**Patient Name:** CARSON, FATIMA

**Date of Birth:** 12/05/1990

**Date of Service:** 11/24/2021

**History of Present Illness:**  
This is a 31 year-old male who presents with complaints of bilateral knee pain. Patient states that the pain started after an accident 5 years ago in which she was a bus passenger. Patient injured her bilateral knees. The patient is here today for orthopedic evaluation. Patient has actively been going to PT.

The patient complains of bilateral knee pain that is rated at 8/10 for the left knee and 6/10 for the right knee, which is sharp, dull, and throbbing in nature. The knee pain improves with rest and medication.

Right Knee

**Past Medical History:**  
Noncontributory

**Past Surgical History:**  
Noncontributory

**Past Accident/Injuries:**  
Five years ago.  
\_\_\_Patient states she works at USPS. Worked at a bus company 3 years ago when she had an injury. Patient complains of bilateral knee pain and low back pain into both legs, right greater than left.

**Daily Medications:**  
Tramadol p.r.n.

**Allergies:**  
No known drug allergies

**Social History:**  
Noncontributory.

**Physical Examination:**  
**Vitals:** On physical examination, the patient is 5feet 2 inches tall.  
**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 the patellofemoral region and lateral joint line. McMurray’s test is positive at lateral right knee. Range of motion Flexion 130degrees(150 degrees normal), Extension 0degrees(0 degrees normal).  
  
Left Knee: Examination of the left knee revealed tenderness on palpation at the lateral and medial joint line. McMurray’s test is positive at medial left knee. Range of motion Flexion 125degrees(150 degrees normal), Extension 0degrees(0 degrees normal).

**Diagnostic Imaging:**  
08/17/2019: MRI of the left knee reveals: Tear of the posterior horn of the medial meniscus with associated 1.1 cm parameniscal cyst. A 1.5 cm paramedical cyst also seen anterior to the anterior horn of the medial meniscus without visualized associated tear.  
08/18/2021: MRI of the right knee reveals: Lateral meniscal tear with an associated parameniscal cyst.

**Assessment and Plan:**  
Diagnosis: Tear of medial meniscus, left knee. Tear of lateral meniscus, right knee.  
Recommend: Right knee arthroscopy. Left knee arthroscopy recommended.

The patient’s Left Knee, Right Knee were examined   
MRI of the Left Knee, Right Knee were reviewed.   
The patient at the present time is advised to undergo Covid testing within 96 hours of scheduled right knee arthroscopy on 11/15/21.  
Patient is to return to the office in 2 months.

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.**