

OrthoArkansas • 3001 Twin Rivers Drive, ARKADELPHIA AR 71923-4219

**MORENO, Miguel (id #1000685703, dob: 08/02/2002)**

## Medical Records - CONFIDENTIAL

**FROM:** AR - OrthoArkansas, PA

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**TO:** SIKANDAR MURAD MD

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**Attention:** Layla

**Name:** MORENO, MIGUEL

**DOB:** 08/02/2002

**Date Range:** 01/01/2023 to 07/06/2023

**This document contains the following records of the patient:**

- **Encounters and Procedures**

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[ID:1000685703-A-1376]

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## Encounters and Procedures

Clinical Encounter Summaries

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**MORENO, Miguel (id #1000685703, dob: 08/02/2002)****Encounter Date: 06/30/2023**

Patient

<b>Name</b>	MORENO, MIGUEL (20yo, M) ID# 1000685703	<b>Appt. Date/Time</b>	06/30/2023 02:50PM
<b>DOB</b>	08/02/2002	<b>Service Dept.</b>	Midtown Clinic
<b>Provider</b>	KATHERINE STALLINGS, PA		
<b>Insurance</b>	Med Primary: AETNA (POS II) Insurance # : W271648751 Policy/Group # : 086865303100002 Referring Provider Name : MURAD, SIKANDAR, MD Prescription: check now		

**Chief Complaint**

Left knee pain

**Patient's Care Team****Referring Provider (Primary Insurance):** MURAD, SIKANDAR, MD: 802 NORTH UNIVERSITY, LITTLE ROCK, AR 72205, Ph (501) 291-2322, Fax (888) 388-5166**Primary Care Provider:** SIKANDAR MURAD MD: 802 N UNIVERSITY, LITTLE ROCK, AR 72205, Ph (501) 291-2322, Fax (888) 388-5166 NPI: 1003875501**Patient's Pharmacies****KROGER DELTA 627 (ERX): 8824 GEYER SPRINGS RD, LITTLE ROCK, AR 72209, Ph (501) 565-7584, Fax (501) 565-5094****Vitals****Ht:** 5 ft 7 in  
06/30/2023 02:39 pm**Wt:** 236 lbs 06/30/2023  
02:45 pm**BMI:** 37 06/30/2023  
02:45 pm**Allergies**

NKDA

**Medications****Reviewed Medications****ibuprofen**  
600mg As needed for pain

06/30/23 entered

**Problems****Reviewed Problems**

- Derangement of knee - Onset: 07/05/2023, Left

**Social History****Reviewed Social History****Substance Use**

Do you or have you ever smoked tobacco?: Never smoker

What was the date of your most recent tobacco screening?: 06/30/2023

What is your level of alcohol consumption?: None

What is your level of caffeine consumption?: Occasional

**Illicit Drug Use**

Do you currently use any of the following illicit DRUGS?: None

**Diet and Exercise**

What is your exercise level?: Occasional

**Education and Occupation**

Are you currently employed?: Yes

What is your occupation?: Splash super pools welding

**Surgical History****Reviewed Surgical History****Screening**

None recorded.

**MORENO, Miguel (id #1000685703, dob: 08/02/2002)****HPI**

Miguel is a 20-year-old male presenting to the clinic for left knee pain that has been present for roughly 1 to 2 months status post playing basketball. He believes that he injured his knee when he jumped up to rebound a ball and when he landed felt a "pop". He states that he was able to stand and walk on his leg after this incident, however, he did experience increased pain, swelling, and instability. His pain is rated a 2 out of 10 and described as aching and sharp. He has not had any injections, physical therapy, or advanced imaging performed.

**Subjective:**

Miguel Moreno is a 20 year old male who presents to discuss concerns about their Knee, that began on 05/28/2023.

**Hand dominance:** Right

**Pain Location:** Knee, Left-sided

**Injury occurred:** Playing basketball heard a pop

**Quality of symptoms:** Aching, Sharp

**Pain scale (1-10):** 2

**Pain duration:** 2 Months

**Pain work related:** no

**Work status:** Regular duty

**Pain better with:** Anti-inflammatory medication, Lying down, Rest, Sitting

**Pain worse with:** Standing

**Prior Treatments (for reason for visit):**

**Previous Surgery:** No

**Physical Therapy:** No

**Injections:** No

**Vitals:**

Height: 5ft. - 7 in.

**Vaccines:****Patient reports New Medications:**

- ibuprofen 600mg frequency: As needed for pain

**Blood thinners:** no

Patient reports NO New Allergies.

**Updates to Past Medical History:** None

**MORENO, Miguel (id #1000685703, dob: 08/02/2002)****Updates to Past Surgical History:** None**Social History Abstract:**Smoking status: **Never Smoker**Exercise: **Occasional****ROS****ROS as noted in the HPI****Physical Exam****EXAMINATION**

General: Well-developed, well-nourished male who is in no acute distress.

Psychiatric: He is awake, alert and interactive throughout the interview and examination. Mood and affect are appropriate for the clinic visit.

HEENT: He is normocephalic, atraumatic and his extraocular muscles are grossly intact.

Skin: Warm, dry and well perfused. No lesions, rashes or abrasions.

Cardiovascular: Dorsalis pedis and posterior tibialis pulses are 2+ and symmetric. Regular rate and rhythm by peripheral examination.

Neurologic: Distal motor and sensory examination is normal and symmetric in both lower extremities.

Gait: Normal gait pattern with no evidence of antalgia nor ataxia.

Musculoskeletal: Examination of the left knee shows no atrophy of the quadriceps. There is no effusion.

Excellent quadriceps tone, bulk and recruitment. Range of motion is from 0° to 130° without crepitation. No pain with overpressure into deep flexion. Mild tenderness to palpation along the medial joint line. No tenderness along the lateral joint line. Normal patellar tracking and mobility without apprehension. No tenderness to palpation at the medial or lateral patellar facet.

Lachman: Negative

Anterior drawer: Negative

Posterior drawer: Negative

Valgus stress: Negative

Varus stress: Negative

Medial McMurray's: Negative

Lateral McMurray's: Negative

Dial Test: Negative

Hip: No pain with internal rotation or external rotation of the left hip.

**IMAGING**

Standing 4 views of the left knee and 3 comparison views of the right knee were obtained today and personally reviewed. Well-maintained joint space and alignment. No evidence of acute fracture or dislocation.

**Assessment / Plan****ASSESSMENT**

Internal derangement of the left knee concerning for ligament versus meniscus versus cartilage injury.

**PLAN**

X-rays reviewed with Miguel today in the clinic. I offered to send him for an MRI of his left knee to better evaluate his injury as his mechanism of injury, pain, swelling, and instability do concern me for surgical lesion. He declined by offer for an MRI. We discussed more conservative treatments including physical therapy and an intra-articular steroid injection, however, he declined these treatment modalities as well. He would like to continue with watchful waiting and will return to the clinic as needed and as symptoms dictate. He is agreeable to this plan and voices no further concerns or complaints at this time. All questions answered prior to leaving clinic today.

**1. Pain in left knee**

M25.562: Pain in left knee

- KNEE - LEFT - 4 OR MORE VIEWS

Side: LEFT Views (X-RAY, KNEE): AP, Lateral, Tunnel, &amp; Sunrise

**2. Overweight**

E66.3: Overweight

- LEARNING ABOUT HEALTHY WEIGHT

**3. Derangement of knee - Left**

M23.92: Unspecified internal derangement of left knee

**Return to Office**

Patient will return to the office as needed.

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Encounter Sign-Off

Encounter signed-off by KATHERINE STALLINGS, PA, 07/05/2023.

Encounter performed and documented by KATHERINE STALLINGS, PA

Encounter reviewed & signed by KATHERINE STALLINGS, PA on 07/05/2023 at 12:46pm