

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443
Ins: CIGNA 182223 Grp: 3329609

01/14/2022 - Office Visit: right knee

Provider: Shelden L Martin MD

Location of Care: OrthoArizona Chandler Village

Visit Type: Follow-up

Primary Provider: Shelden L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is almost 2 years status post revision right knee ACL reconstruction with BTB autograft, medial and lateral meniscal repair, and microfracture of MFC performed on 02/04/2020. On 11/30/21 patient was playing soccer and heard a pop in his right knee. His right knee was aspirated on 12/3/21. Patient is continuing to attend physical therapy with Matt and is progressing well. He states he needs more visits. He wants to participate in ASU soccer club trials.

Current Problems:

Medical Problems:

- 1) Dx of Patellar Tendinitis, Right Knee (ICD-726.64)
- 2) Dx of Articular Cartilage Disorder, Other Specified Site (ICD-718.08)
- 3) Dx of Complex Tear of Lateral Meniscus, Current Injury, Right Knee, Subsequent Encounter (ICD-V58.89)
- 4) Dx of Other Tear of Medial Meniscus, Current Injury, Right Knee, Subsequent Encounter (ICD-V58.89)
- 5) Dx of Encounter For Other Orthopedic Aftercare (ICD-V54.89)
- 6) Dx of Knee Pain, Right (ICD-719.46)
- 7) Dx of Difficulty Walking (ICD-719.7)
- 8) Dx of Orthopedic Surgical Aftercare (ICD-V58.78)
- 9) Dx of Sprain of Anterior Cruciate Ligament of Right Knee, Subsequent Encounter (ICD-V58.89)
- 10) Dx of Knee Effusion, Right (ICD-719.06)
- 11) Dx of Personal History of Traumatic Brain Injury (ICD-V15.52)
- 12) Dx of Concussion Without Loss of Consciousness, Subsequent Encounter (ICD-V58.89)
- 13) Dx of Concussion Without Loss of Consciousness, Initial Encounter (ICD-850.0)

Allergies:

No Known Drug Allergies

Past Medical History:

Reviewed history from 12/17/2021 and no changes required:
No Medical Problems

Past Surgical History:

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Home: (602) 697-0443
Ins: CIGNA 182223 Grp: 3329609

Reviewed history from 12/17/2021 and no changes required:
right ACL

Family History Summary:

Reviewed history Last on 12/17/2021 and no changes required:01/15/2022
Mother - Has No FH CHD<65 in 1st degree female - Entered On: 1/23/2017
Father - Has No FH CHD<55 in 1st degree male - Entered On: 1/23/2017

General Comments - FH:

No FH CHD<55 in 1st degree male
No FH CHD<65 in 1st degree female

Social History:

Reviewed history from 09/11/2020 and no changes required:
Patient is single.
Lives with:

Review of Systems

MS

Complains of Joint pain, stiffness and weakness.
Denies joint swelling, cramps and muscle pain.

The review of systems is negative for General, Eyes, ENT, CV, Resp, GI, GU, Derm, Neuro, Psych, Endo and Heme.

Vital Signs:

Patient Profile: 19 Years Old Male
Height: 71 inches (180.34 cm)
Weight: 186 pounds (84.55 kg)
BMI: 25.94

Vitals Entered By: Lilia Westergard (January 14, 2022 4:33 PM)

Problems:

Problems were reviewed with the patient during this visit.

Medications:

Medications were reviewed with the patient during this visit.

Allergies:

No Known Allergies

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Home: (602) 697-0443

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Allergies were reviewed with the patient during this visit.

Physical Exam

General appearance: Normal

Orientation x 3: Normal

Mood and affect: Appropriate

Gait and Station: Ambulates with nontalgic gait and is able to get onto the examination table.

Right Knee:

Full ROM. Stable lachman. Minimal effusion. Negative McMurry's test.

X-RAY

No x-rays were ordered in the office today.

Impression & Recommendations:

Problem # 1: Encounter for other orthopedic aftercare (ICD-V54.89) (ICD10-Z47.89)

- Continue physical therapy with Matt Midkiff.
- Follow up in 2-3 months

Other Orders:

Continue Physical Therapy (Continue PT)

Expanded 99213 (CPT-99213)

DISCLAIMER: I, Shelden Martin, MD personally performed the services describes in this documentation, as scribed by Safiya Kalil in my presence, and it is both accurate and complete.

Electronically signed by Shelden L Martin MD on 01/15/2022 at 9:03 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

12/17/2021 - Office Visit: rt knee

Provider: Sheldon L Martin MD

Location of Care: OrthoArizona Chandler Village

Impression & Recommendations:

Problem # 1: Encounter for other orthopedic aftercare (ICD-V54.89) (ICD10-Z47.89)

- Continue physical therapy with Matt.
- Follow up in 4 weeks.

Other Orders:

Expanded 99213 (CPT-99213)

Visit Type: Follow-up

Primary Provider: Sheldon L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is almost 2 years status post revision right knee ACL reconstruction with BTB autograft, medial and lateral meniscal repair, and microfracture of MFC performed on 02/04/2020. On 11/30/21 patient was playing soccer and heard a pop in his right knee. His right knee was aspirated last visit on 12/3/21. Patient had 4 sessions of physical therapy with Matt and is performing strenghtening exercises with benefit. Patient hasn't been having any issues so far.

Past Medical History:

Reviewed history from 12/03/2021 and no changes required:
No Medical Problems

Past Surgical History:

Reviewed history from 12/03/2021 and no changes required:
right ACL

Family History Summary:

Reviewed history Last on 12/03/2021 and no changes required:12/19/2021
Mother - Has No FH CHD<65 in 1st degree female - Entered On: 1/23/2017
Father - Has No FH CHD<55 in 1st degree male - Entered On: 1/23/2017

General Comments - FH:

No FH CHD<55 in 1st degree male
No FH CHD<65 in 1st degree female

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Social History:

Reviewed history from 09/11/2020 and no changes required:

Patient is single.

Lives with:

Review of Systems

MS

Complains of Joint pain, stiffness and weakness.

Denies joint swelling, cramps and muscle pain.

The review of systems is negative for General, Eyes, ENT, CV, Resp, GI, GU, Derm, Neuro, Psych, Endo and Heme.

Vital Signs:

Patient Profile: 19 Years Old Male
Height: 71 inches (180.34 cm)
Weight: 186 pounds
BMI: 25.94

Problems: Active problems were reviewed with the patient during this visit.

Medications: Medications were reviewed with the patient during this visit.

Allergies: Allergies were reviewed with the patient during this visit.

No Known Medication.

No Known Allergy.

Vitals Entered By: Lilia Westergard (December 17, 2021 3:06 PM)

Physical Exam

General appearance: Normal

Orientation x 3: Normal

Mood and affect: Appropriate

Gait and Station: Ambulates with nontalgic gait and is able to get onto the examination table.

Right Knee:

Full ROM. No effusion. Stable lachman. Negative McMurry's test.

X-RAY

Kadin Rabo

Male DOB: 05/30/2002

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

No x-rays were ordered in the office today.

DISCLAIMER: I, Shelden Martin, MD personally performed the services describes in this documentation, as scribed by Safiya Kalil in my presence, and it is both accurate and complete.

Electronically signed by Shelden L Martin MD on 12/19/2021 at 4:42 PM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443
Ins: CIGNA 182223 Grp: 3329609

12/03/2021 - Office Visit: MRI right knee
Provider: Shelden L Martin MD
Location of Care: OrthoArizona Chandler Village

Impression & Recommendations:

Problem # 1: Encounter for other orthopedic aftercare (ICD-V54.89) (ICD10-Z47.89)

-We discussed the pros and cons of surgical versus non-surgical options at today's visit.

-Under sterile conditions after prepping the aspiration site with betadine and alcohol, I aspirated 90 ccs of blood fluid from the right knee. The aspiration was tolerated well without complication. I have recommended applying ice intermittently to the area and avoiding strenuous activity for the next 24-48 hours.

-I prescribed physical therapy.

-Follow up in 2 weeks.

Other Orders:

Physical Therapy Evaluation and Treat (CPT 97162)

Detailed 99214 (CPT-99214)

Visit Type: Follow-up

Primary Provider: Shelden L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is here to discuss his right knee MRI results. Patient presents abulating as NWB with crutches at today's visit. He is accompanied by his father. Of note, he is almost 2 years status post revision right knee ACL reconstruction with BTB autograft, medial and lateral meniscal repair, and microfracture of MFC performed on 02/04/2020. Patient states during his last injury he could extend his knee, but has a hard time due to pressure from swelling with this current injury. No additional complaints.

Past Medical History:

Reviewed history from 12/01/2021 and no changes required:

No Medical Problems

Past Surgical History:

Reviewed history from 12/01/2021 and no changes required:

right ACL

Family History Summary:

Reviewed history Last on 12/01/2021 and no changes required:12/05/2021

Mother - Has No FH CHD<65 in 1st degree female - Entered On: 1/23/2017

Father - Has No FH CHD<55 in 1st degree male - Entered On: 1/23/2017

Kadin Rabo

Male DOB: 05/30/2002

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Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

General Comments - FH:

No FH CHD<55 in 1st degree male
No FH CHD<65 in 1st degree female

Social History:

Reviewed history from 09/11/2020 and no changes required:
Patient is single.
Lives with:

Review of Systems

MS

Complains of Joint pain, stiffness and weakness.

Denies joint swelling, cramps and muscle pain.

The review of systems is negative for General, Eyes, ENT, CV, Resp, GI, GU, Derm, Neuro, Psych, Endo and Heme.

Vital Signs:

Patient Profile: 19 Years Old Male
Height: 71 inches (180.34 cm)
Weight: 186 pounds (84.37 kg)
BMI: 25.94

Problems: Active problems were reviewed with the patient during this visit.

Medications: Medications were reviewed with the patient during this visit.

Allergies: Allergies were reviewed with the patient during this visit.

No Known Medication.

No Known Allergy.

Vitals Entered By: Lilia Westergard (December 3, 2021 2:03 PM)

Physical Exam

General appearance: Normal

Orientation x 3: Normal

Mood and affect: Appropriate

Gait and Station: Ambulates as NWB with crutches and is able to get onto the examination table.

Right Knee:

Large effusion. ROM 0-100*. Stable lachman.

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X-RAY

No x-rays were ordered in the office today.

DATA

I reviewed the MRI and report of the right knee from Cigna dated 12/3/21.

IMPRESSIONS:

1. Status post ACL repair. The ACL graft is intact. There is prominent arthrofibrosis in the anterior tibiofemoral joint space as well as ventral to the PCL as described above.
2. Horizontal cleavage tear involving the posterior horn and body segment of the lateral meniscus.
3. Somewhat vertical tear involving the posterior horn of the medial meniscus near the posterior horn and body junction. Additional small tear/irregularity at the posterior peripheral third of the posterior horn of the medial meniscus.
4. A large joint effusion with mild underlying synovitis.
5. Chondromalacia with areas of chondral delamination at the femoral trochlear groove and mild subchondral marrow edema and subcortical cystic change in the femoral trochlear groove.

I, Shelden Martin, MD personally performed the services describes in this documentation, as scribed by Kaleesha Smith-Lopez in my presence, and it is both accurate and complete.

Electronically signed by Shelden L Martin MD on 12/05/2021 at 11:11 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

12/01/2021 - Office Visit: RT knee

Provider: Sheldon L Martin MD

Location of Care: OrthoArizona Pima Center Crossing

Chief Complaint: right knee pain

HPI:

Kadin is almost 2 years status post revision right knee ACL reconstruction with BTB autograft, medial and lateral meniscal repair, and microfracture of MFC performed on 02/04/2020. Patient presents abulating as NWB with crutches at today's visit. He is accompanied by his father. Patient plays soccer with the intramurals. He states he was playing soccer on 11/30/21 when he went to shield an opponent and he felt a pop in his right knee. Patient has cracking in his right knee that occurs after prolonged sitting or prolonged straightening of his left. No additional complaints.

Past Medical History: reviewed - no changes.
No Medical Problems

Past Surgical History: reviewed - no changes.
right ACL

Past Family History: reviewed - no changes.

Social History: reviewed - no changes.

Medications: No Known Medications.

Allergies: No Known Allergies.

Physical Exam:

HT: 71in. HT: 180.34cm. BMI: 0

General Orthopaedic Exam:

General appearance: Normal

Orientation x 3: Normal

Mood and affect: Appropriate

Gait and Station: Ambulates with a nonantalgic gait and is able to get onto the examination table. Neutral weight bearing alignment.

Right Knee:

Inspection/palpation: There is no visible muscle atrophy. Neutral alignment. Moderate effusion. No medial joint line TTP. + lateral joint line TTP.

Skin: Skin is intact without incisions.

Range of motion: AROM 0°-140°. PROM 0°-140°

Stability:

Medial/lateral patellar translation: Normal

Varus/valgus stress: No pain. No instability.

Lachman test: Stable

Pivot shift: Normal

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Posterior drawer test: No instability.

Dial Test: Not tested

Strength: 5/5 quadriceps/hamstrings

Provocative Tests: Positive McMurray test. No pain with patellar grind test.

CV: No swelling in leg

Imaging and Diagnostics:

Weightbearing AP views of bilateral knees, lateral and sunrise xrays of the RIGHT knee were ordered in my office today and reviewed. To my interpretation they show no fractures or intraosseous lesions. No degenerative changes. No change in tunnels or hardware.

Assessment:

Right knee pain

Plan:

-Patient will obtain right knee MRI and follow up thereafter to review the results and discuss possible treatment options.

Influenza History: no (12/08/2017)

Past Medical History:

Reviewed history from 04/27/2020 and no changes required:
No Medical Problems

Past Surgical History:

Reviewed history from 04/27/2020 and no changes required:
right ACL

Family History Summary:

Reviewed history Last on 12/21/2020 and no changes required:12/03/2021

General Comments - FH:

No FH CHD<55 in 1st degree male
No FH CHD<65 in 1st degree female

Social History:

Reviewed history from 09/11/2020 and no changes required:
Patient is single.
Lives with:

Review of Systems

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MS

Complains of Joint pain, stiffness and weakness.

Denies joint swelling, cramps and muscle pain.

The review of systems is negative for General, Eyes, ENT, CV, Resp, GI, GU, Derm, Neuro, Psych, Endo and Heme.

I, Shelden Martin, MD personally performed the services describes in this documentation, as scribed by Kaleesha Smith-Lopez in my presence, and it is both accurate and complete.

Electronically signed by Shelden L Martin MD on 12/03/2021 at 1:21 PM
