

12-08-2017 MD APPOINTMENT

ISSUES/CONCERNS:

1. **3 weeks before knee surgery DX Achilles tendinitis.** Wore a leg boot. During a previous PT session (10/30)—to assess—my tendon was again reinjured.
2. Surgery corrected knock knee, and tendonitis was no longer present afterwards. The DPT advised me to no longer wear the boot since surgery, to facilitate natural healing, so I have stopped wearing it.
 - a. After over training at PT session (taking Oxycodon) my tendon has been moderately sore. I've iced it and modified my routines.
3. **Pain medication: usual pain TX** was using Tylenol (1000mg) 3/day. Worked well. Only used Oxycodon at bed time for comfort care 4 times INITIAL week.
 - a. For my body (to not cause injury) I use Tylenol and if I have much soreness after group PT I take an Oxycodon and only train slowly afterwards.
4. MEDS QUESTIONS:
 - a. Which meds to I continue? Xarelto? Stroke? Blood clots?
 - b. Celebrex (unexpected weight gain)? Omeprazole Magnesium?
 - c. NO Aspirin. When Alieve? Oxycodon?
5. INCISION CARE—WHEN DO STERI STRIPS DISSOLVE?
6. HOW LONG KNEE JOINT PAIN CONTINUE?
7. WHEN OK TO DRIVE?
8. With **Achilles** Tendon issues, how long might PT therapy continue?
9. DENTAL RESTRICTION/CLEANING? Protocol for antibiotic? Have to get prescription each time have teeth cleaned? Teeth cleaned Q four months.
10. GLOCOSAMINE/CHONDROTIN/MSM? FISH OIL? When can continue?

MODIFICATONS THAT I HAVE TRIED:

1. I won't take Oxycodon before PT sessions—to not reinjure myself. I also get acute constipation as a reaction to the medication. I will take Tylenol.
2. At training sessions I could do a *lesser reps of exercise*—but continue them at home where I am less likely to injure myself.
3. Make sure that the exercise routines and intensity of training does NOT reinjure my **Achilles** Tendon.
4. I am now walking slowly and taking very small steps as I use the walker. I now use the cain around house and outside—until Achilles' tendon gets sore.

I truly appreciate your efforts on my behalf.

☺ Bob Wilson