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June 8, 2022

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Re: Santana, Agustin

DOB: 01/15/1962

DOA: 11/26/2021

INITIAL ORTHOPEDIC CONSULT EXAMINATION

CHIEF COMPLAINT: Right shoulder, left shoulder, right knee and left knee pain.

HISTORY OF PRESENT ILLNESS: A 60-year-old right-hand dominant male involved in a work-related motor vehicle accident on 11/26/2021. The patient was a driver and was wearing a seatbelt. The vehicle was struck on the rear driver's side. The airbags deployed. The EMS arrived on the scene. The police were called to the scene of the accident. The patient was transported via ambulance to Long Island Jewish Forest Hills and was treated and released the same day. The patient presents today complaining of right shoulder, left shoulder, right knee and left knee pain sustained in the work-related motor vehicle accident. The patient was attending physical therapy for 4 times a week with little relief.

WORK HISTORY: The patient is currently working.

PAST MEDICAL HISTORY: Noncontributory.

PAST SURGICAL HISTORY: Noncontributory.

DRUG ALLERGIES: NO KNOWN DRUG ALLERGIES.

MEDICATIONS: The patient is taking amlodipine and lisinopril.

SOCIAL HISTORY: The patient is a smoker. The patient does not drink alcohol. The patient does not use recreational drug use.

ADL CAPABILITIES: The patient states that he can walk for 2 blocks. He can stand for 5 minutes before he has to sit. He can sit for 5 minutes before needing to change positions

secondary to pain. As a direct result of the injuries sustained in this accident, the patient states that he is unable to do the following activities: driving, lifting heavy objects, carrying heavy objects, reaching overhead, laundry, shopping, running errands, kneeling, squatting, negotiating stairs, jogging and exercising.

PRESENT COMPLAINTS: Right shoulder: Right shoulder pain is 7/10, described as constant, sharp, stabbing, dull, achy pain. The patient has stiffness. The patient is unable to reach overhead or behind the back and unable to sleep at night due to pain. Worse with range of motion and improves with rest, medication, physical therapy, and ice.

Left shoulder: Left shoulder pain is 8/10, described as constant, sharp, stabbing, dull, achy pain. The patient has stiffness. The patient is unable to reach overhead or behind the back and unable to sleep at night due to pain. Worse with range of motion and improves with rest, medication, physical therapy, and ice.

Right knee: Right knee pain is 7/10, described as constant, sharp, stabbing, dull, achy pain. The patient has stiffness. The patient has no difficulty rising from a chair and no difficulty going up and down stairs. The patient also notes clicking. Worse with range of motion and improves with rest, medication, physical therapy, and ice.

Left knee: Left knee pain is 7/10, described as constant, sharp, stabbing, dull, achy pain. The patient has stiffness. The patient has no difficulty rising from a chair and no difficulty going up and down stairs. The patient also notes clicking, popping, buckling, and intermittent locking. Worse with range of motion and improves with rest, medication, physical therapy, and ice.

REVIEW OF SYSTEMS: Temperature taken at the time of exam was 98.6 degrees Fahrenheit.

General: No fever, chills, night sweats, weight gain, or weight loss.

HEENT: No double vision, eye pain, eye redness, decreased hearing, earache, ear ringing, nosebleeds, sore throat or hoarseness.

Endocrine: No cold intolerance, appetite changes or hair changes.

Skin: Clear, no rashes or lesions.

Neuro: No headaches, dizziness, vertigo or tremor.

Respiratory: No wheezing, coughing, shortness of breath or difficulty breathing.

Cardiovascular: No chest pain, murmurs, irregular heart rate or hypertension.

GI: No nausea, vomiting, diarrhea, constipation, jaundice or changes in bowel habits.

GU: No blood in urine, painful urination, loss of bladder control or urinary retention.

Hematology: No active bleeding, bruising, anemia or blood clotting disorders.

Psychiatric: No anxiety, change in sleep pattern, depression or suicidal thoughts.

PHYSICAL EXAMINATION: The patient's height is 5 feet 8 inches, weight is 195 pounds, and BMI is 29.6. The right shoulder reveals tenderness to palpation over supraspinatus tendon region and AC joint. There is crepitus appreciated. There is no heat, swelling, erythema or deformity appreciated. Negative drop arm test. Negative cross-over test. Negative empty can test. Negative Yergason test. Negative deltoid atrophy. Positive O'Brien test. Positive impingement sign. Negative Lift-off test. Positive Hawkins test. Range of motion, as per goniometer, abduction 110/180 degrees, adduction 40/45 degrees, forward flexion 130/180

degrees, extension 40/60 degrees, internal rotation 80/90 degrees, and external rotation 75/90 degrees. Internal rotation to the sacrum. The patient has no motor or sensory deficit of the right upper extremity.

The left shoulder reveals tenderness to palpation over supraspinatus tendon region and AC joint. There is no heat, erythema, crepitus, or deformity appreciated. Negative drop arm test. Negative cross-over test. Negative empty can test. Negative Yergason test. Negative deltoid atrophy. Positive O'Brien test. Positive impingement sign. Negative Lift-off test. Positive Hawkins test. Range of motion, as per goniometer, abduction 100/180 degrees, adduction 40/45 degrees, forward flexion 120/180 degrees, extension 30/60 degrees, internal rotation 70/90 degrees, and external rotation 65/90 degrees. Internal rotation to the sacrum. The patient has no motor or sensory deficit of the left upper extremity.

The right knee reveals tenderness along the medial joint line, lateral joint line, superior pole of patella, and inferior pole of the patella. The patient has swelling, erythema and crepitus. There is no heat or deformity appreciated. Positive McMurray test. Negative Lachman test. Negative patellofemoral grinding test. Negative anterior drawer. Negative posterior drawer. Range of motion reveals flexion 115/130 degrees and extension full. Knee is stable with varus and valgus stress test. The patient has no motor or sensory deficit of the right lower extremity.

The left knee reveals tenderness along the medial joint line. There is crepitus appreciated. There is no heat, swelling, erythema or deformity appreciated. Positive McMurray test. Negative Lachman test. Negative patellofemoral grinding test. Negative anterior drawer. Negative posterior drawer. Range of motion reveals flexion 115/130 degrees and extension full degrees. Knee is stable with varus and valgus stress test. The patient has no motor or sensory deficit of the left lower extremity.

DIAGNOSTIC TESTING: MRI of the right shoulder, done on 01/05/2022, shows an articular surface tear is noted anteriorly at the supraspinatus tendon, as described. Mild tendinitis changes are seen at the supraspinatus and infraspinatus tendons. Small-to-moderate joint effusion is seen without evidence of a loose body. MRI of the left shoulder, done on 12/22/2021, a midsubstance tear is seen posteriorly at the supraspinatus tendon, as noted. Mild tendinitis changes are seen at the supraspinatus and infraspinatus tendons. MRI of the right knee, done on 12/17/2021, a horizontal tear is seen peripherally at the mid body of the medial meniscus. There is a contusion over the patella and patellar tendon. Minimal joint fluid is seen without evidence of a loose body. MRI of the left knee, done on 12/22/2021, a horizontal tear is seen exiting inferiorly at the posterior body of the medial meniscus. An interstitial tear of the ACL is seen diffusely. There is no laxity. There is a contusion overlying the medial collateral ligament.

ASSESSMENT:

1. S46.011A Partial rotator cuff tear, right shoulder.
2. M24.811 Internal derangement, right shoulder.
3. M75.01 Adhesive capsulitis, right shoulder.
4. S43.431A Labral tear, right shoulder.
5. M75.41 Impingement, right shoulder.

6. M65.811 Tenosynovitis, right shoulder.
7. M75.51 Bursitis, right shoulder.
8. M25.511 Pain, right shoulder.
9. S49.91XA Injury, right shoulder.
10. M67.211 Hypertrophic synovitis, right shoulder.
11. M25.411 Joint effusion, right shoulder.
12. S46.012A Partial rotator cuff tear, left shoulder.
13. M24.812 Internal derangement, left shoulder.
14. M75.02 Adhesive Capsulitis, left shoulder.
15. S43.432A Labral tear, left shoulder.
16. M75.42 Impingement, left shoulder.
17. M65.812 Tenosynovitis, left shoulder.
18. M75.52 Bursitis, left shoulder.
19. M25.512 Pain, left shoulder.
20. S49.92XA Injury, left shoulder.
21. M67.212 Hypertrophic synovitis, left shoulder.
22. M25.412 Joint effusion, left shoulder.
23. S83.241A Medial meniscus tear, right knee.
24. M23.91 Internal derangement, right knee.
25. S83.511A Anterior cruciate ligament sprain, right knee.
26. S83.411 Medial collateral ligament sprain, right knee.
27. M94.261 Chondromalacia, right knee.
28. M25.461 Joint effusion, right knee.
29. M12.569 Traumatic arthropathy, right knee.
30. S80.911A Injury, right knee.
31. M25.561 Pain, right knee.
32. M65.161 Synovitis, right knee.
33. M24.10 Chondral lesion, right knee.
34. M24.661 Adhesions, right knee.
35. S83.242A Medial meniscus tear, left knee.
36. M23.92 Internal derangement, left knee.
37. S83.512A Anterior cruciate ligament sprain, left knee.
38. S83.412A Medial collateral ligament sprain, left knee.
39. M94.262 Chondromalacia, left knee.
40. S83.32XA Tear articular cartilage, left knee.
41. M22.2X2 Patellofemoral chondral injury, left knee.
42. M25.462 Joint effusion, left knee.
43. M12.569 Traumatic arthropathy.
44. S80.912A Injury, left knee.
45. M25.562 Pain, left knee.
46. M65.162 Synovitis, left knee.
47. M24.10 Chondral lesion, left knee.
48. M24.662 Adhesions, left knee.

PLAN:

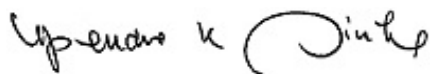
1. Imaging studies and clinical examinations were reviewed with the patient.

2. All treatment options discussed with the patient.
3. Cold compresses for right shoulder, left shoulder, right knee, and left knee.
4. Continue anti-inflammatory and muscle relaxant medications p.r.n.
5. Continue physical therapy for right shoulder, left shoulder, right knee and left knee 3 days/week.
6. Discussed right shoulder, left shoulder, right knee and left knee arthroscopy versus conservative management with the patient. The patient states that due to continual pain and lack of relief with physical therapy and the inability to perform day-to-day activities due to pain, the patient wants to think about it.
7. The patient needs medical clearance prior to surgery. Workers' Compensation Board authorization needed prior to surgery.
8. It is medically necessary to perform the suggested surgery to properly diagnose the patient's condition and to objectively verify presence and severity of internal derangement and other right shoulder, left shoulder, right knee and left knee pathology in quantitative and qualitative terms and achieve better prognosis. This surgery is crucial to provide most specific and maximally effective treatment to this patient.
9. Discussed the length of the arthroscopy, the postoperative instructions, and the option of continuing with conservative management alternatives to surgery, including no surgery.
10. All the benefits and risks of the right shoulder, left shoulder, right knee and left knee arthroscopy have been discussed with the patient. The risks include, but not limited to bleeding, infection, pain, stiffness, muscle injury, nerve injury, DVT, and recurrence.
11. All the questions in regard to the procedure were answered.
12. Follow up in 3 weeks.

IMPAIRMENT RATING: 50%.

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.

AFFIRMATION: Being duly licensed to practice medicine in the state of New York, pursuant to the applicable provisions of the Civil Practice Laws and Rules, I hereby affirm under penalty of perjury that the statements contained herein are true and accurate.



U.K. Sinha, MD, MS (Ortho), FAAOS
Board Certified Orthopedic Surgeon

MS/AEI