

Kadin Rabo

Male DOB: 05/30/2002

819288

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

12/21/2020 - Office Visit: Right knee

Provider: Shelden L Martin MD

Location of Care: OrthoArizona Chandler Village

Arizona Orthopaedic Associates
Phone: 602-631-3161 Fax: 602-631-3162

Impression & Recommendations:

-From my standpoint, he looks clear. It depends on how he is doing with Matt Midkiff from a functional performance standpoint. Given Covid situation and athletic shutdowns in California I recommend he takes the extra time to fully rehab before he goes back to competitive soccer.

-Continue physical therapy and home exercises.

-Follow up as needed.

Visit Type: Follow-up

Primary Provider: Shelden L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his father and is 10.5 months status post revision right knee ACL reconstruction with BTB autograft, medial and lateral meniscal repair, and microfracture of MFC performed on 02/04/2020. His knee is doing well. He continues with physical therapy with Matt Midkiff 3 times per week with benefit. He has progressed well with no-contact training and has been running one mile daily without issues. He has a functional ACL brace but has not been using it. No additional complaints. The patient is planning to play soccer at Cal Polytechnic University.

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.

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Smoking Status: Never smoker (12/21/2020).

Family History:

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

Risk Factors:

Fall Risk (65 years and older): no falls in past year; Flu shot in past year?: no; Pneumonia shot?: no; Does Patient Exercise: yes; Alcohol drinks/day: 0; Caffeine use/day: no; Smoking Status: Never smoker.

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: 18 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: Michele Vandenberg (December 21, 2020 1:13 PM)

Physical 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.

BMI: 25.9

Right Knee:

Healed incisions. No swelling. Good quadriceps tone. Full symmetric range of motion. Visibly symmetric quadriceps girth compared to left. Stable Lachman. No pivot shift.

X-RAY

Kadin Rabo

Male DOB: 05/30/2002

819288

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

No x-rays were ordered in the office today.

Patient Instructions:

- 1) Continue physical therapy and home exercises.
- 2) Follow-up as needed.

DISCLAIMER: This document was produced with the assistance of "Dragon Medical" speech recognition software. Some errors in transcription may have occurred. Please notify our office to clarify any typographical errors.

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

Electronically signed by Shelden L Martin MD on 12/21/2020 at 4:14 PM

Kadin Rabo

Male DOB: 05/30/2002

819288

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

10/26/2020 - Office Visit: Right Knee

Provider: Sheldon L Martin MD

Location of Care: OrthoArizona Chandler Village

Arizona Orthopaedic Associates
Phone: 602-631-3161 Fax: 602-631-3162

Impression & Recommendations:

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

-Functionally, he is doing great.

-Continue functional training with Matt Midkiff

-He will follow up before he leaves for school or sooner if he has any complications.

Orders:

Expanded 99213 (CPT-99213)

Other Orders:

RIGHT KNEE 1-2 VIEWS (CPT-73560)

Visit Type: Follow-up

Primary Provider: Sheldon L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his father and is nearly 9 months status post revision right knee ACL reconstruction with BTB autograft, medial and lateral meniscal repair, and microfracture of MFC performed on 02/04/2020. His tendonitis symptoms fluctuate, occasionally becoming quite severe. This complaint is improving with physical therapy. His intermittent swelling has resolved. He has recently performed functional testing, including single leg jumping, and is happy with his functional progress. Additionally, he has returned to running, sprinting, and light basketball activities as tolerated. He has no other complaints.

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.

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Smoking Status: Never smoker (09/11/2020).

Family History:

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

Risk Factors:

Fall Risk (65 years and older): no falls in past year; Flu shot in past year?: no; Pneumonia shot?: no; Does Patient Exercise: yes; Alcohol drinks/day: 0; Caffeine use/day: no; Smoking Status: Never smoker.

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: 18 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: Michele Vandenberg (October 26, 2020 8:09 AM)

Physical 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.

BMI: 25.9

Kadin Rabo

Male DOB: 05/30/2002

819288

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

Right Knee:

Healed incisions. No swelling. Good quadriceps tone. Full symmetric range of motion. Visibly symmetric quadriceps girth compared to left. Stable Lachman. No pivot shift.

X-RAY

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 appropriate tunnel positions. The interference screw in the tibia is appropriately positioned. No degenerative changes in the knee.

Patient Instructions:

- 1) -Follow up before you depart for school.

DISCLAIMER: This document was produced with the assistance of "Dragon Medical" speech recognition software. Some errors in transcription may have occurred. Please notify our office to clarify any typographical errors.

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

Electronically signed by Shelden L Martin MD on 10/26/2020 at 8:47 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

09/11/2020 - Office Visit: Right Knee

Provider: Sheldon L Martin MD

Location of Care: OrthoArizona Chandler Village

Arizona Orthopaedic Associates

Phone: 602-631-3161 Fax: 602-631-3162

Impression & Recommendations:

Problem # 1: Sprain of anterior cruciate ligament of right knee, subsequent encounter (ICD-V58.89) (ICD10-S83.511D)

-Continue current management, ACL protocol.

Other Orders:

Detailed 99214 (CPT-99214)

Visit Type: Follow-up

Primary Provider: Sheldon L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin returns to review the results of his right knee MRI. He is 7 months status post revision of right ACL reconstruction with patellar tendon-bone autograft and deep hardware removal performed on 2/4/2020. The patient has no interval complaints.

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.

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Smoking Status: Never smoker (09/11/2020).

Family History:

Reviewed history from 08/03/2020 and no changes required:

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

Social History:

Kadin Rabo

Male DOB: 05/30/2002

819288

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

Reviewed history from 08/03/2020 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: 18 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 (September 11, 2020 3:38 PM)

X-RAY

No x-rays were ordered in the office today.

DATA

I reviewed the MRI and report of the right knee MRI from SimonMed dated 9.9.2020 in the office today.
Impression:

1. Status post the ACL revision surgery. The ACL graft is intact. There is a slender area of arthrofibrosis projection anterior to distal intra-articular ACL graft fibers.
2. Status post interval infrapatellar tendon graft harvesting. There is a slender 4mm area of interstitial splitting of proximal medial one third fibers.
3. Interval apical free edge deformity and tearing of the posterior one third of the lateral meniscus.
4. Stable appearance of chronic vertical longitudinal grade 3 intermediate signal intensity and presumed postoperative healing/fibrosis involving posterior one third of the medial meniscus.

Patient Instructions:

- 1) Please schedule a follow-up appointment in 3 months.

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

DISCLAIMER: This document was produced with the assistance of "Dragon Medical" speech recognition software. Some errors in transcription may have occurred. Please notify our office to clarify any typographical errors.

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

Electronically signed by Shelden L Martin MD on 09/11/2020 at 5:06 PM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

09/04/2020 - Office Visit: Right Knee

Provider: Sheldon L Martin MD

Location of Care: OrthoArizona Chandler Village

Arizona Orthopaedic Associates
Phone: 602-631-3161 Fax: 602-631-3162

Impression & Recommendations:

Problem # 1: Patellar tendinitis, right knee (ICD-726.64) (ICD10-M76.51)

-Obtain right knee MRI

-Continue with per my ACL reconstruction protocol

-Use anti-inflammatories and ice as needed

-Follow up after the study

Orders:

Expanded 99213 (CPT-99213)

Other Orders:

MRI RT Knee, without contrast (CPT-73721)

Visit Type: Follow-up

Primary Provider: Sheldon L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his father and is 7 months status post revision right knee ACL reconstruction with BTB autograft, medial and lateral meniscal repair, and microfracture of MFC performed on 02/04/2020. He reports continued anterior right knee pain. He rates his pain as a 6/10 while in physical therapy and it increases to an 8/10 at its worst. He notes that 1 week ago he tried to push through the pain at physical therapy and did well after. He is wondering if he is okay to work through the pain or if he is causing any harm to his patellar tendon or reconstruction. He feels the ASTYM therapy performed at physical therapy with Matt Midkiff has been beneficial. He denies any additional complaints.

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

Risk Factors:

Alcohol Use: 0 (12/08/2017)

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Caffeine Use: no (12/08/2017)

Exercise: yes (12/08/2017)

Expanded Risk Factors:

Smoking Status: Never smoker (09/04/2020)

Family History:

Reviewed history from 08/03/2020 and no changes required:

No FH CHD<55 in 1st degree male

No FH CHD<65 in 1st degree female

Social History:

Reviewed history from 08/03/2020 and no changes required:

Patient is single.

Lives with:

Review of Systems:

General: Denies fever, chills, fatigue, sleep problems and unexpected weight loss.

Eyes: Denies blurry vision, double vision, eye pain, eye redness and watering.

ENT: Denies decreased hearing, sore throat, ears ringing, nose bleeds and difficulty swallowing.

CV: Denies chest pain, fainting, murmurs and palpitations.

Resp: Denies shortness of breath, cough, wheezing, tightness and snoring.

GI: Denies heartburn, constipation, nausea, vomiting, diarrhea and bloody/tarry stool.

GU: Denies pain on urination, incontinence, increased frequency and urgency.

MS: Complains of stiffness, weakness and muscle pain; denies Joint pain, joint swelling and cramps.

Derm: Denies redness, rash, itching and skin changes.

Neuro: Denies numbness, tingling, loss of balance, history of seizures, tremors and unsteady gait.

Psych: Denies anxiety, depression, nervousness and hallucinations.

Endo: Denies weight change, thirsty all the time and excessive urination.

Heme: Denies easy bruising, bleeding and enlarged lymph nodes.

Vital Signs:

Patient Profile: 18 Years Old Male

Height: 71 inches (180.34 cm)

Weight: 186 pounds

BMI: 25.94

BSA: 2.05

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.

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Vitals Entered By: Crystal Valdez (September 4, 2020 7:50 AM)

Physical 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.

BMI: 25.94

Right Knee:

Healed incisions. No effusion. Point tenderness at proximal incisions at inferior pull of patella. Full ROM. Stable Lachman.

X-RAY

No x-rays were ordered in the office today.

Patient Instructions:

1) Follow up after diagnostic testing is complete.

DISCLAIMER: This document was produced with the assistance of "Dragon Medical" speech recognition software. Some errors in transcription may have occurred. Please notify our office to clarify any typographical errors.

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

Electronically signed by Shelden L Martin MD on 09/04/2020 at 9:16 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

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

08/03/2020 - Office Visit: rt knee

Provider: Shelden L Martin MD

Location of Care: OrthoArizona Chandler Village

Arizona Orthopaedic Associates
Phone: 602-631-3161 Fax: 602-631-3162

Impression & Recommendations:

Problem # 1: Sprain of anterior cruciate ligament of right knee, subsequent encounter (ICD-V58.89) (ICD10-S83.511D)

- Continue with physical therapy per my ACL reconstruction protocol
- Use anti-inflammatories and ice as needed
- Follow up in 3 months

Other Orders:

Expanded 99213 (CPT-99213)

Visit Type: Follow-up

Primary Provider: Shelden L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his father and is 6 months status post revision right knee ACL reconstruction with BTB autograft, medial and lateral meniscal repair, and microfracture of MFC performed on 02/04/2020. He complains of increased medial right knee pain ongoing for 2 weeks. He continues to attend physical therapy with Matt Midkiff and notes he has started a new phase of therapy which may be the cause for his increased pain. He has been doing ASTYM therapy with benefit.

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.

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Smoking Status: Never smoker (08/03/2020).

Kadin Rabo

Male DOB: 05/30/2002

819288

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

Family History:

Reviewed history from 06/08/2020 and no changes required:
No FH CHD<55 in 1st degree male; No FH CHD<65 in 1st degree female.

Social History:

Reviewed history from 06/08/2020 and no changes required:
Patient is single; Lives with:.

Risk Factors:

Fall Risk (65 years and older): no falls in past year; Flu shot in past year?: no; Pneumonia shot?: no; Does Patient Exercise: yes; Alcohol drinks/day: 0; Caffeine use/day: no; Smoking Status: Never smoker.

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: 18 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 (August 3, 2020 8:00 AM)

Physical 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.

BMI: 25.94

Right Knee:

Well healed incisions. Tenderness over proximal patellar tendon. Full motion. No effusion. Stable

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Lachman. Good quad tone.

X-RAY

No x-rays were ordered in the office today.

Patient Instructions:

- 1) Please schedule a follow-up appointment in 3 months.

DISCLAIMER: This document was produced with the assistance of "Dragon Medical" speech recognition software. Some errors in transcription may have occurred. Please notify our office to clarify any typographical errors.

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

Electronically signed by Shelden L Martin MD on 08/03/2020 at 9:05 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

06/08/2020 - Office Visit: rt knee

Provider: Shelden L Martin MD

Location of Care: OrthoArizona Chandler Village

Arizona Orthopaedic Associates

Phone: 602-631-3161 Fax: 602-631-3162

Impression & Recommendations:

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

-He will continue to progress per my ACL reconstruction protocol. He can progress to running and then sports-specific training over the next 2 months. We discussed the timing of school and we will be planning for return in 2021

-Follow up in 2 months.

Orders:

Expanded 99213 (CPT-99213)

Visit Type: Follow-up

Primary Provider: Shelden L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his father and is 4 months status post revision right knee ACL reconstruction with BTB autograft, medial and lateral meniscal repair, and microfracture of MFC performed on 02/04/2020. He has been doing virtual physical therapy once a week with Matt Midkiff at Foothills Physical Therapy; he is planning on doing an in-person visit tomorrow. Patient has also been doing his exercises at home and in the pool. Overall, he feels his knee is improving. He has good range of motion and his strength continues to improve. Patient has not yet started running. He is unsure if/when he will be returning to school in California, but it is likely that he'll be going back on 08/10/2020.

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.

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Smoking Status: Never smoker (06/08/2020).

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Family History:

Reviewed history from 04/27/2020 and no changes required:
No FH CHD<55 in 1st degree male; No FH CHD<65 in 1st degree female.

Social History:

Reviewed history from 04/27/2020 and no changes required:
Patient is single; Lives with:.

Risk Factors:

Fall Risk (65 years and older): no falls in past year; Flu shot in past year?: no; Pneumonia shot?: no; Does Patient Exercise: yes; Alcohol drinks/day: 0; Caffeine use/day: no; Smoking Status: Never smoker.

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: 18 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 (June 8, 2020 8:05 AM)

Physical 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:

Healed incisions. Mild quad atrophy. Smooth patellar tracking. Full range of motion, 0-140 degrees, symmetric to the contralateral side. Stable Lachman.

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

X-RAY

No x-rays were ordered in the office today.

Patient Instructions:

- 1) Please schedule a follow-up appointment in 2 months.
- 2) Continue Physical Therapy and home exercises.

DISCLAIMER: This document was produced with the assistance of "Dragon Medical" speech recognition software. Some errors in transcription may have occurred. Please notify our office to clarify any typographical errors.

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

Electronically signed by Shelden L Martin MD on 06/08/2020 at 8:48 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

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

04/27/2020 - Office Visit: Telemedicine RT knee
Provider: Sheldon L Martin MD
Location of Care: OrthoArizona Chandler Village

Telemedicine Notes

Visit Type: Audio and Video Visit
Visit Vendor: DOXY.ME

Patient Details

Patient Phone #: (602) 697-0443
Patient Email Address: kadingrabo@gmail.com

Patient consented to a Telemedicine Visit: Yes: Patient seen today via Telehealth by agreement and consent of patient in light of current COVID-19 pandemic. I used the following Telehealth technology during the visit. This patient encounter is appropriate and reasonable under the circumstances given the patient's particular presentation at this time. The patient has been advised of the potential risks and limitations of this mode of treatment (including but not limited to the absence of in-person examination) and has agreed to be treated in a remote fashion in spite of them. Any and all of the patient's questions on this issue have been answered and I have made no promises or guarantees to the patient. The patient has also been advised to contact this office for worsening conditions or problems, and seek emergency medical treatment and/or call 911 if the patient deems either necessary.

Visit Details

Start Time: 8:32 AM
End Time: 8:46 AM
Telemedicine Provider: Sheldon L. Martin
Location of Provider: OrthoArizona Office
Location of Patient: Home
Who Participated: Patient only

Chief Complaint: righ knee

Referring Provider: Brett R DeGooyer, DO

HPI: Patient is about 11 weeks status post right knee revision ACL reconstruction with BTB autograft and medial and lateral meniscal repairs 2/4/2020. He is performing physical therapy with Matt Midkiff and progressing appropriately. He has no complaints.

Virtual Exam: He appears to have normal range of motion with healed incisions and no obvious swelling

Assessment: Status post revision right knee ACL reconstruction

Plan: We will continue to progress per my ACL protocol
Follow-up in 6 weeks

Patient Reported Values

Pt reported Height (inches): 74
Pt reported Weight (lbs): 177
BMI: 22.81

Past Medical History: Reviewed by Provider.

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

No Medical Problems

Past Surgical History: Reviewed by Provider.
right ACL

Past Family History: Reviewed by Provider.
No FH CHD<55 in 1st degree male
No FH CHD<65 in 1st degree female

Social History: Reviewed by Provider.
Patient is single.
Lives with:

Medications: No Known Medications.

Electronically signed by Sheldon L Martin MD on 04/27/2020 at 9:43 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

03/23/2020 - Post Op Visit: rt 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)

-Continue physical therapy per my BTB ACL reconstruction and meniscal repair protocol.

-Progress to weight bearing per my protocol. Then progress off crutches and out of the brace under supervision of Matt Midkiff, per my protocol

-Follow up in 5 weeks

Orders:

PostOp Follow up (CPT-99024)

Other Orders:

RIGHT KNEE 1-2 VIEWS (CPT-73560)

Visit Type: Follow-up

Primary Provider: Shelden L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his father and is 7 weeks status post revision right knee ACL reconstruction with BTB autograft, medial and lateral meniscal repair, and microfracture of MFC performed on 02/04/2020. He presents wearing a t-scope hinged knee brace and is 75% weightbearing using crutches. He continues to attend physical therapy with Matt Midkiff at Foothills Physical Therapy with benefit. Overall he is doing well and feels the right knee is improving. He has no major interval complaints.

Past Medical History:

Reviewed history from 01/20/2017 and no changes required:

No Medical Problems.

Past Surgical History:

Reviewed history from 07/29/2019 and no changes required:

right ACL.

Family History:

Last updated: 01/24/2020; No FH CHD<55 in 1st degree male; No FH CHD<65 in 1st degree female.

Social History:

Last updated: 01/24/2020; Patient is single. ; Lives with: .

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Expanded Risk Factors:

Smoking Status: Never smoker (03/23/2020).

Physical Exam

General appearance: Normal

Orientation x 3: Normal

Mood and affect: Appropriate

Gait and Station: Presents in a t-scope post-op hinged knee brace, partial weightbearing with crutches.

Able to get onto the examination table.

Right Knee:

Healed incision. No effusion. Mild appropriate quad atrophy. Range of motion 0-135 symmetric to left knee. Stable Lachmans. No soft tissue swelling throughout the leg.

X-RAY

Weightbearing AP views of bilateral knees, lateral xrays of the right knee were ordered in my office today and reviewed. To my interpretation they show appropriate tunnel position, bone bocks are visualized in femoral and tibial tunnels.

Patient Instructions:

1) Please schedule a follow-up appointment in 5 weeks.

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

Electronically signed by Shelden L Martin MD on 03/23/2020 at 11:04 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

03/09/2020 - Post Op Visit: Rt knee

Provider: Sheldon L Martin MD

Location of Care: OrthoArizona Chandler Village

Post Operative Visit

Surgery date: 02/04/2020

Surgery performed: Revision right knee ACL reconstruction with BTB autograft and medial meniscus repair

Days post-op: 34

Impression & Recommendations:

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

-New steri-strips were applied in the office today.

-Continue physical therapy, ok to increase to 2 times per week per my BTB ACL reconstruction and meniscal repair protocol.

Progress to weight bearing in a week per my protocol. Then progress off crutches and out of the brace under supervision of Matt Midkiff, per my protocol.

-Follow up in 2-3 weeks

Orders:

PostOp Follow up (CPT-99024)

Visit Type: Follow-up

Primary Provider: Sheldon L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his mother and is 5 weeks status post revision right knee ACL reconstruction with BTB autograft and medial meniscus repair performed on 02/04/2020. He presents in a t-scope hinged knee brace and is non-weightbearing with his crutches. He is actively attending physical therapy with Matt Midkiff at Foothills Physical Therapy; his most recent flexion measurement was 90 degrees. Overall, he feels his knee is improving. he has no additional complaints.

Past Medical History:

Reviewed history from 01/20/2017 and no changes required:

No Medical Problems.

Past Surgical History:

Reviewed history from 07/29/2019 and no changes required:

right ACL.

Family History:

Last updated: 01/24/2020; 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:

Last updated: 01/24/2020; Patient is single. ; Lives with: .

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Smoking Status: Never smoker (03/09/2020).

Physical Exam

General appearance: Normal

Orientation x 3: Normal

Mood and affect: Appropriate

Gait and Station: Presents in a t-scope post-op hinged knee brace, non-weightbearing with crutches. Able to get onto the examination table.

Right knee:

Minimal swelling and minimal effusion. Good quad activation. There is still an area of open incision over his patellar tendon incision, which appears to be just suture irritation, but no expressible drainage, no fluctuance.

X-RAY

No x-rays were ordered in the office today.

Patient Instructions:

- 1) Please schedule a follow-up appointment in 2-3 weeks.
- 2) Continue Physical Therapy.

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

Electronically signed by Shelden L Martin MD on 03/09/2020 at 11:43 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

02/24/2020 - Post Op Visit: Right Knee

Provider: Shelden L Martin MD

Location of Care: OrthoArizona Chandler Village

Impression & Recommendations:

Problem # 1: Orthopedic surgical aftercare (ICD-V58.78) (ICD10-Z48.89)

-His swelling, strength and range of motion have significantly improved since the previous office visit

-He will continue physical therapy, T-scope brace and crutches for another 2 weeks

-Fortunately his aspiration results show no infection

-Follow up in 2 weeks

Orders:

PostOp Follow up (CPT-99024)

Visit Type: Follow-up

Primary Provider: Shelden L Martin MD

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his mother and is 3 weeks status post revision right knee ACL reconstruction with BTB autograft and medial meniscus repair performed on 02/04/2020. He presents in a t-scope hinged knee brace and is non-weightbearing with his crutches. He states that the swelling has decreased since the previous office visit. He is actively attending physical therapy with benefit. His quad strength is improving but they are not going past 90 degrees of flexion. He is pleased with the rate of his recovery at this time.

Past Medical History:

Reviewed history from 01/20/2017 and no changes required:

No Medical Problems.

Past Surgical History:

Reviewed history from 07/29/2019 and no changes required:

right ACL.

Family History:

Last updated: 01/24/2020; No FH CHD<55 in 1st degree male; No FH CHD<65 in 1st degree female.

Social History:

Last updated: 01/24/2020; Patient is single. ; Lives with: .

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Smoking Status: Never smoker (02/24/2020).

Physical Exam

General appearance: Normal

Orientation x 3: Normal

Mood and affect: Appropriate

Gait and Station: Presents in a t-scope post-op hinged knee brace, non-weightbearing with crutches. Able to get onto the examination table.

Right knee:

His incisions are healing appropriately. No drainage or surrounding erythema. minimal effusion, much decreased from last exam. Significantly decreased swelling throughout the leg, ankle and foot.

Comfortable passive range of motion, 0-75 degrees. Good quad tone with isometric contractions.

X-RAY

No x-rays were ordered in the office today.

DATA

His cultures and labs from his last aspiration show no signs of infection

Patient Instructions:

- 1) Continue non-weight bearing and physical therapy strengthening
- 2) Please schedule a follow-up appointment in 2 weeks.

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

Electronically signed by Shelden L Martin MD on 02/24/2020 at 9:40 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

02/17/2020 - Post Op Visit: Rt Knee

Provider: Sheldon L Martin MD

Location of Care: OrthoArizona Chandler Village

Post Operative Visit

Surgery date: 02/04/2020

Surgery performed: Revision right knee ACL reconstruction with BTB autograft and medial meniscus repair

Days post-op: 13

Impression & Recommendations:

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

-Patient's arthroscopic photos were reviewed and a copy was given to patient and his mother today.

-Sutures were removed and steri-strips were applied in the office today.

-We will get him back into physical therapy for isometric quad work, gentle range of motion, and effusion control

-Continue post-op hinged knee brace

-Continue non-weightbearing with crutches until 6 weeks post-op.

-I'll follow up with him and call him with the results of his Synovasure testing once they become available for me to review. Otherwise, he will follow up in 1 week, sooner if he has any worsening calf pain

Other Orders:

PostOp Follow up (CPT-99024)

Visit Type: Follow-up

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his mother and is 2 weeks status post revision right knee ACL reconstruction with BTB autograft and medial meniscus repair performed on 02/04/2020. He presents in a t-scope hinged knee brace and is non-weightbearing with his crutches. He had 100 ccs of bloody fluid aspirated from his right knee on 02/14/2020. His knee is doing much better today and he denies any recurrent effusion or swelling. His main concern today is some pain in his right calf. His pain is alleviated with contracting and stretching his calf. Patient has not yet started formal physical therapy. He has no additional complaints.

Past Medical History:

Reviewed history from 01/20/2017 and no changes required:

No Medical Problems.

Past Surgical History:

Reviewed history from 07/29/2019 and no changes required:

right ACL.

Family History:

Last updated: 01/24/2020; 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:

Last updated: 01/24/2020; Patient is single. ; Lives with: .

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Smoking Status: Never smoker (02/17/2020).

Physical Exam

General appearance: Normal

Orientation x 3: Normal

Mood and affect: Appropriate

Gait and Station: Presents in a t-scope post-op hinged knee brace, non-weightbearing with crutches. Able to get onto the examination table.

Right knee:

His incisions are healing appropriately. No drainage or surrounding erythema. Moderate effusion, much decreased from Friday. Significantly decreased swelling throughout the leg, ankle and foot. Comfortable passive range of motion, 0-30 degrees. Good quad tone with isometric contractions.

X-RAY

No x-rays were ordered in the office today.

Patient Instructions:

- 1) Patient instructed to remain non weight bearing.
- 2) You are being referred for Physical Therapy.
- 3) Please schedule a follow-up appointment in 1 week.

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

Electronically signed by Shelden L Martin MD on 02/17/2020 at 1:51 PM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

02/14/2020 - Post Op 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)

Under sterile conditions after prepping the aspiration site with betadine and alcohol, I aspirated 100 ccs of bloody 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.

-Aspiration sent out for culture

-Follow up on Monday 2/17 for suture removal

Orders:

PostOp Follow up (CPT-99024)

Visit Type: post op

CC: right knee pain.

History of Present Illness:

Kadin returns for a post operative visit. He is 10 days status post revision right knee ACL reconstruction with BTB autograft and medial meniscus repair performed on 02/04/2020. He is accompanied by his father and presents ambulating with a t-scope knee brace and crutches. The previous right knee aspiration on 2/10/2020 significantly improved his swelling for about 2 days. He states his right knee swelling returned at the end of the day on Tuesday after performing isometric exercises. He reports his right knee pain has improved since his previous visit. He has been frequently icing the right knee with benefit.

Past Medical History:

Reviewed history from 01/20/2017 and no changes required:

No Medical Problems

Past Surgical History:

Reviewed history from 07/29/2019 and no changes required:

right ACL

Family History:

Last updated: 01/24/2020

No FH CHD<55 in 1st degree male

No FH CHD<65 in 1st degree female

Social History:

Last updated: 01/24/2020

Patient is single.

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Lives with:

Risk Factors:

Alcohol Use: 0 (12/08/2017)

Caffeine Use: no (12/08/2017)

Exercise: yes (12/08/2017)

Expanded Risk Factors:

Smoking Status: Never smoker (02/14/2020)

Physical 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.

Left Knee:

Sutures are intact in the right knee. Healing incisions. Large effusion. No drainage or erythema.

Appropriate passive range of motion. Normal neurovascular exam.

X-RAY

No x-rays were ordered in the office today.

Patient Instructions:

1) Follow up on Monday 2/17 for suture removal

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

Electronically signed by Shelden L Martin MD on 02/14/2020 at 12:12 PM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

02/10/2020 - Post Op Visit: Right Knee

Provider: Sheldon L Martin MD

Location of Care: OrthoArizona Chandler Village

Post Operative Visit

Surgery date: 02/04/2020

Surgery performed: Revision right knee ACL reconstruction with BTB autograft and medial meniscus repair

Days post-op: 6

Impression & Recommendations:

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

-Under sterile conditions after prepping the injection site with betadine and alcohol, I aspirated 210 cc's of blood from the right knee.

-Fresh steri-strips were applied and his knee was wrapped with a new Ace bandage.

-Continue post-op hinged knee brace and non-weightbearing with the crutches

-Follow up in 4 days as previously scheduled for suture removal.

Orders:

PostOp Follow up (CPT-99024)

Visit Type: Follow-up

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his father and is 6 days status post revision right knee ACL reconstruction with BTB autograft and medial meniscus repair performed on 02/04/2020. He returns today, prior to his scheduled appointment, because he has been having increased right knee pain that made it difficult to sleep at night. He had one episode where he woke up diaphoretic with heart palpitations. Father called the on-call doctor, who told him that the Diclofenac and Gabapentin may be causing these episodes. They stopped taking these medications and increased his Tramadol dosage with minimal improvement. He continued to have significant knee pain, so he took some leftover Norco, which was beneficial and brought his pain down to 5/10. His regular post-op appointment is scheduled for 02/14/2020.

Past Medical History:

Reviewed history from 01/20/2017 and no changes required:
No Medical Problems.

Past Surgical History:

Reviewed history from 07/29/2019 and no changes required:
right ACL.

Family History:

Last updated: 01/24/2020; No FH CHD<55 in 1st degree male; No FH CHD<65 in 1st degree female.

Social History:

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Last updated: 01/24/2020; Patient is single. ; Lives with: .

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Smoking Status: Never smoker (02/10/2020).

Physical Exam

General appearance: Normal

Orientation x 3: Normal

Mood and affect: Appropriate

Gait and Station: Presents in wheel chair but is able to get onto the examination table.

Right knee:

Incisions are clean, dry and intact. Sutures intact. Large effusion. He is able to fire his quad. There is swelling throughout the leg and thigh.

X-RAY

No x-rays were ordered in the office today.

Patient Instructions:

1) Follow up in 4 days as previously scheduled for suture removal.

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

Electronically signed by Shelden L Martin MD on 02/10/2020 at 3:06 PM

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

01/29/2020 - Office Visit

Provider: Shelden L Martin MD

Location of Care: OrthoArizona Chandler Village

Spoke with father regarding surgical plan. They wish to proceed with the plan discussed at our last office visit

Electronically signed by Shelden L Martin MD on 01/31/2020 at 8:41 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

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

01/24/2020 - Office Visit: Rt knee

Provider: Sheldon L Martin MD

Location of Care: OrthoArizona Chandler Village

Arizona Orthopaedic Associates
Phone: 602-631-3161 Fax: 602-631-3162

Impression & Recommendations:

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

-I have recommended proceeding with a right knee arthroscopy with medial meniscal repair vs partial meniscectomy. We will make an intraoperative decision regarding whether to proceed with a revision ACL reconstruction with BTB autograft based on his knee EUA and the arthroscopic appearance of his graft. They will consider this option and let us know how they would like to proceed.

-We discussed all risks of surgery including but not limited to infection, neurovascular injury, bleeding or blood clot problems, failure of the surgical repair and need for revision or further surgery, risks of regional and general anesthesia, as well as perioperative medical complications.

-We discussed in detail all the benefits of surgery as well as the postoperative recovery period and necessary physical therapy required after surgery, as well as outcomes and all alternatives to surgery. The patient does wish to proceed with surgery and informed surgical consent was obtained today after answering all the patient's questions. We will proceed with preoperative surgical clearance as needed and scheduling at the patient's convenience.

Orders:

Detailed 99214 (CPT-99214)

Visit Type: Follow-up

CC: right knee pain.

History of Present Illness:

Kadin is accompanied by his parents and returns to review the results of his right knee MRI. He is wearing his hinged knee brace and is non-weight bearing on the right knee with the assistance of crutches. He continues to have pain on medial right knee, both distal and proximal. No pain on posterior knee. His swelling about the knee is progressing over time. The patient will begin playing soccer at Cal Polytechnic University in August 2020.

Past Medical History:

Reviewed history from 01/20/2017 and no changes required:
No Medical Problems.

Past Surgical History:

Reviewed history from 07/29/2019 and no changes required:
right ACL.

Risk Factors:

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Smoking Status: Never smoker (01/24/2020).

Family History:

Reviewed history from 01/22/2020 and no changes required:

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

Social History:

Reviewed history from 01/22/2020 and no changes required:

Patient is single; Lives with:.

Risk Factors:

Fall Risk (65 years and older): no falls in past year; Flu shot in past year?: no; Pneumonia shot?: no; Does Patient Exercise: yes; Alcohol drinks/day: 0; Caffeine use/day: no; Smoking Status: Never smoker.

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: 17 Years & 8 Months Old Male

Height: 71 inches (180.34 cm)

Weight: 186 pounds (84.37 kg)

BMI: 25.94

No Known Allergy.

Vitals Entered By: Lilia Westergard (January 24, 2020 8:05 AM)

Physical Exam

General appearance: Normal

Orientation x 3: Normal

Mood and affect: Appropriate

Gait and Station: Ambulates with a hinged knee brace and crutches and is non weight bearing on the right knee. He is able to get onto the examination table.

BMI: 25.94

Right knee:

Kadin Rabo

Male DOB: 05/30/2002

819288

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

Inspection/palpation: There is no visible muscle atrophy. Neutral alignment. Large effusion. Mild TTP on the proximal MCL and medial joint line. No lateral joint line TTP.

Skin: Skin is intact without incisions.

Range of motion: AROM 0°-130°. PROM 0°-130°

Stability:

Medial/lateral patellar translation: Normal

Varus/valgus stress: Some pain with valgus but no laxity

Lachman test: 2+ with firm end point.

Pivot shift: No pivot shift.

Posterior drawer test: No instability.

Dial Test: Not tested

Strength: 5/5 quadriceps/hamstrings

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

CV: No swelling in leg

X-RAY

No x-rays were ordered in the office today.

DATA

I reviewed the MRI and the report of the right knee MRI from Simon Med dated 01/23/2020 in the office today.

Impression:

1. Note of a high-grade sprain of anterior cruciate ligament graft fibers including tearing of the anterior fibers which are flipped anteriorly abutting against the infrapatellar fat pad.
2. Residua of acute pivot shift bone marrow contusion injury.
3. Low-grade medial collateral ligament sprain.
4. Mildly complex peripheral vertical longitudinal tear of the posterior one third of the medial meniscus.
5. Residua of meniscocapsular soft tissue injury of the posterior one third of the lateral meniscus.
6. Deformity with sprain of the posterior capsule centrally at the tibial attachment. There is some free fluid within the posterior fascial planes.

Patient Instructions:

- 1) Being scheduled for surgery.
- 2) They will call our office regarding which surgery they would like to proceed with.

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



525 S. Chandler Village Dr. Chandler, AZ 85226
(480) 750-0303 Fax: (480) 786-5202

January 19, 2026

Page 4

Office Visit

Kadin Rabo

Male DOB: 05/30/2002

819288

Home: (602) 697-0443

Ins: CIGNA 182223 Grp: 3329609

Electronically signed by Shelden L Martin MD on 01/31/2020 at 8:39 AM

Kadin Rabo

Male DOB: 05/30/2002

819288

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

01/22/2020 - Office Visit: rt knee

Provider: Shelden L Martin MD

Location of Care: OrthoArizona Chandler Village

Arizona Orthopaedic Associates
Phone: 602-631-3161 Fax: 602-631-3162

Impression & Recommendations:

Under sterile conditions, I aspirated 120 ccs of bloody fluid from the right knee. The aspiration was tolerated well without complication.

- Obtain right knee MRI
- Follow up after the MRI
- Continue with crutches, nonweightbearing

Visit Type: Follow-up

CC: right knee pain.

History of Present Illness:

Kadin is 7 months status post right knee ACL reconstruction with semitendinosus autograft and medial plica resection performed on 06/04/2019. He is accompanied by his parents and is ambulating with crutches. He states he was doing box jumps with perturbations with Matt at Foothills Physical Therapy when he felt a pop in the right knee after he landed wrong on 1/20/2020. He was unable to bear weight and experienced immediate right knee swelling. He states that after the injury, he experienced frequent clicking and crunching in the right knee while walking. He states that he was not having any issues with the right knee prior to the injury.

Past Medical History:

Reviewed history from 01/20/2017 and no changes required:
No Medical Problems.

Past Surgical History:

Reviewed history from 07/29/2019 and no changes required:
right ACL.

Risk Factors:

Alcohol Use: 0 (12/08/2017); Caffeine Use: no (12/08/2017); Exercise: yes (12/08/2017).

Expanded Risk Factors:

Smoking Status: Never smoker (01/22/2020).

Family History:

Reviewed history from 01/20/2017 and no changes required:

Kadin Rabo

Male DOB: 05/30/2002

819288

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

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

Social History:

Reviewed history from 01/20/2017 and no changes required:
Patient is single; Lives with:.

Risk Factors:

Fall Risk (65 years and older): no falls in past year; Flu shot in past year?: no; Pneumonia shot?: no; Does Patient Exercise: yes; Alcohol drinks/day: 0; Caffeine use/day: no; Smoking Status: Never smoker.

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: 17 Years & 7 Months 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 Allergy.

Vitals Entered By: Lilia Westergard (January 22, 2020 8:14 AM)

Physical 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.

BMI: 25.94

Right Knee:

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

Skin: Skin is intact. Well healed incision.

Range of motion: AROM 5°-120°. PROM 5°-120°

Kadin Rabo

Male DOB: 05/30/2002

819288

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

Stability:

Medial/lateral patellar translation: Normal

Varus/valgus stress: No pain. No instability.

Lachman test: No instability.

Pivot shift: Normal

Posterior drawer test: No instability.

Dial Test: Not tested

Strength: 5/5 quadriceps/hamstrings

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

CV: No swelling in leg

X-RAY

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 Appropriate tunnel position. No tunnel widening. Appropriate implant position. No fractures, intraosseous lesions or degenerative changes.

Patient Instructions:

- 1) Please schedule a follow-up appointment after test results.
- 2) Follow up after diagnostic testing is complete.

DISCLAIMER: This document was produced with the assistance of "Dragon Medical" speech recognition software. Some errors in transcription may have occurred. Please notify our office to clarify any typographical errors.

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

Electronically signed by Shelden L Martin MD on 01/22/2020 at 11:02 AM
