

UK Sinha Physician, P.C.

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X`September 23, 2022

Re: Kavral, Raoul
DOB: 02/21/1967
DOA: 08/12/2022

FOLLOW-UP NOTE

CHIEF COMPLAINT: Follow up of right knee and right ankle pain.

HISTORY OF PRESENT ILLNESS: The patient presents today in followup with continued pain in the right knee and right ankle.

ADL CAPABILITIES: The patient states that he can walk for 1 block. He can stand for 5 minutes before he has to sit. He can sit for 15 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 knee: Right knee pain is 5/10, described as intermittent, sharp, stabbing, dull, achy pain. The patient has no difficulty rising from a chair and has no difficulty going up and down stairs.

Right ankle: Right ankle pain is 6-7/10, described as constant, dull, achy pain. The patient has pain with standing, walking, and climbing.

Injection of the right foot on 09/19/2022. I showed him the x-ray of the right foot, possibly hairline fracture at the base of the fifth metatarsal.

PHYSICAL EXAMINATION: The right knee reveals tenderness along the medial joint line. There is no heat, swelling, erythema, crepitus or deformity appreciated. Negative McMurray test. Negative Lachman test. Negative patellofemoral grinding test. Negative anterior drawer. Negative posterior drawer. Range of motion reveals flexion 130/130 degrees and extension 0/5 degrees. Knee is stable with varus and valgus stress test. The patient has no motor or sensory deficit of the right lower extremity.

The right ankle reveals tenderness to palpation noted in the lateral aspect. Range of motion is limited and painful. ROM: Dorsiflexion 15/20 degrees, plantarflexion 40/50 degrees, inversion 10/15 degrees, eversion 10/15 degrees.

The left foot has hairline fracture at the base of the fifth metatarsal and localized pain and tenderness ongoing at the base of the fifth metatarsal. The patient is limping. The plan is off work for another 4 weeks.

DIAGNOSTIC TESTING: Pending.

ASSESSMENT:

1. S80.911A Injury, right knee.
2. M25.561 Pain, right knee.

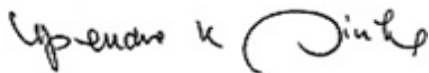
PLAN:

1. Imaging studies and clinical examinations were reviewed with the patient.
2. All treatment options discussed with the patient.
3. Cold compresses for right knee and right ankle.
4. Continue anti-inflammatory and muscle relaxant medications p.r.n.
5. Continue physical therapy for right knee and right ankle 3 days/week.
6. The patient is off work until next visit.
7. Follow up in 4 weeks.

IMPAIRMENT RATING: 100%. The patient is currently not working.

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.



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Board Certified Orthopedic Surgeon

UKS/AEI