



September 19, 2022

Office seen at:

Kinetic Approach Physical Therapy Office PC
82-25 Queens Blvd, Suite 1A
Elmhurst, NY 11373
Phone# (718) 255-1603

Re: Yate, Zulma
DOB: 08/18/1977
DOA: 04/23/2022

POST-OPERATIVE NOTE

The patient presented today for the first postoperative visit. The patient is status post arthroscopy of the right knee on 09/02/2022. The patient has moderate pain. The patient is afebrile.

Physical Exam:

The surgical site has healed beautifully.
The sutures were removed. The surgical site was cleaned with alcohol pad.
There is no evidence of any drainage, redness or discharge from the surgical site.
There is no swelling or edema.
There is no wound dehiscence or complications.

Knee:

There is no calf tenderness.
There is negative Homans sign.
AROM: Flex: 100/130, Ext: 4/5
PROM (with pain): Flex: 120/130, Ext: 5/5
The patient is ambulating with **full weightbearing** without any support.
The patient has regained almost 70% of mobility.

Plan:

The arthroscopic procedure was reviewed with the patient in the office today who understands the procedure performed.
The patient may start the home exercise program. The exercise guide provided to the patient. The patient verbalized understanding on how to perform the home exercises.
The patient was ordered physical therapy 3 times a week for 6 weeks to regain full mobility of the right knee. PT referral was provided to the patient.

CPM and ice machine use.

The patient understands to utilize nonsteroidal anti-inflammatory medications as needed. The patient verbalizes understanding of the side effects and risks of those medications.

The patient understands the condition and proposed treatment.

The patient is to return to the office in 4 weeks.



Anastasia Platonova, FNP-BC
AP/AEI



Christopher S. Durant, MD