



## SPORTS & ORTHOPEDIC CENTER OF TEXAS

6860 North Dallas Pkwy, Ste 200, Plano, TX 75024

Tel: 469-305-7171 Fax: 469-212-1548

Patient Name: Michael Bennet  
Patient DOB: 05-13-1972  
Patient Sex: Male  
Visit Date: 03-07-2016

### Chief Complaint / HPI

Patient presented with complaint of **knee pain**. The patient has been referred by **Dr. Klein**. Specific pain is in the **right knee**. It is **acute** in onset. It started **2 week(s)** back. Knee pain is **intermittent**. Contact injury is **anteriorly**. It is **sharp and throbbing** in nature. On a scale from 0-10, patient rates the pain as **7/10**. It is located **anteriorly and medially**. It gets exacerbated by **standing, walking, kneeling, running and squatting**. It gets relieved by **rest, icing and NSAIDs**. It is unrelieved by **extending knee, exercise, support/brace and elevation**. It is accompanied by **swelling and grinding**.

### History

**MEDICAL HISTORY:** Patient has h/o **diabetes** and **asthma**.

**SURGICAL HISTORY:** Patient has h/o **appendectomy** in 2013.

**FAMILY HISTORY:** **Patient has no significant family history.**

**SOCIAL HISTORY:** Patient **uses tobacco**, smokes **2 pack(s)** per day, alcohol consumption is **social**, patient is **school teacher** by occupation, patient **has** been counseled to quit/cut down and do exercise atleast **3 times/week**.

### HEALTH MAINTENANCE:

Last EKG: **02 March, 2016**.

Last TSH: **28 February, 2016**.

Last Cholesterol: **29 February, 2016**.

### Allergies

No Known Drug Allergies

### Current Medications

Metoprolol Tartrate 100mg Tablet

Xanax 0.25mg Tablet

Januvia 25mg Tablet

Glipizide 10mg Tablet

### Problem List

Type 2 Diabetes Mellitus Without Complications (E11.9)

Essential (Primary) Hypertension (I10)

Pain In Right Knee (M25.561)

### ROS

**CONSTITUTIONAL:** Patient complained of **no constitutional symptoms**.

**EYES:** Patient complained of **no eye symptoms**.

**EARS:** Patient complained of **no ear symptoms**.

**NOSE:** Patient complained of **no nasal symptoms**.

**SINUSES:** Patient complained of **no sinus symptoms**.

**THROAT:** Patient complained of **no throat symptoms**.

**RESPIRATORY:** Patient complained of no respiratory symptoms.

**CV:** Patient complained of no CV symptoms.

**GI:** Patient complained of no GI symptoms.

**GU:** Patient complained of no GU symptoms.

**NEUROLOGICAL:** Patient complained of no neurological symptoms.

**SKIN:** Patient complained of no skin symptoms.

**ENDOCRINE:** Patient complained of no endocrine symptoms.

**PSYCHIATRIC:** Patient complained of no psychiatric symptoms.

**MUSCULOSKELETAL:** Patient complained of swelling, inflammation and extremity pain.-Right Knee

## Vital Signs

BP Systolic: 130.

BP Diastolic: 90.

Temperature is 98.6 F.

Height is 70 in.

Weight is 190 lbs.

BMI is 27.26.

## Physical Exam

**GENERAL:** The patient is a 43 year(s) old male that appears his approximate stated age. He is well groomed, and in moderately acute physical distress at this time.

**HEENT:** Normocephalic. Atraumatic. No gross facial abnormalities, edema, facial or sinus tenderness. Sclerae and conjunctivae are clear and normal. PERRLA. EOMI. Oropharynx clear and normal. Mucous membranes moist..

**NECK:** No gross abnormalities, edema or thyromegaly. No mass. No JVD. No bruits..

**LYMPHATIC:** No visible or palpable adenopathy in neck, axillae or groin bilaterally.

**CARDIOVASCULAR:** No abnormal swelling or edema in bilateral upper or lower extremities. Palpable DP and radial pulses.

**RESPIRATORY:** Respirations unlabored, equal chest wall excursion bilaterally. No audible wheezes or rhonchi.

**SKIN:** No abnormal rashes, lesions, contusions, abrasions, breaks in skin integrity, or other abnormalities found on trunk, back or bilateral upper or lower extremities.

**NEUROLOGIC:** Patient is awake, alert and oriented to place, person and time. Mood and affect are appropriate for situation.

### KNEE EXAM:

**Right-Knee Exam:** Skin is intact. Gait is limping. Weight bearing alignment is neutral. Squat is limited. Pain is not present. Feet alignment is neutral in nature. Effusion in right knee is present. Quadriceps atrophy is present.

**Left-Knee Exam:** Skin is intact. Gait is normal. Weight bearing alignment is neutral. Squat is normal. Pain is present. Feet alignment is neutral in nature. Effusion of left knee is not present. Quadriceps atrophy is not present.

**Right-Ligaments:** Lachman is negative. No endpoint is there. Anterior drawer is 1+. No endpoint is there. PMRI is positive. Pivot shift is negative. Posterior drawer is negative. No endpoint is there. Valgus at 0 degrees is negative. Pain is not present. Valgus at 30 degrees is 2+. Varus at 0 degrees is 1+. Varus at 30 degrees is 1+.

**Left-Ligaments:** Lachman is negative. No endpoint is there. Anterior drawer is negative. No endpoint is there. PMRI is negative. Pivot shift is negative. Posterior drawer is negative. No endpoint is there. Valgus at 0 degree is negative. Pain is not present. Valgus at 30 degrees is negative. Varus at 0 degrees is negative. Varus at 30 degrees is negative.

**Right Meniscus:** Tenderness: present. McMurray test indicates pain with pop. Full flexion knee pain is present.

**Left Meniscus:** Tenderness: [none](#). McMurray test indicates [negative result](#). Full flexion knee pain [is not present](#).

**Right-Patella:** Tilt [absent](#). Medial glide is [absent](#). Lateral glide is [absent](#). Tenderness is [present](#). Apprehension is [absent](#). Crepitation is [present](#). Popliteal Angle [absent](#). Quadriceps contracture is [absent](#). IT band contracture (OBER) is [absent](#).

**Left-Patella:** Tilt [absent](#). Medial glide is [absent](#). Lateral glide is [absent](#). Tenderness is [absent](#). Apprehension is [absent](#). Crepitation is [absent](#). Popliteal Angle [absent](#). Quadriceps contracture is [absent](#). IT band contracture (OBER) is [absent](#).

## Diagnostics

[Diagnostics](#). Study: [MRI](#).

Location: [knee -right](#).

Date of result: [3/7/2016](#).

[Meniscal Tear](#).



## Assessment

[Pain In Right Knee \(M25.561\)](#)

[Person Injured In Unsp Motor-Vehicle Accident, Traffic, Init \(V89.2XXA\)](#)

[Bucket-Hndl Tear Of Lat Mensc, Crnt Injury, Right Knee, Init \(S83.259A\)](#)

[Type 2 Diabetes Mellitus Without Complications \(E11.9\)](#)

[Essential \(Primary\) Hypertension \(I10\)](#)

**Plan****Lab**

BMP

CBC (INCLUDES DIFF/PLT)

C-REACTIVE PROTEIN

**Today's Medication**

Flexeril 10mg Tablet is Prescribed, one po q8hrs prn muscle cramps or spasms or pain

**Recommendation**

Take paracetamol for pain relief if needed once the local anaesthetic has worn off. DO NOT take steroidal Anti-inflammatory drugs like aspirin or Ibuprofen.

Doctor's Instructions: Make sure you understand and follow the instructions your doctor gives you.

The patient was counseled on decreasing fat and cholesterol in diet and we reviewed carbohydrate counting at the visit.

**Follow Up**

Patient is advised to follow up in 3 weeks.

**Health Education**

KNEE PAIN

The visit was electronically signed off by Charles Bleecher, MD on 03/07/2016 01:58:40 PM