

Physical Medicine and Rehabilitation Second Opinion - Extended Written Report

Date: 2022-02-01

Patient: John Doe

Discussion:

An EMG dated 1/16/17 of the upper extremities was normal.

A MRI of the left knee dated 1/8/2007 showed no meniscal tear and early cartilage changes.

Labs were reviewed but did not show a significant inflammatory process.

These findings are consistent with early degenerative change and not considered to require surgery. There was no evidence of fracture or traumatic pathology.

Thus the patient is likely to be experiencing normal, but subtle changes of very early arthritis. This is best treated pain wise with topical medication such as Arnica. It can also be treated with an oral over the counter anti-inflammatory if there are pain flares .However, it is best treated with a course of Physical therapy and knee strengthening as well as core conditioning.

Specifically, regarding non-inflammatory labs, glucose was noted to be elevated and thus Diabetes should be evaluated for. In addition, Vitamin D may require replacement. These can both be further worked up by Endocrinology.

Recommendations:

Thus the patient is likely to be experiencing normal, but subtle changes of very early arthritis. This is best treated pain wise with topical medication such as Arnica. It can also be treated with an oral over the counter anti-inflammatory if there are pain flares .However, it is best treated with a course of Physical therapy and knee strengthening as well as core conditioning.

Specifically, regarding non-inflammatory labs, glucose was noted to be elevated and thus Diabetes should be evaluated for. In addition, Vitamin D may require replacement. These can both be further worked up by Endocrinology.

Questions:

Feel free to provide more information regarding the benefits of conservative management as noted above.

References:

Surgery versus Physical Therapy for a Meniscal Tear and Osteoarthritis

May 2, 2013Katz J.N., Brophy R.H., Chaisson C.E., et al.N Engl J Med 2013; 368:1675-1684

Additional:

NA

Electronically Signed by: , MD on 02/01/2022 05:29:10 PM

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