C&P Final Report

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FOR GENERAL MEDICAL EXAMINATION Exam [redacted]

[redacted]

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Exam Results Continued

[redacted]

No doctor [redacted]edrest or incapacitation in the last 12 months. Independent in his ADLs and no impediment to his usual occupation.

SURGERIES: Wisdom teeth removed November 2004.

MEDICATIONS: Patient takes Motrin or Tylenol over-the-counter prn for pain.

HISTORY OF CURRENT MEDICAL COMPLAINTS:
1. knees and feet complaints: There is no specific injury; states "every day wear and tear". He noticed it being more pronounced in August 2002 when he began getting sharp pains below the knee. Rest resolved it, but the pain restarted when the activity started up again. He describes the pain as needle and stab-like. Strictly associated with activity. The sharp pain feels loose makes his knee feel loose and it locks often after activity is complete. He can complete an activity that he has started. He does not have to interrupt the activity level at all, but when it is over the pain accentuates and makes him need to have rest time. He does not use ice. The pain lasts 30 minutes to an hour, and it is as frequent as twice a week. Running and physical training aggravates the pain itself. There are no identifiable MRIs or x-rays in the file or on the computer system. Patient attempted physical therapy. He went once and did the exercises from that point on at home. He has had no bowel or bladder incontinence. He has not used any splints, braces, or crutches. It does not affect his daily activity or occupation. His duty has never been pulled, and he has never been prescribed bedrest. The aggravation if the patient is standing for long periods of time in excess of three hours, both his left foot and knee hurt. Custom insoles are made by the Navy and which he wears every once in a while. It helps him with the pain. The insoles are only used transiently as the pain exists.

2. Onychomycosis, Lamisil medication was prescribed. He took it for two months and has resolved. There is none present today.

PHYSICAL EXAMINATION:

GENERAL: 26 y.o. Well-developed, well-nourished male, alert and oriented, appropriate behavior, apparent comprehension and coherent answers. Appears able to manage his own finances in his own best interest. Right-handed with writing, eating and combing hair. POSTURE AND GAIT: He ambulates

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