

# UK Sinha Physician, P.C.

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

August 25, 2022

Office seen at:  
Dolphin Family Chiropractic, P.C.  
430 W Merrick Road  
Valley Stream, NY 11580  
Phone# (516) 612-7288

Re: Russell, Ishmael  
DOB: 08/28/1998  
DOA: 06/07/2022

## POST-OPERATIVE NOTE

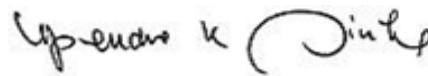
The patient is status post arthroscopy of the left knee on 08/11/2022 and comes today for postoperative follow-up.

The sutures were removed. The surgical site was cleaned with alcohol pad.  
There is no evidence of any drainage, redness, or discharge from the surgical site.  
There is no swelling or edema.  
There is no wound dehiscence or complications.  
There is no calf tenderness.  
There is negative Homans sign.  
The patient is afebrile.  
The patient has regained almost full mobility of the knee.  
The patient has no pain.  
The patient may start home exercise program.  
The patient has regained almost 95% of mobility.  
The patient is ambulating and full weight-bearing without any support.  
The patient was advised physical therapy 3 times a week for 4 weeks to regain full mobility of the left knee.  
CPM and ice machine use x3 daily.  
The patient is to return to office in 4 weeks.

---

Mellita Shakhmurov, PA-C

MS/AEI



---

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