

Patient: 597196 - Thomas Glembocki
DOB: 11/06/1946
SSN:

Date: 06/03/2021 09:30
Provider: Dinenberg, Arthur S. MD
Encounter: Office Visit

ACTIVE PROBLEMS

- Arthralgia - Knee / Patella / Tibia / Fibula Left
- Essential Hypertension
- Hyperlipidemia

REASON FOR VISIT

Visit for: Left Knee Pain.

NOTES

Patient is a 74-year-old gentleman presents today with exacerbation of pain in the left knee he denies any new trauma fevers or chills he is participating in therapies using his brace he denies any groin pain or foot or ankle pain numbness or tingling fevers or chills his pain currently is primarily in the medial aspect of his knee

Patient walks into the office with a slight antalgic gait afebrile vital signs are stable normal affect negative lymphadenopathy motor strength 5/5 bilateral symmetric sensation intact skin is intact without breaks DP PT pulse 1/2 bilateral symmetric eyes gaze conjugate left knee range of motion 5-1 110+ medial joint line tenderness no lateral joint line tenderness trace effusion motor sensory neurovascular intact negative Homans' sign

1. Left knee DJD #2 left knee lateral meniscal tear #3 left knee synovitis

I discussed with the patient that he should work on a home exercise program working on straight leg raises short arc quad and quad set exercises he can ice and elevate and continue to use a knee sleeve should he have any mechanical locking or catching I would recommend a diagnostic arthroscopy and partial meniscectomy. The patient will follow up with me on a as needed basis today after a sterile prep 2 cc 2 cc injection Depo-Medrol lidocaine was infiltrated in the left knee I can always repeat the injection for 6 weeks or we can try viscosupplementation if insurance authorizes the patient does voice an understanding and will follow up as needed

CURRENT MEDICATION

- Lisinopril-hydroCHLOROthiazide 20-25 MG Oral Tablet Once a day Once a day, 90 days, 0 refills
- Meloxicam 15 MG Oral Tablet once a day, 90 days, 0 refills

PAST MEDICAL/SURGICAL HISTORY

Diagnoses:

Essential hypertension.
Hyperlipidemia

Surgical:

60004121013
3 BUSINESS days

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- Tonsillectomy

SOCIAL HISTORY

Behavioral: Daily coffee consumption was two cups per day and non-smoker never smoked.
Habits: Amount of sleep was eight hours/day. Using sunscreen. Using a seatbelt. Exercising regularly walking.
Housing And Economic Circumstances: Lives with spouse. Housing with smoke detectors.
DME in home: no grab bars in shower/tub.
Work: Retired from work.
Marital: Currently married.

ALLERGIES

- No Known Allergies

FAMILY HISTORY

1 children

Paternal:

Father deceased Non- Hodgkins Lymphoma 79

Maternal:

Mother deceased
Cancer Pancreas 87

Sororal:

Sister is alive x2 1. Breast cancer 70 2. healthy

PHYSICAL FINDINGS

- Vitals taken 06/03/2021 09:31 am
Temp-Temporal 97.9 F

COUNSELING/EDUCATION

- Use of tobacco assessment performed
- Instructions for patient
- Maintain a healthy diet - Visit <https://www.choosemyplate.gov/weight-managment> for healthy diet suggestions
- Patient education about a proper diet

CARE TEAM

David J Bidle, MD
Arthur S Dinenberg, MD

Family Practice
Orthopaedic Surgery

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HEALTH REMINDERS

- Assess Tobacco Use satisfied 06/03/2021.

Arthur S. Dinenberg MD

Electronically signed by: A Scott Dinenberg, MD Date: 06/03/2021 09:59

Electronically approved by: A Scott Dinenberg, MD Date: 06/03/21 09:59