From: 13054023144

Claim#2 0020-97-0309

RFALS

Arrowhead Orthopaedics 1801 Orange Tree Lane #240 Redlands CA 92374

FAX

To:	COUNTY OF SAN BERNARDINO
Company	:
Fax:	+1 (909) 386-8711
Subject:	
Ref:	
Pages:	17
Remarks:	

From:	Brittany Valadao	
Fax:	+1 (909) 989-4477	
Phone:	909-989-4477	
Date:	01/26/2023	
Time:	07:49:43 AM PST	

Treatment Plan Summary

Trujillo, Ofelia Patient ID: 00001737510 DOB: 02/06/1946

From: 13054023144

Age: 76 years Gender: F

11/09/2022

Date: 11/09/22 : 12:25pm **Title:** Request for Authorization

State of California, Division of Workers' Compensation REQUEST FOR AUTHORIZATION DWC Form RFA

Attach the Doctor's First Report of Occupational Injury of Illness, Form DLSR 5021, a Treating Physician's Progress Report, DWC Form PR-2, or equivalent narrative report substantiating the requested treatment.

[X] New Request								
Expedited Review: Check box if employee face an imminent and serious threat to his or her health								
Check box if request is a written confirmation of a prior oral request.								
Employee Information								
Name: Ofelia Trujillo								
Date of Injury: 1	1/18/1996			Date of Birth:				
Claim Number:				Employer: Co	ounty c	of San Bernard	ino	
Requesting Physician Information								
Name: David Wood, MD								
Practice Name: Arrowhead Orthopaedics Contact Name: ALMA LOPEZ								
Address: 1901 West Lugonia Ave. Suite 220 City: Redlands State: CA								
Zip Code: 92374	Phone: 909			lumber: 888-4				
·						ns@arrowhea	adortho.com	
Specialty: Ortho	paedics			NPI Number:	1003	334243		
Email Address:								
Claims Adminis	strator Info	rmation						
Company Name	: County of	San Bernard	ino	Contact Nam	e: Eliz	abth Jarvis		
Address: 222 W	. Hospitality	Ln			City: 5	San Bernardino		State:
								CA
Zip Code: Phone: Fax Number:								
92415								
E-mail Address:								
Requested Trea	atment (see	instruction	s for	guidance; at	tache	d additional p	ages if necessary)	
List each specific	c requested	medical serv	rices,	good, or item	s in th	e below space	or indicate the specific page	
number(s) of the attached medical report on which the requested treatment can be found. Up to five (5) procedures								
may be entered; list additional requests on a separate sheet if the space below is insufficient.								
Diagnosis	ICD-Code	Servic		564 (164466164		Other Information:		
(Required)	(Required)		(Req	uired)		Code (If	(Frequency, Duration	
		known) Quantity, etc.)						
Strain/sprain of S83.91XD; Trial of physical therapy 2 times per week								
the right knee with S86.911D; for 3 weeks due to increased bilateral degenerative M17.11; knee pain								
change	Z98.890	knee pain						
onango								
Status post left								
knee arthroscopy								
and								
meniscectomy								
Ctatus neet to	Z98.890	Dialofopao 10/	oreon	n apply 4 gram	c /		Medication prescribed to aid pat	ient in
Status post left knee arthroscopy				ed # 100 grams			maintaining ability to perform ac	
and		refills.			,		daily living	

Printed On: 01/26/2023

Treatment Plan Summary Trujillo, Ofelia

Patient ID: 00001737510 **DOB**: 02/06/1946

Age: 76 years Gender: F

Arrowhead Orthopaedics

11/09/2022

meniscectomy					
Requesting Physician S	ignature:			Date: 11/09/22	
Davil Wolf					
Claims Administrator/	Utilization Review Organization	ı (URO) Response			
☐ Approved ☐ Denied	or Modified (See separate decisi	on letter) 🏻 Delay (S	See separate notif	ication of delay)	
 Requested treatment 	has been previously denied DL	iability for treatment	is disputed (See se	eparate letter)	
Authorization Number (if assigned): Date:					
Authorized Agent Name	:		Signature:		
Phone:	Fax Number:	Email	Address:		
Comments:	·				

From: 13054023144

ARROWHEAD ORTHOPAEDICS

Red #220 - 909-433-3200 / Fax 888-411-1209

92376-2738

CA

PATIENT INFORMATION:

Patient Name: Patient Address: Trujillo, Ofelia 390 W Heather St

Patient City, ST, Zip: Patient Home Ph#:

Rialto

(909)874-6576

Patient Work Ph#: Patient Cell Ph#:

ID#: 00001737510

DOB: 02/06/1946 Patient Sex: F

Ref. Source: Ref. Source Ph#: Ref. Source Fax#:

INSURANCE INFORMATION:

Account Type:

Address:

WC

Primary Insurance: ID/Claim #:

County Of San Bernardino 222

99999999

222 W Hospitality Ln

Sn Bernrdno CA 924150013

Secondary Insurance: ID/Claim #:

Address:

Authorization #: Authorization Date: Adjustor Name: Adjustor Phone: Employer:

Authorized by: NCM Name: NCM Phone: NCM Fax: Employer Ph#:

TREATMENT REQUEST

Urgency:

ROUTINE

Height:

Weight:

BMI:

Treatment Proposed: TRIAL PT

Treatment CPT:

Diagnostic Test:

Diagnostic CPT:

DME:

HCPCS:

Follow Up Appt. Follow UP CPT:

Diagnosis:

Strain/sprain of the right knee with degenerative change

ICD-9:

Comments:

Medical Assistant:

ALMA LOPEZ

Physician Assistant:

David Wood, MD Surgeon's Signature:

(electronically signed)

Date: 11/18/2022

2023-01-26 15:50:32 GMT

19099894477

From: 13054023144

Arrowhead Orthopaedics

Page: 05 of 17

Progress Notes

Trujillo, Ofelia Patient ID: 00001737510

DOB: 02/06/1946 Age: 76 years Gender: F

01/12/2023

Date: 01/12/23: 10:31am Title: Don Hills, PR-2

County of San Bernardino 222 W. Hospitality Ln San Bernardino, CA, 92415

Elizabeth Jarvis Claims Adjustor

Applicant Attorney: Jeffrey Garfunkle Address: 0800 NM. Haven Ste, 260 Ontario, CA 91761

PATIENT'S NAME:

OFELIA TRUJILLO

DATE OF BIRTH:

02/06/46

EMPLOYER:

County of San Bernardino

OCCUPATION: DATE OF INJURY: DATE OF EXAMINATION: Clerk III 11/18/1996 01/12/23

CLAIM NUMBER:

0020970309

AUTHORIZED BODY PARTS:

Bilateral Knees

PRIMARY TREATING PHYSICIAN'S PROGRESS REPORT (PR-2)

🗵 Periodic Report (Required 45 days after last report) 🗆 Change in treatment plar
🗆 Release From Care 🗆 Change in work status 🗆 Need for referral or consultation
☐ Response to request for information ☐ Change in patient's condition
□ Need for surgery or hospitalization □ Request for authorization
□ Other

HISTORY OF INJURY:

The patient states while employed with the County of San Bernardino as a Clerk III on 11/18/1996, she was going down stairs and felt a pop in the left knee. The patient has right knee pain, which has progressively gotten worse, due to overcompensation of the left knee.

SUBJECTIVE COMPLAINTS:

The patient returns to the office today with the following complaints:

Constant bilateral knee pain and swelling aggravated with bending as well as getting up from a seated position. On a pain intensity scale of 1 to 10, she rates it a 8 bilaterally.

INTERIM HISTORY:

Page: 1 of 4 Printed On: 01/26/2023

Progress Notes
Trujillo, Ofelia
Patient ID: 00001737510
DOB: 02/06/1946
Age: 76 years Gender: F

01/12/2023

The patient is still awaiting authorization for physical therapy bilateral knees.

The patient continues doing home exercises on a daily basis and using ice and heat for flare-ups of pain.

The patient is retired and denies any new injuries or accidents since the last office visit.

CURRENT MEDICATIONS PRESCRIBED FROM THIS OFFICE:

Page: 06 of 17

Motrin 800mg Diclofenac Cream

The patient is currently utilizing Motrin occasionally for inflammation. She reports side effects of GI upset from Motrin.

On a visual analog scale, the patient rates their pain at a 2 out of 10 with the use of medication and without medication, the patient rates their pain at an 8 out of 10. The patient also reports an improvement with activities of daily living while using their pain medication.

CURRENT MEDICATIONS PRESCRIBED BY OTHER PROVIDERS:

Prescribed by Primary Care Physician:

Calcium 600mg Vitamin D3 Alendronate 70mg Metronidazole 0.75mg Relief Factor Joint Gel

PAST MEDICAL HISTORY:

Allergies: NKDA. Smoking: Denies.

OBJECTIVE FINDINGS:

Vitals: 01/12/23: Wt-150 B/P- 140/75 Pulse- 70 Temp- 97.9.

There is mild effusion noted about the right knees.

There is tenderness to palpation patello femoral joint line right knee.

There is tenderness over the lateral aspect of the left knee.

RANGE OF MOTION:

Active range of motion of the bilateral knees revealed:

Right Left Normal

Flexion: 100 degrees 120 degrees 135 degrees

Printed On: 01/26/2023 Page: 2 of 4

From: 13054023144

Arrowhead Orthopaedics

Progress Notes

Trujillo, Ofelia Patient ID: 00001737510

DOB: 02/06/1946 Age: 76 years Gender: F

01/12/2023

Extension: 0 degrees 0 degrees 0 degrees

Page: 07 of 17

DIAGNOSES:

- 1. Strain/sprain of the right knee with degenerative change S86.911D; S83.91XD; M17.5.
- 2. Status post left knee arthroscopy and meniscectomy Z98.890.

5 A'S OF CHRONIC PAIN MANAGEMENT:

- 1. Analgesia The patient is experiencing a reduction in pain.
- 2. Activity The patient is demonstrating an improvement in level of function.
- 3. Adverse drug reaction The patient is not experiencing any intolerable side effects.
- 4. Aberrant There is no sign of aberrant behavior.
- 5. Affect The patient's behavior and mood are appropriate.

TREATMENT PLAN:

- 1. Awaiting AUTHORIZATION for a trial of physical therapy 2 times per week for 3 weeks due to increased bilateral knee pain.
- 2. Continue symptomatic treatment and self directed home exercises.
- 3. Use ice for pain and swelling.
- 4. Continue diclofenac 1% cream apply 4 grams, 4 times daily as needed. No refills needed today.
- 5. Medication prescribed to aid patient in maintaining ability to perform activities of daily living.
- 6. Re-evaluate the patient in 4 weeks.

WORK STATUS:

This patient has been instructed to remain P&S.

Signed,

Don Hills, PA

Arrowhead Orthopaedics 1901 W. Lugonia, Suite 220

Redlands, CA 92374

Phone: 909-433-3200 Fax: 888-411-1209

CA License #: PA15222 Tax I.D. #: 33-0376200

I declare under penalty of perjury that this report is true and correct to the best of my knowledge and that I have not

Page: 3 of 4 Printed On: 01/26/2023

Progress Notes

Trujillo, Ofelia Patient ID: 00001737510

DOB: 02/06/1946 Age: 76 years Gender: F

01/12/2023

To: +19093868711

violated Labor Code Section 139.3.

Electronically signed by Don Hills, PA

Applicant Attorney: Jeffrey Garfunkle Address: 0800 NM. Haven Ste,.260 Ontario, CA 91761

Billing

BILLING

County Of San Bernardino 222

Procedure Codes:

Procedure: Estab Detailed: 99213

Procedure: PR-2: WC002

Diagnosis Codes:

Diagnosis: Strain of unspecified muscle(s) and tendon(s) at lower leg level, right leg, subsequent encounter: ICD10 =

2023-01-26 15:50:32 GMT

S86.911D / ICD9 = V58.89 / SNOMED = 441933004

Diagnosis: Sprain of unspecified site of right knee, subsequent encounter: ICD10 = S83.91XD / ICD9 = V58.89 /

SNOMED = 11760661000119101

Diagnosis: Other unilateral secondary osteoarthritis of knee: ICD10 = M17.5 / ICD9 = 715.26 / SNOMED = 443524000

Diagnosis: Other specified postprocedural states: ICD10 = Z98.890 / ICD9 = V45.89 / SNOMED = 128926000

Progress Note Status:

Action Item: Progress Note Complete - Redlands

Action Item: Message to Biller - BILL PR2 - Redlands

Rx: diclofenac 1 % topical gel, 100, Ref: 0, apply 4 grams, 4x daily as needed

SIGNED BY Donald Hills, PA (DEH) 01/12/2023 01:08PM

From: 13054023144

Arrowhead Orthopaedics

Progress Notes

Trujillo, Ofelia Patient ID: 00001737510 DOB: 02/06/1946

Age: 76 years Gender: F

12/12/2022

Date: 12/12/22 : 10:39am Title: Don Hills/DLW, PR-2

County of San Bernardino 222 W. Hospitality Ln San Bernardino, CA, 92415

Elizabeth Jarvis Claims Adjustor

Applicant Attorney: Jeffrey Garfunkle Address: 0800 NM. Haven Ste,.260 Ontario, CA 91761

PATIENT'S NAME:

OFELIA TRUJILLO

DATE OF BIRTH:

02/06/46

EMPLOYER:

County of San Bernardino

OCCUPATION:

Clerk III

DATE OF INJURY:

11/18/1996 12/12/22

DATE OF EXAMINATION: CLAIM NUMBER:

0020970309

AUTHORIZED BODY PARTS:

Bilateral Knees

PRIMARY TREATING PHYSICIAN'S PROGRESS REPORT (PR-2)

M Periodic Report (Required 45 days after last report) □ Change in treatment plan
☐ Release From Care ☐ Change in work status ☐ Need for referral or consultation
☐ Response to request for information ☐ Change in patient's condition
□ Need for surgery or hospitalization □ Request for authorization
□ Other

HISTORY OF INJURY:

The patient states while employed with the County of San Bernardino as a Clerk III on 11/18/1996, she was going down stairs and felt a pop in the left knee. The patient has right knee pain, which has progressively gotten worse, due to overcompensation of the left knee.

SUBJECTIVE COMPLAINTS:

The patient returns to the office today with the following complaints:

Constant bilateral knee pain and swelling aggravated with bending as well as getting up from a seated position. On a pain intensity scale of 1 to 10, she rates it a 9 bilaterally.

INTERIM HISTORY:

19099894477

From: 13054023144

Arrowhead Orthopaedics

Progress Notes
Trujillo, Ofelia

Patient ID: 00001737510 DOB: 02/06/1946

Age: 76 years Gender: F

12/12/2022

The patient is awaiting authorization for physical therapy bilateral knees.

Page: 10 of 17

The patient continues doing home exercises on a daily basis and using ice and heat for flare-ups of pain.

The patient is retired and denies any new injuries or accidents since the last office visit.

CURRENT MEDICATIONS PRESCRIBED FROM THIS OFFICE:

Motrin 800mg Diclofenac Cream

The patient is currently utilizing Motrin occasionally for inflammation. She reports side effects of GI upset from Motrin.

On a visual analog scale, the patient rates their pain at a 2 out of 10 with the use of medication and without medication, the patient rates their pain at an 8 out of 10. The patient also reports an improvement with activities of daily living while using their pain medication.

CURRENT MEDICATIONS PRESCRIBED BY OTHER PROVIDERS:

Prescribed by Primary Care Physician:

Calcium 600mg Vitamin D3 Alendronate 70mg Metroni dazole 0.75mg Relief Factor Joint Gel

PAST MEDICAL HISTORY:

Allergies: NKDA. Smoking: Denies.

OBJECTIVE FINDINGS:

Vitals: 12/12/22: Wt-150 B/P-138/75 Pulse-76 Temp-97.4.

There is mild effusion noted about the right knees.

There is tenderness to palpation patello femoral joint line right knee.

There is tenderness over the lateral aspect of the left knee.

RANGE OF MOTION:

Active range of motion of the bilateral knees revealed:

Right

Left

Normal

Progress Notes

From: 13054023144

Trujillo, Ofelia Patient ID: 00001737510

DOB: 02/06/1946 **Age**: 76 years **Gender**: F

12/12/2022

Flexion: 110 degrees 120 degrees 135 degrees Extension: 0 degrees 0 degrees 0 degrees

Page: 11 of 17

X-RAYS:

In-house x-rays were taken in office by a certified x-ray technician at Arrowhead Orthopedics.

X-ray examination of the left knee (standing 2 views) reveals no evidence of fracture or dislocation. There is bone-on-bone in the medial compartment. There is also osteophyte formation in the patellofemoral joint.

X-ray examination of the right knee (standing 2 views) reveals no evidence of fracture or dislocation. There is bone-on-bone in the medial compartment. There is also osteophyte formation in the patellofemoral joint.

DIAGNOSES:

- 1. Strain/sprain of the right knee with degenerative change S86.911D; S83.91XD; M17.5.
- 2. Status post left knee arthroscopy and meniscectomy Z98.890.

5 A'S OF CHRONIC PAIN MANAGEMENT:

- 1. Analgesia The patient is experiencing a reduction in pain.
- 2. Activity The patient is demonstrating an improvement in level of function.
- 3. Adverse drug reaction The patient is not experiencing any intolerable side effects.
- 4. Aberrant There is no sign of aberrant behavior.
- 5. Affect The patient's behavior and mood are appropriate.

TREATMENT PLAN:

- 1. Awaiting AUTHORIZATION for a trial of physical therapy 2 times per week for 3 weeks due to increased bilateral knee pain.
- 2. Reviewed x-rays of the left and right knees.
- 3. Continue symptomatic treatment and self directed home exercises.
- 4. Use ice for pain and swelling.
- 5. Continue diclofenac 1% cream apply 4 grams, 4 times daily as needed. No refills needed today.
- 6. Medication prescribed to aid patient in maintaining ability to perform activities of daily living.
- 7. Re-evaluate the patient in 6 weeks.

WORK STATUS:

This patient has been instructed to remain P&S.

Signed

David L. Wood, MD, FAAOS, FACS

Printed On: 01/26/2023 Page: 3 of 5

2023-01-26 15:50:32 GMT

19099894477

From: 13054023144

Arrowhead Orthopaedics

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Progress Notes
Trujillo, Ofelia

Patient ID: 00001737510 DOB: 02/06/1946

Age: 76 years Gender: F

12/12/2022

Arrowhead Orthopaedics 1901 W. Lugonia, Suite 220 Redlands, CA 92374

Phone: 909-433-3200 Fax: 888-411-1209

CA License #: G46774 Tax I.D. #: 33-0376200

I declare under penalty of perjury that this report is true and correct to the best of my knowledge and that I have not violated Labor Code Section 139.3.

Don Hills participated in this examination. Dictated by Don E. Hills, PA, under the supervision of David L. Wood, MD

Electronically signed by David L. Wood, MD

Billing

BILLING

County Of San Bernardino 222

Procedure Codes:

Procedure: Estab Detailed: 99213

Procedure: PR-2: WC002

Procedure: Knee Bilateral: 73565

Diagnosis Codes:

Diagnosis: Strain of unspecified muscle(s) and tendon(s) at lower leg level, right leg, subsequent encounter: ICD10 =

S86.911D / ICD9 = V58.89 / SNOMED = 441933004

Diagnosis: Sprain of unspecified site of right knee, subsequent encounter: ICD10 = S83.91XD / ICD9 = V58.89 /

SNOMED = 11760661000119101

Diagnosis: Other unilateral secondary osteoarthritis of knee: ICD10 = M17.5 / ICD9 = 715.26 / SNOMED = 443524000

Diagnosis: Other specified postprocedural states: ICD10 = Z98.890 / ICD9 = V45.89 / SNOMED = 128926000

Progress Note Status:

Action Item: Progress Note Complete - Redlands

Action Item: Message to Biller - bill pr2 - Redlands

Printed On: 01/26/2023 Page: 4 of 5

To: +19093868711

Page: 13 of 17

2023-01-26 15:50:32 GMT

19099894477

From: 13054023144

Arrowhead Orthopaedics

Progress Notes

Trujillo, Ofelia Patient ID: 00001737510

DOB: 02/06/1946 **Age**: 76 years **Gender**: F

12/12/2022

Rx: diclofenac 1 % topical gel, 100, Ref: 0, apply 4 grams, 4x daily as needed

#Orders: MEDSTRAT

SIGNED BY Donald Hills, PA (DEH) 12/13/2022 08:48A

Printed On: 01/26/2023 Page: 5 of 5

Page: 14 of 17

Progress Notes

Trujillo, Ofelia Patient ID: 00001737510

DOB: 02/06/1946 Age: 76 years Gender: F

11/09/2022

Date: 11/09/22: 09:24am Title: Don Hills, PR-2

County of San Bernardino 222 W. Hospitality Ln San Bernardino, CA, 92415

Elizabeth Jarvis Claims Adjustor

Applicant Attorney: Jeffrey Garfunkle Address: 0800 NM. Haven Ste,.260 Ontario, CA 91761

PATIENT'S NAME:

OFELIA TRUJILLO

DATE OF BIRTH:

02/06/46

EMPLOYER:

County of San Bernardino

OCCUPATION: DATE OF INJURY: Clerk III 11/18/1996

DATE OF EXAMINATION:

11/09/22

CLAIM NUMBER:

0020970309

AUTHORIZED BODY PARTS:

Bilateral Knees

PRIMARY TREATING PHYSICIAN'S PROGRESS REPORT (PR-2)

☑ Periodic Report (Required 45 days after last report) ☐ Change in freatment plan
☐ Release From Care ☐ Change in work status ☐ Need for referral or consultation
☐ Response to request for information ☐ Change in patient's condition
□ Need for surgery or hospitalization □ Request for authorization
□ Other

HISTORY OF INJURY:

The patient states while employed with the County of San Bernardino as a Clerk III on 11/18/1996, she was going down stairs and felt a pop in the left knee. The patient has right knee pain, which has progressively gotten worse, due to overcompensation of the left knee.

SUBJECTIVE COMPLAINTS:

The patient returns to the office today with the following complaints:

Bilateral knee pain and swelling exacerbated with bending as well as getting up from a seated position. On a pain intensity scale of 1 to 10, she rates it a 9 bilaterally.

INTERIM HISTORY:

Progress Notes
Trujillo, Ofelia

Patient ID: 00001737510 DOB: 02/06/1946

Age: 76 years Gender: F

11/09/2022

The patient is awaiting authorization for physical therapy bilateral knees.

Page: 15 of 17

The patient continues doing home exercises on a daily basis and using ice and heat for flare-ups of pain.

The patient is retired and denies any new injuries or accidents since the last office visit.

CURRENT MEDICATIONS PRESCRIBED FROM THIS OFFICE:

Motrin 800mg Diclofenac Cream

The patient is currently utilizing Motrin occasionally for inflammation. She reports side effects of GI upset from Motrin.

On a visual analog scale, the patient rates their pain at a 2 out of 10 with the use of medication and without medication, the patient rates their pain at an 8 out of 10. The patient also reports an improvement with activities of daily living while using their pain medication.

CURRENT MEDICATIONS PRESCRIBED BY OTHER PROVIDERS:

Prescribed by Primary Care Physician:

Calcium 600mg Vitamin D3 Alendronate 70mg Metronidazole 0.75mg Relief Factor Joint Gel

PAST MEDICAL HISTORY:

Allergies: NKDA. Smoking: Denies.

OBJECTIVE FINDINGS:

Vitals: 11/09/22: Wt-150 B/P-118/71 Pulse- 70 Temp- 97.4.

There is mild effusion noted about the right knees.

There is tenderness to palpation patello femoral joint line right knee.

There is tenderness over the lateral aspect of the left knee.

RANGE OF MOTION:

Active range of motion of the bilateral knees revealed:

Right Left

ft Normal

Flexion: 110 degrees 120 degrees 135 degrees

Printed On: 01/26/2023 Page: 2 of 4

Risk Management 2023-01-26 08:28:53

Arrowhead Orthopaedics

Progress Notes Trujillo, Ofelia Patient ID: 00001737510 DOB: 02/06/1946 Age: 76 years Gender: F

11/09/2022

Extension:

0 degrees

0 degrees

Page: 16 of 17

0 degrees

DIAGNOSES:

- 1. Strain/sprain of the right knee with degenerative change S86.911D; S83.91XD; M17.5.
- 2. Status post left knee arthroscopy and meniscectomy Z98.890.

5 A'S OF CHRONIC PAIN MANAGEMENT:

- 1. Analgesia The patient is experiencing a reduction in pain.
- 2. Activity The patient is demonstrating an improvement in level of function.
- 3. Adverse drug reaction The patient is not experiencing any intolerable side effects.
- 4. Aberrant There is no sign of aberrant behavior.
- 5. Affect The patient's behavior and mood are appropriate.

TREATMENT PLAN:

- 1. RE-REQUEST AUTHORIZATION for a trial of physical therapy 2 times per week for 3 weeks due to increased bilateral knee pain.
- 2. Obtain updated x-rays if no improvement with physical therapy.
- 3. Continue symptomatic treatment and self directed home exercises.
- 4. Use ice for pain and swelling.
- 5. Electronic prescription sent in for Diclofenac 1% cream apply 4 grams, 4 times daily as needed # 100 grams, no refills.
- 6. Medication prescribed to aid patient in maintaining ability to perform activities of daily living.
- 7. Re-evaluate the patient in 6 weeks.

WORK STATUS:

This patient has been instructed to remain P&S.

Signed,

Don Hills, PA

Arrowhead Orthopaedics 1901 W. Lugonia, Suite 220

An Hills

Redlands, CA 92374 Phone: 909-433-3200 Fax: 888-411-1209

CA License #: PA15222 Tax I.D. #: 33-0376200

Page: 3 of 4 Printed On: 01/26/2023

From: 13054023144

10. 1 100000001

Arrowhead Orthopaedics

Page: 17 of 17

Progress Notes

Trujillo, Ofelia

Patient ID: 00001737510

DOB: 02/06/1946 **Age**: 76 years **Gender**: F

11/09/2022

I declare under penalty of perjury that this report is true and correct to the best of my knowledge and that I have not violated Labor Code Section 139.3.

Electronically signed by Don Hills, PA

Applicant Attorney: **Jeffrey Garfunkle**Address: **0800 NM. Haven Ste,.260 Ontario, CA 91761**

Billing

BILLING

County Of San Bernardino 222

Procedure Codes:

Procedure: Estab Expanded: 99212

Procedure: PR-2: WC002

Diagnosis Codes:

Diagnosis: Strain of unspecified muscle(s) and tendon(s) at lower leg level, right leg, subsequent encounter: ICD10 =

S86.911D / ICD9 = V58.89 / SNOMED = 441933004

Diagnosis: Sprain of unspecified site of right knee, subsequent encounter: ICD10 = S83.91XD / ICD9 = V58.89 /

SNOMED = 11760661000119101

Diagnosis: Other unilateral secondary osteoarthritis of knee: ICD10 = M17.5 / ICD9 = 715.26 / SNOMED = 443524000

Progress Note Status:

Action Item: Progress Note Complete - Redlands

Action Item: Message to Biller - bill pr2 - Redlands

SIGNED BY Donald Hills, PA (DEH) 11/10/2022 08:30AM