**Patient Name:** MARTINEZ-SANCHEZ, ESTELA

**Date of Birth:** 01/05/1980

**Date of Service:** 11/22/2021

**History of Present Illness:**  
This is a 41 year-old right hand dominant female who was involved in a motor vehicle accident on 08/27/2021. The patient was a back seat passenger of the vehicle which was involved in a rear end collision at red light. Patient injured Left Knee and Right Knee in the accident. The patient is here today for orthopedic evaluation.

The patient complains of left knee pain that is rated at 7/10, with 10 being the worst. Left knee pain radiates to ankle associated with numbness. The patient states that pain increases with stairs, standing, walking and improves with rest.

The patient complains of right knee pain that is rated at 7/10, with 10 being the worst. Right knee pain radiates to ankle associated with numbness. The patient states that pain increases with stairs, standing, walking and improves with rest. Patient had bilateral knee intraarticular injections done in October, which helped to relieve pain.

**Past Medical History:**  
Noncontributory

**Past Surgical History:**  
Gallbladder surgery.

**Past Accident/Injuries:**

**Daily Medications:**  
None

**Allergies:**  
No known drug allergies

**Social History:**  
Noncontributory.

**Physical Examination:**  
**Vitals:** On physical examination, the patient is 5 feet 1 inch tall, weighs 200 pounds   
**General Appearance:** Patient is a well-developed, well-nourished female 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 left knee revealed tenderness on palpation to medial and lateral joint line. Patellofemoral crepitus present. Medial McMurray's test is positive. Range of motion Flexion 125 degrees(150 degrees normal ) Extension 0 degrees(0 degrees normal ).   
  
Examination of the right knee revealed tenderness on palpation to medial joint line. Range of motion Flexion 120 degrees(150 degrees normal ) Extension 0 degrees(0 degrees normal ).

**Diagnostic Imaging:**  
None reviewed.

**Assessment and Plan:**  
Diagnosis: Meniscus tear.   
Recommend PT.

The patient’s Left Knee, Right Knee were examined   
Patient is to return to the office in 8 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.**