



445 E Anaheim Street Suite L  
Wilmington, CA 90744 - 4600  
PH: 562 267-3798  
FAX: 562-222-3883

**PROGRESS NOTE**

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Carlos	Nava	10-02-1975	Male
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Shayla Matthews, FNP-C		09-19-2023	SCL48375
Insurance:	Employer:	Claim Number:	Date of Injury:
City of Long Beach	City of Long Beach_Workers' Compensation	20240177	07-24-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Wilmington		445 E Anaheim Street, Suite L, Wilmington CA 90744 - 4600	

**History of Present Illness**

Patient is a 47 year old male.

Patient evaluated today for follow up visit of right medial meniscus tear. Patient reports occasionally pain but it still maintaining full duty. No change in condition.

**Past Medical History**

Knee surgery RT since 2008.

**Surgical History**

Right knee sx .

**Allergy**

No Known Drug Allergies.

**Current Medication**

No Known Current Medication

**Social History**

**Work History:** He is employed - full time. Police officer . He has been in the current profession for 24 years. He previously worked for Restaurant as a

**Use of Drugs/Alcohol/Tobacco:** Drinks alcohol once or twice a week. Smoking Status (MU) never smoker. Reports consuming caffeine/cafeinated drinks 1-2 cup a day. He has never used any illicit drugs. He denies using street drugs with a needle.

### Vitals

Pain scale was 7 out of 10.

**Weight:** 229.00 lbs.

**Height:** 67.00 inches.

**Temperature:** 97.00 F.

**Pulse:** 69 per min.

Pulse rhythm regular: Yes

**Respiration:** 17 breaths per min.

**BMI:** 36.

**BP Systolic:** 140 mm Hg.

**BP Diastolic:** 92 mmHg.

**Pulse Oximetry:** 99

### Physical Examination

#### KNEE EXAM

A. LATERALITY: RIGHT

B. VISUAL INSPECTION: No gross deformity, mild swelling / effusion, 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.

.

### Orders:

### Assessment and Plan

**ICD: Tear of medial meniscus of right knee, current, unspecified tear type, subsequent encounter (S83.241D)**

**Assessment:** Patient evaluated today for follow up visit with right medial meniscus tear. No change in condition. No other significant findings.

**Plan:** Orthopedic specialist approved and awaiting scheduling. Continue on Ibuprofen as needed for pain. Will maintain full duty. Will reassess in 2 weeks to re evaluate injury progression.

**ICD: Patellar tendinitis, right knee (M76.51)**

### CPT Codes:

Nava, Carlos DOB:10-02-1975

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

**Follow up: -**



Shayla Matthews FNP-C

*This has been electronically signed by Shayla Matthews FNP-C for visit dated 09-19-2023.*

Clinic Address: 445 E Anaheim Street, Suite L, Wilmington CA 90744 - 4600



Minh Nguyen DO, MPH, FACOEM  
Supervising Provider

*This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 09-19-2023.*



Minh Nguyen DO, MPH, FACOEM  
Rendering Provider

*This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 09-19-2023.*