

# CITY GENERAL HOSPITAL

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## ORTHOPEDIC MEDICAL EXAMINATION REPORT

Patient Name:	John Carter
Attending Physician:	Dr. Sarah Williams
Specialty:	Orthopedic Surgery
Date of Visit:	17 February 2026
Hospital ID:	CGH-ACL-2026-2084

The patient presented with acute right knee pain following a sports-related injury.

Clinical examination revealed swelling, reduced range of motion, and instability during anterior drawer and Lachman testing. MRI findings confirmed a complete tear of the Anterior Cruciate Ligament (ACL).

Diagnosis: Complete ACL rupture (Right Knee).

### Treatment Plan:

- Immediate rest, ice application, compression, and elevation (RICE protocol).
- Knee brace for stabilization.
- Referral to physical therapy for prehabilitation.
- Surgical reconstruction recommended due to patient activity level.

The patient has been advised to avoid weight-bearing activities and high-impact movements until further orthopedic evaluation.

Follow-up appointment scheduled in 10 days.

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Dr. Sarah Williams  
Consultant Orthopedic Surgeon  
City General Hospital