

**PHYSICAL THERAPY &
MEDICAL FITNESS ASSOCIATES**

Sports Medicine & Work Hardening

Clarence Leary, M.D.
1240 W. Vine St.
Lodi, CA 95240

RE: Donald Meidinger
Initial Evaluation
7-21-89

Dear Dr. Leary:

On 6-10-88 while at work, Don fell through a wooden bridge, injuring his (R) knee. He continued to work with intermittent pain and swelling. He used ice and elevation to control this, but had no relief of symptoms within the next year. Arthroscopic medial meniscectomy performed on 6-21-89. At present he is ambulatory FWB with good gait. He has not returned to work.

OBJECTIVE HISTORY:

ROM: (R) knee- Active 0 degrees extension to 127 degrees flexion.

Pain: Mild stiffness and soreness in A.M.


Swelling: Minimal swelling noted.

Girth: 2" AK (R) 16 1/2" (L) 19 3/4"
6" AK (R) 16 1/2 (L) 20 1/2"

Strength: Not tested at this time.

Plan: AROM, PROM, assistive ROM, PRE quads, quad sets, SLR, terminal extension exercises, hip PRE, ice and home program 3 times a week for 2 weeks.

Thank you for giving us the opportunity to assist you in the management of this patient.


Dave Rowley, R.P.T.

DR:CCW

Clarence M. Leary, M.D., Inc.
 ORTHOPEDIC SURGEON
 1240 West Vine Street, Lodi, California 95240
 Phone (209) 334-4000

Dr. Ed. Miedinger
 Street 1904 Fochwood
 City Fochwood
 Date 7-19-89

R

	mg	No. of cc.	SIG.	Refill
1 D. Rowley				
2				
3 Post arthroscopy st tube				
4 R. Room - Dead excresses				
5			3x/with 2 wks	

5.8 Mos abatement

Biceps tendon.

C. M. Leary M.D.

REFILLS DURING OFFICE HOURS ONLY

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