

UK Sinha Physician, P.C.

102-31 Jamaica Ave.
Richmond Hill, NY 11418
Ph: 718-480-1130 Fax: 718-480-1132

October 21, 2022

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

FOLLOW-UP NOTE

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

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

ADL CAPABILITIES: The patient states that he can walk for 1/2 block. 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: carrying heavy objects, laundry, shopping, running errands, kneeling, squatting, negotiating stairs, jogging, and exercising.

PRESENT COMPLAINTS: Right knee: Right knee pain is 3-4/10, described as intermittent, sharp, stabbing, dull, achy pain. The patient has no difficulty rising from a chair, but has difficulty going up and down stairs.

Right foot: Still complains of localized pain and tenderness at the base of the fifth metatarsal (right).

PHYSICAL EXAMINATION: The right knee reveals tenderness along the superior pole of the patella. There is crepitus appreciated. There is no heat, swelling, erythema or deformity appreciated. Negative McMurray test. Negative Lachman test. Negative patellofemoral grinding test. Negative anterior drawer. Negative posterior drawer. Range of motion reveals flexion 120/130 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 foot reveals mild localized pain and tenderness at the base of the fifth metatarsal. Tenderness to palpation noted in the lateral aspect.

DIAGNOSTIC TESTING: Pending.

ASSESSMENT:

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

3. Possible old healed hairline fracture at the base of the fifth metatarsal, right foot.

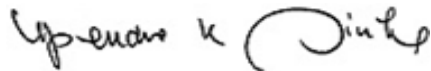
PLAN:

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 foot.
4. Continue anti-inflammatory and muscle relaxant medications p.r.n.
5. Continue physical therapy for right knee and right foot 3 days/week.
6. The patient had x-ray to right foot on 09/19/2022. Possible hairline fracture at the base of the fifth metatarsal healed (no obvious fracture at this time as seen in the x-ray).
7. The patient was told that if there are more symptoms in right knee, then will do MRI of the right knee.
8. The patient wants to go back to work on 11/09/2022 full duty.
9. Follow up in 8 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.



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

UKS/AEI