

KDV Medical P.C.

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September 12, 2022

Re: Gonell, Joel

DOB: 05/01/2001

DOA: 07/19/2022

Location: 82nd Street - Ortho

INITIAL ORTHOPEDIC CONSULTATION

CHIEF COMPLAINT: Right shoulder and right knee pain.

HISTORY OF PRESENT ILLNESS: This is an initial orthopedic evaluation for a 21-year-old right-hand dominant male, involved in a motor vehicle accident on 07/19/2022. Patient was a rear passenger when another car T-boned him on the right side. Airbags did deploy. The EMS arrived on the scene. The patient went via ambulance to Elmhurst Hospital and was treated and released the same day. X-rays were negative. The patient presents today complaining of right shoulder and right knee pain sustained in the motor vehicle accident. The patient has been treated with physical therapy for the last 7 weeks without adequate relief of pain.

Right shoulder pain is 7/10, described as constant pain. The patient reports pain with reaching overhead and behind and is frequently woken up at night due to pain.

Right knee pain is 7/10, described as constant pain with weakness and swelling. The patient has difficulty raising from a chair and walking up and down stairs. The patient notes buckling of the right knee.

PAST MEDICAL HISTORY: Asthma.

PAST SURGICAL HISTORY: Noncontributory.

DRUG ALLERGIES: LATEX, CAUSES ITCHING. PEANUTS, CAUSES SHORTNESS OF BREATH AND VOMITING.

MEDICATIONS: The patient is taking albuterol and cyclobenzaprine.

ADL CAPABILITIES: The patient states that he can walk for 1/2 block. He can stand for 5 minutes before he has to sit. He can sit for 5 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 has difficulty doing the following activities: driving, lifting heavy objects, carrying heavy objects, reaching overhead, laundry, shopping, running errands, kneeling, squatting, negotiating stairs, jogging and exercising.

PHYSICAL EXAMINATION: The patient's height is 5 feet 9 inches, weight is 220 pounds. Patient is alert, oriented and cooperative.

Right Shoulder: No heat, erythema or swelling noted. Reveals tenderness upon palpation of the AC joint. Positive Impingement test. Range of motion, abduction is 120 degrees, normal is 180 degrees; forward flexion is 130 degrees, normal is 180 degrees; internal rotation to L5; external rotation is 70 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 patella. Positive patellofemoral grinding test. Range of motion reveals flexion is 130 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.

DIAGNOSTIC STUDIES: Right shoulder MRI, done on 09/02/2022, Normal findings. Right knee MRI, done on 09/02/2022, There is mild joint effusion.

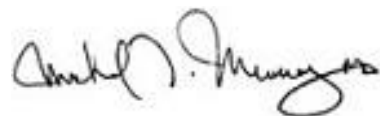
FINAL DIAGNOSES:

1. Internal derangement, right shoulder - M24.811.
2. Pain, right shoulder - M25.511.
3. Internal derangement, right knee - M23.91.
4. Joint effusion, right knee - M25.461.
5. 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 home stretching and strengthening exercises as demonstrated and provided in the clinic.
4. Continue anti-inflammatory and muscle relaxant medications p.r.n.
5. Continue physical therapy for right shoulder, right knee 3 days/week.
6. Follow-up in 4 to 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 July 19, 2022. These current symptoms were nonexistent prior to the accident. Findings were discussed with the patient.



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NB/AEI