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Initial Comprehensive Medical Evaluation

Date: 06/20/2022

RE: Jose Flores

DOB: 06/26/1977

Location: TS Chiropractic Wellness, Richmond Hill

Case Type: WC

1st Evaluation

Work Status: Not working-temporarily totally disabled.

Continue PT. Will repeat cortisone injection to knee at next visit.

HISTORY:

On 06/20/2022, Mr. Jose Flores, a right-handed 44-year-old male presents for the evaluation of the injuries sustained in a work-related incident which occurred on the date of 11/23/2019. The patient was seen at TS Chiropractic Wellness, Richmond Hill, 1 day later. He was evaluated and released. The patient works in a restaurant, the floor was wet and the patient fell. The patient reports no injury to the head and no loss of consciousness. During the accident, the patient reports injuries to right knee.

CHIEF COMPLAINTS:

The patient complains of right knee pain that is 8/10, with 10 being the worst. Right knee pain is worsened with movement, walking, climbing stairs, squatting and activities. Right knee pain is improved with medication and therapy, has been helped in the past with cortisone injections but will defer until next visit.

REVIEW OF SYSTEMS: The patient denies seizures, chest pain, shortness of breath, jaw pain, abdominal pain, fevers, night sweats, diarrhea, blood in urine, bowel/bladder incontinence, double vision, hearing loss, recent weight loss, episodic lightheadedness and rashes.

PAST MEDICAL HISTORY: Diabetes.

PAST SURGICAL/HOSPITALIZATION HISTORY: Noncontributory.

MEDICATIONS: None.

ALLERGIES: No known drug allergies.

SOCIAL HISTORY: Unknown.

PHYSICAL EXAM:

General: The patient presents in an uncomfortable state.

Neurological Examination: The patient is alert and cooperative and responding appropriately. Cranial nerves II-XII grossly intact.

Deep Tendon Reflexes: Are 2+ and equal.

Sensory Examination: It is intact.

Manual Muscle Strength Testing: Testing is 5/5 normal.

Right Knee Examination: Reveals tenderness upon palpation of the right medial region. ROM is as follows: Extension is 5 degrees, normal is 0 degrees and forward flexion is 110 degrees, normal is 130 degrees.

GAIT: Normal.

Diagnostic Studies:

02/03/2020 - MRI of the right knee reveals mild patellofemoral cartilage loss, mild/mod medial compartment cartilage loss, faint patellar bone marrow edema, 4 mm lateral femoral trochlea osteochondral lesion, mild semimembranosus muscle strain with faint pes anserinus peritendinitis, trace joint effusion and mild soft tissue swelling, menisci and cruciate ligaments intact.

The above diagnostic studies were reviewed.

Diagnoses:

Internal derangement, right knee - (M23.91).

Right knee pain - (M25.561).

Right knee sprain/strain - (S83.91).

Plan:

1. **Physical therapy:** The patient is to start physical therapy 3 times a week for 4-6 weeks.

Procedures: If the patient continues to have tender palpable taut bands/trigger points with referral patterns as noted in the future on examination, I will consider doing trigger point injections.

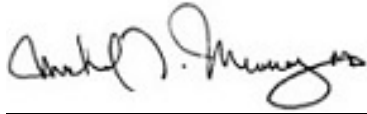
Care: Acupuncture, chiropractic and physical therapy. Avoid heavy lifting, carrying, excessive bending and prolonged sitting and standing.

Goals: To increase range of motion, strength, flexibility, to decrease pain and to improve body biomechanics and activities of daily living and improve the functional status.

Precautions: Universal.

Follow-up: 4 weeks.

It is my opinion that the injuries and symptoms Mr. Jose Flores sustained to right knee are causally related to the incident that occurred on 11/23/2019 as described by the patient.

A handwritten signature in black ink, appearing to read "Michael Murray", written over a horizontal line.

Michael Murray, MD
Kevin Ball, PA

Dictated but not proofread