

To The Court

Dr Asef Zafar MBBS

REPORT TYPE	Main medical report
CLIENT NAME:	Mr Forename Surname
ADDRESS:	Address Address Town Postcode
OCCUPATION:	Teacher : full time
DATE OF BIRTH:	## Month Year
MARITAL STATUS:	Living with partner
CLIENT AGE AT TIME OF ACCIDENT:	Age years old
ACCIDENT DATE:	## Month Year
DATE OF EXAMINATION:	## Month Year
TIME SINCE ACCIDENT:	3 months 3 days
INSTRUCTING PARTY:	Generic Party
INSTRUCTING PARTY REFERENCE:	Reference
MEDICAL EXPERT REFERENCE:	Reference
CASE REFERENCE:	Reference
ID PROVIDED:	Passport and Driving Licence: The photographic ID provided was a true likeness of the Injured Party and I am happy to confirm the Injured Party's identity.
MEDICAL RECORDS AVAILABLE:	No Records Reviewed

Medical Expert: Dr Asef Zafar
Injured Party: Mr Forename Surname

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1 REPORT SUMMARY

- 1.1 Mr Surname suffered an accident causing injury to the neck, left side knee and chest wall. He also suffered from psychological symptoms in the form of situational anxiety.
- 1.2 I anticipate that the physical symptoms to the neck caused by a moderate sprain/strain to the neck will resolve at 7 months from the index accident.
- 1.3 I anticipate that the physical symptoms to the knee caused by a moderate sprain/strain to the left knee will resolve at 5 months from the index accident.
- 1.4 The physical symptoms to the chest wall caused by a moderate contusion to the chest wall resolved 3 weeks after the index accident.
- 1.5 I anticipate that the situational anxiety caused by reactive psychological trauma will resolve at 6 months from the index accident.
- 1.6 On the balance of probabilities, no future complications are anticipated for the injured party as a consequence of the index accident.
- 1.7 I can confirm that the ongoing physiotherapy is appropriate to facilitate recovery.
- 1.8 Having assessed the injured party, I would recommend physiotherapy treatment for the sprain/strain to the neck.

The reasoning for this recommendation is to facilitate recovery.

2 METHODOLOGY

- 2.1 This report is entirely independent and is based on instructions received from Generic Party.
- 2.2 The instructing party has requested an examination to be conducted with a report to include the nature and extent of the claimant's injuries/symptoms, treatment received, effects on lifestyle and whether any further treatment is appropriate.
- 2.3 The report is produced for Court purposes and prepared on the basis of information provided by the client, my examination, any relevant documentation at the time of the examination (including any special instructions) and my own professional medical opinion.

3 ACCIDENT DETAILS

3.1 ACCIDENT DESCRIPTION

- 3.1.1 The injured party was involved in an incident on or around ## Month Year.
- 3.1.2 Mr Surname informs me that he was involved in a road traffic accident. The accident occurred on the morning of DD/MM/YYYY. At the time of the accident the road surface was dry and the visibility was good. Mr Surname was the driver of a car. He was wearing a seat belt and the car was fitted with a headrest. At the time of the accident, the car was stationary on a main road. The car was hit by another car from the rear. The impact occurred at about 45 mph. Mr Surname was not able to brace himself before the accident. He was looking straight ahead at the time of the impact. He was jolted forward and backward. Mr Surname was able to exit the vehicle unaided. Due to the accident the car was written off.

4 INJURY/SYMPTOM DETAILS

Mr Surname described the following injuries and symptoms as a result of the index accident:

4.1 PHYSICAL INJURIES / SYMPTOMS

4.1.1 Pain and stiffness to the neck referred into both shoulders.

This injury/symptom presented itself immediately. The severity of this injury/symptom was described as moderate.

4.1.2 Pain and stiffness to the left knee.

This injury/symptom presented itself immediately. The severity of this injury/symptom was described as moderate.

4.1.3 Bruising to the chest wall.

This injury/symptom presented itself 2 hours after the index accident. The severity of this injury/symptom was described as moderate.

4.2 PSYCHOLOGICAL SYMPTOMS

4.2.1 Situational anxiety.

This symptom presented itself immediately. The severity of this psychological complication was described as moderate.

5 TREATMENT DETAILS

Mr Surname reported receiving the following treatments as a consequence of the index accident:

5.1 PHYSICAL INJURY TREATMENTS

5.1.1 Physiotherapy was administered for the pain and stiffness to the neck referred into both shoulders and pain and stiffness to the left knee.

5.1.2 The treatment started on or around ## Month Year and is ongoing. The injured party has made approximately 3 visits for this treatment.

5.1.3 Medication in the form of Paracetamol and Ibuprofen was administered for the pain and stiffness to the neck referred into both shoulders and pain and stiffness to the left knee. The injured party indicated to me that this treatment is currently ongoing.

5.2 VISITS TO MEDICAL INSTITUTIONS

5.2.1 Mr Surname made 2 visits to the general practitioner/walk in centre as a consequence of the index accident.

6 PROGRESS OF SYMPTOMS

6.1 PHYSICAL INJURIES / SYMPTOMS

Mr Surname informed me of the progress of the following physical injuries/symptoms:

6.1.1 Pain and stiffness to the neck referred into both shoulders has not resolved and moderate symptoms were continually present for 1 month. Since the accident this symptom has improved and is now described as continually mild to moderate.

6.1.2 Pain and stiffness to the left knee has not resolved and moderate symptoms were

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continually present for 1 month. Since the accident this symptom has improved and is now described as continually mild to moderate.

6.1.3 The described bruising to the chest wall resolved after 3 weeks.

6.2 PSYCHOLOGICAL SYMPTOMS

Mr Surname informed me of the progress of the following psychological symptoms:

6.2.1 Situational anxiety has not resolved at present. This complication was initially described as moderate on a continual basis. Since the accident this symptom has persisted at this level.

7 PREVIOUS ACCIDENT HISTORY

Mr Surname stated being involved the following previous accidents:

7.1 Mr Surname described being involved in a road traffic accident on or around 01 April 2007. He denied having sustained any injury as a result of this previous incident.

8 PREVIOUS MEDICAL HISTORY

Mr Surname denied having suffered any previous medical / surgical problems in the areas affected by the index accident.

9 MEDICAL RECORDS REVIEW

A medical records review has not been undertaken in this case. I do not consider that a medical records review is required as it should not influence my opinion and prognosis given in this assessment.

10 LOSSES CONSEQUENTIAL

10.1 EFFECTS ON DOMESTIC LIFESTYLE

10.1.1 Mr Surname reported the following effects on his domestic lifestyle as a consequence of the index accident:

10.1.2 Vacuuming.

Prior to the index accident, this activity took place once per day. Mr Surname reported that he was not incapable of this activity at any stage. Mr Surname has since been restricted in this activity and this is ongoing at the moment.

10.1.3 Ironing.

Prior to the index accident, this activity took place 3 times per week. Mr Surname reported that he was not incapable of this activity at any stage. Mr Surname has since been restricted in this activity and this is ongoing at the moment.

10.2 EFFECTS ON WORK LIFESTYLE

10.2.1 Mr Surname suffered a period of 2 weeks absence before returning to work. He was not restricted in his work activities on his return to work. Mr Surname informs me that he has suffered a financial loss of income as a consequence of the sustained injuries.

11 PHYSICAL EXAMINATION

Mr Surname is 5' 4" tall and weighs 15 st and 2 lbs. He has a Body Mass Index of 39. Mr Surname is right handed.

11.1 GENERAL OBSERVATIONS

11.1.1 Observation of the client's casual movements appeared normal, with no gait disturbance. There was no discomfort evident during the interview or when preparing for the examination.

11.2 EXAMINATION DETAILS

11.2.1 Pain and stiffness to the neck referred into both shoulders.

Inspection appeared normal.

The following abnormality was identified upon movement: restriction. Forward flexion and extension of the neck were 90 - 99% of normal and appeared to cause discomfort.

Palpation was normal and excluded tenderness to touch.

11.2.2 Pain and stiffness to the left knee.

Inspection appeared normal.

Movements were full and painless.

The following abnormalities were identified upon palpation: tenderness and spasm.

There was muscle spasm and soft tissue tenderness.

11.2.3 Bruising to the chest wall.

Inspection appeared normal.

Movements were full and painless.

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Palpation was normal and excluded tenderness to touch.

11.2.4 Situational anxiety.

Psychological examination is normal.

12 REASONABLENESS

In my opinion and on the balance of probabilities, I would confirm that the incapacities claimed, treatments received and consequential losses described are consistent with the index accident.

13 OPINION AND PROGNOSIS

13.1 PHYSICAL INJURIES OPINION AND PROGNOSIS

13.1.1 Pain and stiffness to the neck referred into both shoulders.

In my opinion and on the balance of probabilities, the clinical diagnosis of the injury/symptom described above is a moderate sprain/strain to the neck. This injury is solely attributable to the index accident and has not yet resolved. I anticipate that all residual symptoms attributed to the index accident will have fully resolved at 7 months from the index accident date.

13.1.2 Pain and stiffness to the left knee.

In my opinion and on the balance of probabilities, the clinical diagnosis of the injury/symptom described above is a moderate sprain/strain to the left knee. This injury is solely attributable to the index accident and has not yet resolved. I anticipate that all residual symptoms attributed to the index accident will have fully resolved at 5 months from the index accident date.

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13.1.3 Bruising to the chest wall.

In my opinion and on the balance of probabilities, the clinical diagnosis of the injury/symptom described above is a moderate contusion to the chest wall. This injury is solely attributable to the index accident and resolved 3 weeks from the date of the index accident.

13.2 PSYCHOLOGICAL SYMPTOMS PROGNOSIS

13.2.1 Situational anxiety.

In my opinion and on the balance of probabilities, the clinical diagnosis of the symptom described above is reactive psychological trauma. This injury is solely attributable to the index accident and has not yet resolved. I anticipate that all residual symptoms attributed to the index accident will have fully resolved at 6 months from the index accident date.

13.3 FURTHER EVIDENCE

If the Claimant's symptoms do not resolve in line with my stated prognosis, it may be necessary and appropriate for further medical evidence to be obtained.

14 FUTURE COMPLICATIONS

14.1 On the balance of probabilities, no future complications are anticipated for the injured party as a consequence of the index accident.

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15 RECOMMENDATIONS

15.1 RECOMMENDATIONS FOR PHYSICAL INJURIES

15.1.1 I can confirm that the ongoing physiotherapy is appropriate to facilitate recovery.

15.1.2 Having assessed the injured party, I would recommend physiotherapy treatment for the sprain/strain to the neck.

The reasoning for this recommendation is to facilitate recovery.

15.2 RECOMMENDATIONS FOR PSYCHOLOGICAL INJURIES

Having assessed the injured party, I do not believe that any additional treatments or referrals are necessary for the described psychological signs and symptoms.

16 PROSPECTS ON THE OPEN LABOUR MARKET

On the balance of probabilities, Mr Surname's prospects on the open labour market will not be affected as a result of the index accident.

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17 STATEMENT OF TRUTH

I understand my duty to the court and have complied and will continue to comply with it.

I am aware of the requirements of Part 35 and practice direction 35, this protocol and the practice direction on pre-action conduct.

I confirm that I have made clear which facts and matters referred to in this report are within my own knowledge and which are not. Those that are within my own knowledge I confirm to be true. The opinions I have expressed represent my true and complete professional opinions on the matters to which they refer.

Signature:

**Dr Asef Zafar's
signature omitted in
the example report**

Date of
Report: ## Month Year

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Injured Party: Mr Forename Surname

18 MEDICAL EXPERT CURRICULUM VITAE

Name: Dr Asef Zafar
GMC registration type: Full
GMC number: 5207520
MDU / MPS number: 338018

Qualifications: MBBS - Bachelor of Medicine and Surgery

Current positions: 01 January 2008: General Practitioner and Medico-Legal Expert, Forsyth House, 77 Clarendon Road, Watford, Hertfordshire, WD17 1LE

Previous positions: 01 January 2007: General Practitioner, Milne House Medical Centre

Medical interests: General Practice

Medico-legal experience since: 2010

Courses attended: