

KDV Medical, P.C.

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October 03, 2022

Re: Woods Jr, Wayne

DOB: 09/20/1980

DOA: 07/23/2022

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 42-year-old right-hand dominant male, involved in a work related accident on 07/23/2022. Patient works as a project manager for a construction when driving from a job site to another, slowing down for traffic another car rear ended him. Airbags deployed. The patient was a driver and was wearing a seatbelt. The EMS arrived on the scene. The police were called to the scene of the accident. The patient went via ambulance to North Shore Hospital and was treated and released the same day. The patient presents today complaining of right shoulder and right knee pain sustained in the work related accident. The patient has been treated with physical therapy for the last week with good relief.

Right shoulder pain is 8-9/10, described as intermittent pain. The patient reports pain with reaching overhead. Pain is improved with rest and ice.

Right knee pain is 1-2/10, described as intermittent. The patient complains of weakness. The patient has difficulty walking up and down stairs.

PAST MEDICAL HISTORY: Noncontributory.

PAST SURGICAL HISTORY: Noncontributory.

DRUG ALLERGIES: NO KNOWN DRUG ALLERGIES.

WORK HISTORY: The patient is currently working.

IMPAIRMENT RATING: Patient is currently and temporarily 15% disabled

ADL CAPABILITIES: The patient states that he can walk for 5 blocks. He can stand for 30 minutes before he has to sit. 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, laundry, shopping, running errands, kneeling, squatting, negotiating stairs, jogging 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 0 inches, weight is 258 pounds.

Right Shoulder: No heat, erythema or swelling noted. Reveals tenderness upon palpation of the AC joint. Positive Empty Can test. Positive Hawkins test. Positive Impingement test. Positive Cross-over test. Range of motion, abduction is 160 degrees, normal is 180 degrees; adduction 40, normal is 45 degrees, forward flexion is 160 degrees, normal is 180 degrees; extension is 60 degrees, normal is 60 degrees, internal rotation 75; external rotation is 90 degrees, normal is 90 degrees. The patient has no motor or sensory deficit of the right upper extremity.

Right Knee: No swelling, heat, erythema noted. Reveals tenderness to palpation over medial joint line. Range of motion, flexion is 120 degrees, normal is 135 degrees and extension 0 degrees, normal is 0 degrees. Positive posterior drawer test. Right knee is stable with varus and valgus stress test. The patient has no motor or sensory deficit of the right lower extremity.

DIAGNOSTIC STUDIES: Right shoulder MRI, done on 08/05/2022, Rotator cuff tendinosis with low-grade partial-thickness tears of the supraspinatus and subscapularis tendons. Mild bursitis. Superior labral anterior posterior tear extending to the posterior superior labrum. Mild biceps tenosynovitis without tear.

Right knee MRI, done on 08/05/2022, Small multiloculated popliteal cyst. No meniscal tear. Intact cruciate and collateral ligaments. The articular cartilage is preserved.

FINAL DIAGNOSES:

1. SLAP tear, right shoulder - S43.431A
2. Injury, right shoulder - S49.91XA
3. Pain, right shoulder - M25.511
4. Injury, right knee - S80.911A
5. ACL sprain, right knee - S83.511A
6. MCL sprain, right knee - S83.411
7. 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. Start physical therapy right shoulder, right knee 3 days/week.
5. Discussed right shoulder arthroscopy versus conservative management with the patient. The patient states that due to continual pain and lack of relief with physical therapy and the inability to perform day-to-day activities due to pain, the patient accepts surgery.
6. Workers' Compensation Board authorization needed prior to surgery.
7. The patient will follow up in 4 weeks.

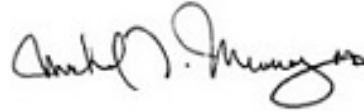
CAUSALITY: It is within a certain degree of medical certainty, that the history presented by the patient, the objective physical findings as well as the diagnoses rendered are causally related to the injury the patient incurred on the right shoulder and right knee on July 23, 2022. These

Re: Woods Jr, Wayne
Page 3

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

A handwritten signature in cursive script, appearing to read "Rehan Khan".

Rehan Khan, FNP-BC
RK/AEI

A handwritten signature in cursive script, appearing to read "Michael Murray".

Michael Murray, MD