

Patient: BEARD, TOM G.

Account: WC123764

PRIMARY PHYSICIAN'S PROGRESS REPORT PR-2

- Periodic Report
- Change in Work Status
- Change in patient's condition
- Need consultation referral
- Need surgery/hospitalization
- Change in Treatment
- Info requested by
- Discharged
- Other:

PATIENT

Account: WC123764 Doctor: 8
 TOM G. BEARD SEX: M D.O.B.: 09/24/49
 2937 TOYON DRIVE #2 STOCKTON CA 95203
 SS#: 558-76-6159 PHONE: (209) 941-4816
 CLAIMS ADMINISTRATOR Claim #: 6201500. DOI: 05-25-95
 BRAGG AND ASSOC. ROSEVILLE CA 95678
 P.O. BOX 1406
 Employer: S.J. CTY MOSQUITO CONTROL

DIAGNOSIS

- 1. SPRAIN/STRAIN MED MENISCUS/CARTILAG 836.0
- 2. 715.96
- 3. 274.9

WORK STATUS This patient has been instructed to:

- Remain off work until
- Return to Modified Work on limitations and instructions: with the following
- Return to Full Duty on restrictions. with no limitations or

CONTINUE WITH: Modified Work Full Duty

DATE OF EXAM: 11/06/00 PART OF BODY: LEFT KNEE

 Patient returns for reevaluation. He developed a worsening of his symptoms. He says overall his left knee feels like it is doing OK, but his right knee has become very painful. I believe that his right knee has become accepted as a work comp claim. Apparently, his attorney has filed in regards to his right knee condition. He avoids walking on his right foot and has been ambulating avoiding walking on his toes. He tends to put weight on his heel. He walks with an externally rotated gait. The patient has significantly increased pain today such that he is unable to work. On examination, right knee medial joint line tenderness is present. There is a 1+ effusion of the right knee. Left knee no crepitus noted. No effusion identified. Knee range of motion was from 0-115 degrees on the left and 5-100 degrees on the right. No ligamentous laxity identified bilaterally. Negative Lachman examination bilaterally. Weight was noted to be 292 lb today which represents

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 NOV 30 2000
ASSOC.

Patient: BEARD, TOM G.

Account: WC12376

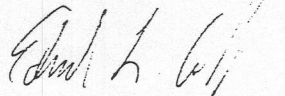
a significant weight loss since July. He has been trying to lose weight due to his multiple problems including recently noted hypercholesterolemia for which he now takes medication on a non-industrial basis.

ASSESSMENT: Right knee medial compartment osteoarthritis which is very symptomatic at this time.

Left knee medial compartment osteoarthritis.

PLAN: Patient will continue with his gym membership and workouts which he is encouraged to increase once his pain permits. Celebrex will be continued as an anti-inflammatory agent. I plan on reevaluating him in four weeks' time. I am providing him disability through November 8, 2000. Hopefully, his recent flare-up of his right knee medial compartment osteoarthritis will be improved. Patient has utilized lateral heel wedges in the past without resolution of his problems. I continue to encourage weight loss and hopefully he will be able to make some progress in this regard and lessen the stress on his knee. Patient has not had any locking of his knee, although he does of the right knee, but he has experienced some giving way which can be associated with his pain. I believe his problems with medial compartment osteoarthritis will be ongoing difficulties which are likely to continue to require anti-inflammatory treatment and may require arthroscopic treatment of his right knee and potentially in the future, either high tibial osteotomy or total knee replacement in the very distant future. It is my understanding the patient will be describing problems in his right knee to have occurred secondary to his earlier left knee injury and his tendency to favor his left leg resulting in increased stress being placed on his right knee. He certainly has preexisting conditions including his excess weight which contribute to the medial compartment chondromalacia and osteoarthritis.

Edward L. Cahill, M.D./jh



"I have not violated Labor Code Section 139.5 and the contents of the report and bill are true and correct to the best of my knowledge. This statement is made under penalty of perjury."

Date this day of NOV - 7 2000
at San Joaquin County, California.

BRAGG

NOV 30 2000

ASSOC.