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Initial Comprehensive Medical Evaluation

Date: 06/20/2022

RE: Cindy Gopie

DOB: 08/16/1980

Location: TS Chiropractic Wellness, Richmond Hill

Case Type: NF

1st Evaluation

Defers IAI. Continue PT/HEP. Follow-up in 1 month.

HISTORY:

On 06/20/2022, Ms. Cindy Gopie, a right-handed 41-year-old female presents for the evaluation of the injuries sustained in a motor vehicle accident which occurred on the date of 12/18/2021. The patient states she was the restrained driver of a vehicle which was involved in a collision. The patient states that an EMS team did not arrive at the scene. The patient was the driver stopped at light when rear-ended by a big van. The patient reports no injury to the head and no loss of consciousness. During the accident, the patient reports injuries to bilateral knees.

CHIEF COMPLAINTS:

The patient complains of left knee pain that is 7/10, with 10 being the worst, which is sharp, dull and achy in nature. Left knee pain is worsened with movement, walking, climbing stairs and squatting. Left knee pain is improved with medication and therapy.

The patient complains of right knee pain that is 7/10, with 10 being the worst, which is sharp, dull and achy in nature. Right knee pain is worsened with movement, walking, climbing stairs and squatting. Right knee pain is improved with medication and therapy.

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: None.

PAST SURGICAL/HOSPITALIZATION HISTORY: None.

MEDICATIONS: None.

ALLERGIES: None.

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.

Left Knee Examination: Reveals tenderness upon palpation of the left medial and lateral region. McMurray's test is positive. ROM is as follows: Extension is 5 degrees, normal is 0 degrees and forward flexion is 110 degrees, normal is 130 degrees.

Right Knee Examination: Reveals tenderness upon palpation of the right medial and lateral region. McMurray's test is positive. 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:

03/07/2022 - MRI of the left knee reveals minimal high-grade chondral fissuring over the median ridge and medial facet of the patella with subchondral cystic change. Dysplastic femoral trochlea noted, mild tibial plateau chondral degeneration.

03/07/2022 - MRI of the right knee reveals high-grade chondral fissuring and delamination over the median ridge of the patella with subchondral cystic change, mild lateral facet femoral trochlear chondral degeneration, femoral trochlear dysplasia and lateral patellar shift.

The above diagnostic studies were reviewed.

Diagnoses:

Internal derangement, left knee - (M23.92).

Left knee pain - (M25.562).

Left knee sprain/strain - (S83.92).

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.

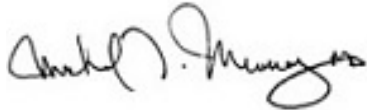
Care: Acupuncture, chiropractic and physical therapy. Avoid heavy lifting, carrying, excessive bending and prolonged sitting and standing.

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: 1 month.

It is my opinion that the injuries and symptoms Ms. Cindy Gopie sustained to left knee and right knee are causally related to the incident that occurred on 12/18/2021 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