

**KDV Medical P.C.**

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August 31, 2022

Re: Inoa, Axel

DOB: 02/29/1996

DOA: 08/04/2022

Location: TS Chiropractic Wellness

**INITIAL ORTHOPEDIC CONSULTATION**

**CHIEF COMPLAINT:** Right shoulder and right knee pain.

**HISTORY OF PRESENT ILLNESS:** This is an initial orthopedic evaluation for a 26-year-old right-handed dominant male, involved in a motor vehicle accident on 08/04/2022. Patient was the driver when another car hit him in the front passenger side. No airbags deployed. The patient went to New York Presbyterian Hospital and was treated and released the same day. The patient presents today complaining of right shoulder and right knee pain sustained in the motor related accident. The patient has been treated with physical therapy for the last 3 weeks without adequate relief.

Right shoulder pain is 8/10, described as constant and achy. The patient reports pain with reaching overhead and behind and is frequently woken up at night due to pain. Pain has temporarily improved with rest, medication, ice, and therapy.

Right knee pain is 9/10, described as constant pain. The patient has difficulty raising from a chair and walking up and down stairs. The patient also notes clicking of the right knee.

**PAST MEDICAL HISTORY:** Noncontributory.

**PAST SURGICAL HISTORY:** Left knee arthroscopy on 5/27/22.

**DRUG ALLERGIES:** NO KNOWN DRUG ALLERGIES.

**MEDICATIONS:** The patient is taking ibuprofen p.r.n. pain.

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

**ADL CAPABILITIES:** As a direct result of the injuries sustained in this accident, the patient states that he is unable to do the following activities: Driving, lifting heavy objects, carrying heavy objects, reaching overhead, shopping, kneeling, squatting, and negotiating stairs.

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

**PHYSICAL EXAMINATION:** The patient's height is 5 feet 7 inches, weight is 230 pounds. Patient is alert, oriented and cooperative.

Right Shoulder: No heat, erythema or swelling noted. Reveals tenderness, upon palpation of the supraspinatus, AC joint, and subacromial space. Positive Empty Can test. Positive Hawkins test. Positive O'Brien test. Positive Impingement test. Range of motion, abduction is 120 degrees, normal is 180 degrees; forward flexion is 140 degrees, normal is 180 degrees; internal rotation to PSIS degrees, external rotation is 60 degrees, normal is 90 degrees. The patient has no motor or sensory deficit of the right upper extremity.

Right Knee: No heat, erythema or swelling noted. Reveals tenderness upon palpation of the medial and lateral joint line, and patella. Positive McMurray test. Positive patellofemoral grinding test. Range of motion reveals flexion is 110 degrees, normal is 135 degrees. Knee is stable with varus and valgus stress test. The patient has no motor or sensory deficit of the right lower extremity. Muscle strength is 4-/5.

**DIAGNOSTIC STUDIES:** Right shoulder MRI done on 08/25/2022, revealed impingement. The biceps tendon is hypoplastic. The anterior and posterior labrum are partially torn. Tendinosis/tendonitis infraspinatus and supraspinatus portions of the cuff. AC narrowing and acromion spurring. Synovitis of the patulous axillary pouch of the inferior glenohumeral ligament.

Right knee MRI done on 08/25/2022, revealed joint effusion. Tearing of both medial and lateral menisci. Thickened and partial torn ACL with fluid floor of the intercondylar notch. Supra and infrapatellar plica. Quadriceps and patellar tendinosis/tendonitis.

**FINAL DIAGNOSES:**

1. Impingement, right shoulder. - M75.41
2. Labral tear, right shoulder. - S43.431A
3. Pain, right shoulder - M25.511
4. Shoulder tendinitis, right shoulder - M75.81
5. ACL tear, right knee - S83.519A
6. Joint effusion, right knee - M25.461
7. Lateral Meniscus tear, right knee - S83.281A
8. Medial Meniscus tear, right knee - S83.241A
9. Pain, right knee - M25.561

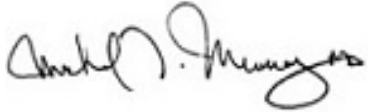
**PLAN:**

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 shoulder and right knee 3 days/week.
5. The patient will follow up in 4-6 weeks.

**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 is causally related to the injuries the patient incurred on the right shoulder and right knee on August 04, 2022. These

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current symptoms were nonexistent prior to the accident. Findings were discussed with the patient.

A handwritten signature in black ink, appearing to read "Michael Murray", is positioned above a horizontal line.

Nadezhda Bababekova, NP-BC  
Michael Murray, MD

NB/AEI