

KDV Medical P.C.

Tel #: 1-877-SPINE-DR

Fax: (347) 708-8499

September 27, 2022

Re: Blanco, Adrian

DOB: 11/18/1993

DOA: 08/22/2022

Location: 82nd Street - Ortho

INITIAL ORTHOPEDIC CONSULTATION

CHIEF COMPLAINT: Right knee and left knee pain.

HISTORY OF PRESENT ILLNESS: This is an initial orthopedic evaluation for a 28-year-old right-hand dominant male, involved in a motor vehicle accident on 08/22/2022. Patient was the driver when another car ran a red light and T-boned him on the left side. All airbags deployed. The patient was a driver and was wearing a seatbelt. The vehicle was struck on the driver side. The EMS arrived on the scene. The police were called to the scene of the accident. The patient went via ambulance to Queens Presbyterian Hospital and was treated and released the same day. The patient presents today complaining of right knee, left knee pain sustained in the motor related accident. The patient has been treated with physical therapy for the last 2-3 weeks without adequate relief. The patient states that the pain is interfering with day-to-day activities.

Right knee pain is 7/10, described as intermittent. Patient has stiffness of the right knee. The patient has difficulty raising from a chair and walking up and down stairs. The patient also notes clicking of the right knee.

Left knee pain is 6/10, described as intermittent. Patient has stiffness of the left knee. The patient has difficulty raising from a chair and walking up and down stairs. The patient also notes clicking of the left knee.

PAST MEDICAL HISTORY: History of previous sports injury.

PAST SURGICAL HISTORY: Appendectomy 2015, Right Knee surgery in January 2021.

DRUG ALLERGIES: NO KNOWN DRUG ALLERGIES.

MEDICATIONS: The patient is not taking any medication at this time.

SOCIAL HISTORY: The patient is a nonsmoker. The patient drinks alcohol.

ADL CAPABILITIES: The patient states that he can walk for 3-4 blocks. He can stand for 20 minutes before he has to sit. He can sit for 20 minutes before needing to change positions secondary to pain. As a direct result of the injuries sustained in this accident, the patient states

that he is unable to do the following activities: Lifting heavy objects, kneeling, squatting, negotiating stairs, and exercising.

REVIEW OF SYSTEMS: General: No fever, chills, night sweats, weight gain, or weight loss.

PHYSICAL EXAMINATION: The patient's height is 6 feet 1 inch, weight is 300 pounds. Patient is alert, oriented and cooperative.

Right Knee: No swelling, heat, erythema noted. Reveals tenderness to palpation over superior patella. Range of motion, flexion is 90 degrees, normal is 135 degrees, with full extension. Positive McMurray test. Positive anterior posterior drawer test. The patient has no motor or sensory deficit of the right lower extremity.

Left Knee: No swelling, heat, erythema noted. Reveals tenderness to palpation over lateral joint line. Range of motion, flexion is 110 degrees, normal is 135 degrees, with full extension. Positive McMurray test. Positive posterior drawer test. The patient has no motor or sensory deficit of the left lower extremity.

DIAGNOSTIC STUDIES: Right knee MRI, done on 09/13/2022, Lateral patellar dislocation seen. Post procedure changes seen in patella. There is a joint effusion. Left knee MRI, done on 09/13/2022, Lateral patellar dislocation seen. There is a joint effusion.

FINAL DIAGNOSES:

1. Joint effusion, right knee - M25.461
2. Pain, right knee - M25.561
3. Prepatellar bursitis, right knee - M70.41
4. Joint effusion, left knee - M25.462
5. Pain, left knee - M25.562
6. Prepatellar bursitis, left knee - M70.42

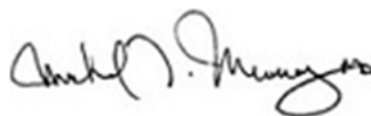
PLAN:

1. Imaging studies and clinical examinations were reviewed with the patient.
2. All treatment options discussed with the patient.
3. Continue anti-inflammatory and muscle relaxant medications p.r.n.
4. Continue physical therapy for right/left knee 3 days/week.
5. Follow up in 4 weeks p.r.n.

CAUSALITY: It is within a certain degree of medical certainty, that the history presented by the patient, the objective physical findings as well as the diagnoses rendered are causally related to the injury the patient incurred on the right knee and left knee on August 22, 2022. These current symptoms were nonexistent prior to the accident. Findings were discussed with the patient.



Rehan Khan, FNP-BC



Michael Murray, MD

Re: Blanco, Adrian

Page 3

RK/AEI