**Patient Name:** HOLLIDAY, BRIAN

**Date of Birth:** 04/25/1983

**Date of Service:** 03/28/2022

**History of Present Illness:**  
This is a 39 year-old right hand dominant male who was involved in a motor vehicle accident on 12/12/2019. The patient states he was the restrained driver of a vehicle which was involved in rear end collision. Patient injured Left Knee, Right Knee in the accident. The patient is here today for orthopedic evaluation. Patient has tried 1 year of PT.

The patient complains of bilateral knee pain that is 10/10, with 10 being the worst, left more than right. Bilateral knee pain increases with walking. Nothing improves the knee pain.

**Past Medical History:**  
Noncontributory.

**Past Surgical History:**  
Lipoma removal in 2012.

**Past Accident/Injuries:**

**Daily Medications:**  
Ibuprofen.

**Allergies:**  
Oxycodone and Percocet.

**Social History:**  
Noncontributory.

**Physical Examination:**  
**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 bilateral knees 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. McMurray's positive on medial left knee and medial right knee. Range of motion of left knee Flexion 130 degrees (150 degrees normal ) Extension 0 degrees (0 degrees normal ). Range of motion of right knee Flexion 135 degrees (150 degrees normal ) Extension 0 degrees (0 degrees normal ).

**Diagnostic Imaging:**  
07/09/2021 - MRI of the left knee reveals mild patellofemoral chondrosis. Otherwise normal knee MRI. No evidence for acute internal derangement.

**Assessment and Plan:**  
Plan: 1. Recommend physical therapy.  
 2. Recommend knee MRI.

The patient’s Left Knee, Right Knee were examined   
MRI of the Left Knee, Right Knee were reviewed.   
Patient is to return to the office in 6 weeks.

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.**