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

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

**Date of Service:** 04/25/2022

**History of Present Illness:**  
The patient is seen here for Orthopedic follow up evaluation. Patient is doing physical therapy and states left knee is doing better.

The patient complains of bilateral knee pain that is 5/10 for the left knee and 8/10 for the right knee, with 10 being the worst

**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 bilateral knees revealed no tenderness on palpation. 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.

**Diagnostic Imaging:**  
09/28/2021 - MRI of the left knee reveals intrameniscal tear of posterior horn of the medial meniscus. Mild osteoarthritic changes. Moderate joint effusion consistent with trauma or synovitis, in an appropriate clinical setting.  
09/28/2021 - MRI of the right knee reveals intrameniscal tear of anterior horn, body and posterior horn of the medial meniscus. Mild osteoarthritic changes. Anterior subcutaneous soft tissue swelling and edema consistent with recent trauma or bursitis, in an appropriate clinical setting. Moderate joint effusion consistent with recent trauma, in an appropriate clinical setting.

**Assessment and Plan:**  
Diagnosis: \_\_\_\_Improved knee pain.  
Recommend to continue with PT, \_\_\_\_check B.I. possible right knee scope.

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 4 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.**