**Patient Name:** ABAD-CABRERA, GONZALO

**Date of Birth:** 12/30/1967

**Date of Service:** 08/29/2022

**History of Present Illness:**  
This is a 55 year-old right hand dominant male who was involved in a motor vehicle /work related accident on 03/05/2022 Patient states that he was driving, had the green light, the oncoming driver turned and hit his car. Patient injured Left Shoulder, Right Shoulder, Left Knee, Right Knee in the accident. The patient is here today for orthopedic evaluation. Patient has tried 3 months of PT, worst on right side and had no injections in the past.

The patient complains of bilateral shoulder pain rated at 7/10, with 10 being the worst. Shoulder pain increases with going up and down stairs.

The patient complains of bilateral knee pain rated at 7/10, with 10 being the worst. Knee pain increases with going up and down stairs.

**Past Medical History:**  
Noncontributory

**Past Surgical History:**  
Noncontributory

**Past Accident/Injuries:**

**Daily Medications:**  
None

**Allergies:**  
No known drug allergies

**Social History:**  
Patient is not working.

**Physical Examination:**  
**Vitals:** On physical examination, the patient is 5 feet 7 inches tall, weighs 205 pounds   
**General Appearance:** Patient is a well-developed, well-nourished male in no acute distress. Awake, alert,   
and oriented x 3. Mood and affect are normal.  
**Gait and Station:** Gait is normal

**Left and Right Knee:**  
Examination of the right knee revealed tenderness on palpation at medial joint line. There was no effusion. There was no atrophy of the quadriceps noted. Lachman’s test was negative. Anterior drawer sign and Posterior drawer sign were each negative. Patellofemoral crepitus was not present. Valgus & Varus stress test was stable. Range of motion Flexion 125 degrees with pain (150 degrees normal ).   
  
Examination of the left knee revealed tenderness on palpation at lateral joint line. There was no effusion. There was no atrophy of the quadriceps noted. Lachman’s test was negative. Anterior drawer sign and Posterior drawer sign were each negative. Patellofemoral crepitus was not present. Valgus & Varus stress test was stable. Range of motion Flexion 130 degrees with pain (150 degrees normal ).

**Left and Right Shoulder:**  
Examination of the right shoulder revealed no tenderness to palpation. There was no effusion. No crepitus was present. No atrophy was present. Hawkins and Obrien's test were positive. Drop arm, and apprehension tests were negative. Range of motion Abduction 90 degrees(180 degrees normal ) Forward flexion 140 degrees(180 degrees normal ) Internal rotation 50 degrees (80 degrees normal ) External rotation 45 degrees (90 degrees normal )

**Diagnostic Imaging:**

**Assessment and Plan:**  
Plan: Recommend right knee arthroscopy, then right shoulder arthroscopy.

The patient has failed conservative management which has included physical therapy, oral medications. The MRI was reviewed with the patient as well as the clinical examination findings. I have gone over all treatment options with the patient. At this time, I have discussed the benefits and risks of Left and Right knee arthroscopy, chondroplasty, synovectomy, partial vs total meniscectomy and all other related procedures with the patient. I answered all their questions in regards to the procedure. The patient verbally consents to the procedure and will be scheduled.

The patient has failed conservative management which has included physical therapy, oral medications, and injections. The MRI was reviewed with the patient as well as the clinical examination findings. I have gone over all treatment options with the patient. At this time, I have discussed the benefits and risks of Left and Right shoulder arthroscopy, acromioplasty, subacromial decompression, debridement of rotator cuff versus possible rotator cuff repair, biceps tenotomy versus tenodesis and all other related procedures with the patient. I answered all their questions in regards to the procedure. The patient verbally consents to the procedure and will be scheduled.

The patient’s Left Shoulder, Right Shoulder, Left Knee, Right Knee were examined   
The patient at the present time is advised to get MC.

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 diagnosis rendered is causally related to the injury the patient incurred on the specified date. These current symptoms were nonexistent prior to the accident. Findings were discussed with the patient. Patient is considered 100% temporarily disabled.  
  
In response to the required COVID-19 mandates the following precautions have been taken. Doctors and Medical Assistants wore masks and gloves; examination rooms are completely disinfected after each use. Patient was required to wear a mask. Temperature scan was administered prior to examination. No more than 10 people were permitted in the waiting room at any time as this is the max that can be achieved while still maintaining six (6) feet social distancing guidelines. Only the patient was permitted in the examination room.



**L Sean Thompson, M.D.**