a pop in the left knee with severe pain. Initially was significantly painful and he felt that he sustained severe knee damage. It's time we're on the pain subsided. He placed ice over the area and now has very mild symptoms.

**Surgical History**

No Known Surgical History

**Allergy**

Demerol .

**Current Medication**

Tylenol

**Vitals**

Pain scale was 0 out of 10.

**Pulse:** 70 per min.

Pulse rhythm regular: Yes

**BP Systolic (Second Reading):** 122 mmHg.

**BP Diastolic (Second Reading):** 76 mmHg.

**Physical Examination**

Patient is alert and appears in no acute distress.

**KNEE EXAM**

A. LATERALITY: Left

B. VISUAL INSPECTION: No gross deformity, no swelling, no ecchymosis, or any open wounds.

C. PALPATION: No tenderness to palpation.

D. ACTIVE RANGE OF MOTION:

FLEXION 0 to 135 degrees

EXTENSION 0 degrees

VARUS 0 to 2 degrees

VALGUS 0 to 6 degrees

E. NEUROVASCULAR: Capillary refill less than 2 seconds.

F. SPECIALTY TESTS: Negative Varus and Valgus maneuvers for lateral and medial collateral ligament stability. Negative Anterior and Posterior Drawer tests. Negative McMurray's test.

G. CONTRALATERAL SIDE: Exam is normal.

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**Orders:**

**Assessment and Plan**

**ICD: Sprain of left knee (S83.92XA)**

**Assessment:** Patient states left knee is better. He currently complains of 1/10 soreness and mild discomfort over the anterior medial aspect of the knee

No tenderness to palpation of the lateral or anterior posterior aspect. He is able to walk without difficulty. No locking buckling or instability. No swelling noted.

**Plan:** Continue normal activity as tolerated. Take OTC medication and icing as needed for pain. Keep left leg elevated as needed for swelling. Return to full duty No f/u appointment needed

**CPT Codes:**

Office O/p Est Low 20-29 Min (99213)

**E and M Time Factor/ Medical Decision Making Notes:**

**Number and Complexity of Problems Addressed**

1 acute, uncomplicated illness or injury

**Risk of Complications and/or Morbidity or Mortality of Patient Management**

Low risk of morbidity from additional diagnostic testing or treatment

**Follow up: -**

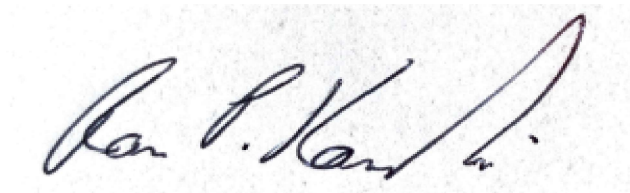


Ganschow, David DOB:01-23-1991

Solinda Lim NP

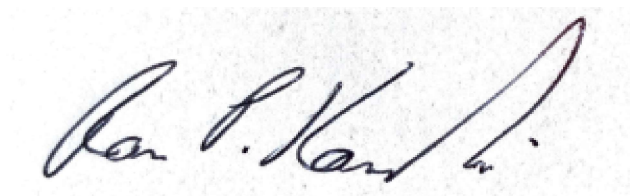
*This has been electronically signed by Solinda Lim NP for visit dated 09-19-2023.*

Clinic Address: 3601 Caldwell Dr, Soquel CA 95073 - 2055

A handwritten signature in black ink, appearing to read "Roman P. Kownacki MD". The signature is written in a cursive, flowing style with a large, prominent loop at the end.

Roman Kownacki MD  
Supervising Provider

This has been electronically signed by Roman Kownacki MD for visit dated 09-19-2023.

A handwritten signature in black ink, appearing to read "Roman P. Kownacki MD". The signature is written in a cursive, flowing style with a large, prominent loop at the end.

Roman Kownacki MD  
Rendering Provider

This has been electronically signed by Roman Kownacki MD for visit dated 09-19-2023.