

ANJANI SINHA MEDICAL P.C.

ORTHOPEDIC SURGEON

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[unclear]ANJANI SINHA, M.D., M.S. (Ortho)

FOLLOW-UP NOTE

September 18, 2019

Pradip Sedani, M.D.
Nassau Queens Medical PC
295 Hempstead Turnpike
Elmont, NY 11003

Re: Elmase Aristilde
DOB: 10/15/1961

Dear Dr. Sedani:

The patient was seen before at the Elmont Clinic on 07/11/2019. At that time, she was advised to continue with physical therapy for her right knee. By now, she has had almost 5 months of physical therapy but she has not improved. She has continued pain in her right knee. She has continued to work despite pain because she works as a nurse's aide. She is extremely concerned about her knee because she drags her feet now and she is unsure of how long she can continue to work in her present condition. She has constant pain and her knee gives way off and on.

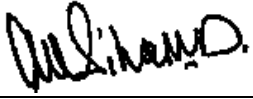
Today, I had a long discussion with her and I explained the prognosis after my evaluation. She does have osteochondral lesion in the patellofemoral joint. She has joint effusion with mild patellar malalignment.

On evaluation, McMurray test is positive. Lachman is negative. Patellofemoral grinding test is positive 2+. Range of motion is from 0 to 120 degrees of flexion. Knee is stable with varus and valgus stress test.

Clinically, I suspect that she has a tear of the medial and the lateral menisci with joint effusion along with osteochondral lesion in the patellofemoral joint.

She has tried nonoperative treatment for 5 months. She has not improved. Her MRI is positive. Today, I have recommended arthroscopic surgery where arthroscopy and its related procedures would be done on an ambulatory basis. I cannot guarantee 100% result in this case and there is a possibility of infection with a remote possibility of requiring surgery at a later date. These things have been discussed with her. She wants to proceed with surgery. A tentative date of surgery has been set for 09/28/2019 at North Queens Surgical Center.

After the surgery, she will have 4 to 6 weeks of physical therapy to regain the full mobility and strength of the right lower extremity.

A handwritten signature in black ink, appearing to read 'Anjani Sinha', written in a cursive style.

ANJANI SINHA, M.D., M.S.