



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: Reyes, Pedro  
DOB: 01/31/1966  
DOA: 02/18/2022

### **POST-OPERATIVE NOTE**

The patient presented today for the first postoperative visit. The patient is status post arthroscopy of the left knee on 09/09/2022. The patient has minimal pain. The patient is afebrile. This patient comes from A To Z Medical Care PC, 92-05 Rockaway Blvd, Ozone Park, NY 11417.

#### **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 80% 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 left 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.



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Anastasia Platonova, FNP-BC  
AP/AEI



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Christopher S. Durant, MD