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22

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05-16-2024 10:56 AM ET

513-245421434

pg 1 of 22

CONFIDENTIAL Fax

FROM:

AMADOR CRUZ, PA
19138 US Hwy 281 North Suite 100, SAN ANTONIO, TX 78258-4988
Phone: (210) 804-5400
Fax: (210) 489-7274

TO:

UNKNOWN
Fax: (562) 506-0355

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[ID:32499837-H-94]



Cont. Therapy Request

| | |
|----------------------------------|--|
| Date Submitted: | 05/16/2024 PLEASE CALL 210-804-6815 FOR MODIFICATIONS & FAX DETERMINATION TO 210-582-2696. **NO PEER CALLS TO THIS NUMBER** |
| Attention: | Pre-Authorization |
| Requesting Doctor: | B. Christian Baldin, M.D. 2829 Babcock Rd. Ste 700 San Antonio, TX 78229 NPI: 1366654667 License # N2393 FOR PEER REVIEW CALL: (210) 269-1166 PEER DAYS AND TIMES: Mon, Wed & Fri 8am – 5pm CST |
| Patient: | Ernestina Campos Toledo 10/04/1960 9031 Lilac Hl Universal City, TX, 78148-4628 Home: (210) 540-1830 Work: |
| SS#: | |
| EMP: | |
| DOI: | 01/11/2024 |
| Insurance Carrier: | TRISTAR RISK MANAGEMENT |
| Adjuster: | CHRISTINE AVILA |
| Claim #: | 241120997 |
| Diagnosis: | S82.034D Nondisp transverse fx r patella, 7thD |
| Requesting Authorization: | Physical therapy 2x6 = 12 visits 97164 Re-evaluation 97110 Therapeutic exercise 97140 Manual therapy 97032 Modalities 97112 Neuro re-education 97116 Gait training therapy |
| Date: | Pending Approval |
| Facility: | The San Antonio Orthopaedic Group 400 Concord Plaza Drive, Suite 300 San Antonio, TX 78216 (210)-804-6815 Tax ID: 74-3003947 |

Please see attached clinical. If you have any questions please feel free to contact the Workers Comp

Department
at (210) 804-6815 or fax (210) 582-2696.
e-mail: compnow@tsaog.com

Encounters and Procedures

Clinical Encounter Summaries

Encounter Date: 05/09/2024

Patient

| | | | |
|------------------|--|------------------------|-----------------------------------|
| Name | CAMPOS TOLEDO, ERNESTINA (63yo, F) ID# 918910 | Appt. Date/Time | 05/09/2024 08:00AM |
| DOB | 10/04/1960 | Service Dept. | SCHERTZ PHYSICAL THERAPY AT TSAOG |
| Provider | ANDREA MARTINEZ, PT | | |
| Insurance | Med Worker's Comp: TRISTAR RISK MANAGEMENT Policy/Group # : 241120997 Employer Name : JUDSON ISD Case # : 241120997 Case Injury Date : 01/11/2024 Prescription: check now | | |

Chief Complaint

None recorded.

Physical Therapy Episodes

Episode: IE 3/21/24; R patella Fx, Balldin

Patient's Care Team

Insurance Adjuster (Worker's Comp): CHRISTINE AVILA: Ph (210) 809-6990, Fax (210) 404-0429

Patient's Pharmacies

HEB PHARMACY SA #15 (ERX): 910 KITTY HAWK RD, UNIVERSAL CITY, TX 78148, Ph (210) 945-2120, Fax (210) 568-4786

Vitals

None recorded.

Allergies

Allergies not reviewed (last reviewed 04/29/2024)
NKDA

Medications

Medications not reviewed (last reviewed 04/29/2024)

| | | |
|---|----------|------------|
| amoxicillin 875 mg-potassium clavulanate 125 mg tablet 875 MG. | 04/29/24 | entered |
| azelastine 137 mcg (0.1 %) nasal spray aerosol 137 MGACTUAT. | 04/29/24 | entered |
| benzonatate 100 mg capsule 100 MG. | 04/29/24 | entered |
| brompheniramine-pseudoephedrine-DM 2 mg-30 mg-10 mg/5 mL oral syrup 6 MGML. | 04/29/24 | entered |
| ibuprofen 800 mg tablet Take 1 tablet(s) every 8 hours by oral route for 30 days. | 04/29/24 | prescribed |
| naproxen 500 mg tablet 500 MG. | 04/29/24 | entered |
| traMADoL 50 mg tablet 50 MG. | 04/29/24 | entered |

Problems

Reviewed Problems
No known problems

Family History

Family History not reviewed (last reviewed 04/29/2024)

Social History

Social History not reviewed (last reviewed 04/29/2024)

Surgical History

Surgical History not reviewed (last reviewed 04/29/2024)

GYN History

GYN History not reviewed (last reviewed 04/29/2024)

Obstetric History

Obstetric History not reviewed (last reviewed 04/29/2024)

Past Medical History

Past Medical History not reviewed (last reviewed 04/29/2024)

Screening

None recorded.

HPI

Pt reports gradual improvement and continued knee pain with muscular discomfort.

ROS

None recorded.

Physical Exam

Gait:Gait: **antalgic gait** and **ambulates with cane**.

Posture/Body Mechanics:Strength Right: **gluteus maximus 4-** and **medius 4-** and **iliopsoas 4**, **hamstring 3**, and **quadricep 3+**.

Knees:Muscle Function Right: **quadricep strength fair**. Active Range of Motion Right: extension WNL (**0**) and **flexion (110 deg) (AROM, 115 AAROM post manual treatment)**.

Exercise Flowsheet

| Exercise | 04/30/2024 | 05/03/2024 | 05/07/2024 | 05/09/2024 |
|-----------------|------------|------------|----------------|-------------------|
| Visit | 9/12 | 10/12 | 11/12 | 12/12 |
| Total Gym | L5 6' | L5 6' | L5 6' | L76' |
| Heel slides | 5'10" H | 5'10" H | | |
| SLR | | 3'10" H | 3'10" H 1# | |
| SL abd | | | | |
| SAQ | 2# 3'10"H | 3'10" H 2# | 3'10" H 2# | 3'10" H 2# |
| gap flex | | L3 manual | L3 manual | |
| bike | | | | |
| Pyramids | NV | | | 3x30 |
| Gastroc stretch | nv | 3x30" H | | |
| step up | 2x10 6" F | | 2x10 ea F/L 6" | 2x10 L 6" |
| Sit to stands | NV | 2x10 | 2x10 | 2x10 |
| Heel raises | 2x20 | 2x20 | 2x20 | 2x20 |
| Bridges | 3'10" H | 3'10" H | 3'10" H | 3'10" H |
| HS curls | | | | |
| prone quad | 3x30 | | 5x30"H | 5x30"H |
| SLS | | | 3x30"H | 3x30"H |
| Clams | | | NV | 3'10"H |
| Step Laps | | | | 10x up 6" down 4" |

Procedure Documentation

97110: Therapeutic Exercise: 36 minutes

The patient performed 36 minutes of therapeutic exercise to develop strength, ROM and flexibility. See exercise log for specific information per clinical findings.

97140: Manual Therapy: 10 minutes

The patient received manual therapy consisting of cupping stm to HS and gastroc, patellar mobs, grade 2/3 posterior tfj mobs, knee flex prom, prone quad stretch for 10 minutes per clinical findings. minutes of one on one time.

Dry Needling:

Informed consent (In Spanish) obtained and questions answered prior to performing dry needling. Dry needling performed to Quad, quad tendon, and patellar tendon areas for 15 minutes. Treatment area wiped down with alcohol before and after. Five 50mm needles inserted into RF and VL, two 50mm needles inserted into quad tendon and two 50mm needles inserted into patellar tendon. NO CHARGE, TRIAL ONLY

Assessment / Plan

Pt is a 63 y/o female s/p right patellar fracture after sustaining fall at work on 1/10/24. A RE was performed today. Significant improvement in AROM however, continues with decreased knee flex AROM due to muscular tightness from previous immobilization. Knee and hip strength gradually improving. Pt demo antalgic gait pattern and difficulty flexing knee during swing phase of gait pattern. Pt demo fair- ecc control with step laps. continues with increased tone and tenderness to quad, hs and gastroc muscles. Trial dry needling performed to quad, quad tendon, and patellar tendon today in an effort to improve knee ROM and muscular tightness. Pt tolerated dry needling well without adverse rxn. Pt will benefit from continuance of skilled PT to address functional limitations and deficits.

IE LEFS: 8% of max function

5/9/24 RE LEFS: 35% of max function

GOALS:

-Pt to be I with HEP -IN PROGRESS

-Increase right knee flex AROM to 105 deg or > for improved mobility-PARTIALLY MET

-Increase right knee flex/ext strength to 5/5 to negotiate stairs with good technique -IN PROGRESS

-Increase right hip abd/ext strength in order to perform work duties without risk of re-injury-IN PROGRESS

-increase LEFS to 50% or > for improved QOL

Plan: PT 2x a week for 12 visits. Tx to include therapeutic exercise, neuromuscular re-education, modalities, kinesiotape, dry needling, gait training and manual tx.

.. Pain of right knee joint

M25.561: Pain in right knee

.. Stiffness of right knee

M25.661: Stiffness of right knee, not elsewhere classified

.. Muscle weakness

M62.81: Muscle weakness (generalized)

Return to Office

- Amador Cruz, PA for WORK COMP FOLLOW-UP 15 at RIDGEWOOD ORTHOPAEDIC OFFICE on 05/20/2024 at 03:30 PM

Encounter Sign-Off

Encounter signed-off by Andrea Martinez, PT, 05/10/2024.

Encounter performed and documented by Andrea Martinez, PT

Encounter reviewed & signed by Andrea Martinez, PT on 05/10/2024 at 11:14am

Encounter Date: 05/07/2024**Patient**

| | | | |
|------------------|--|------------------------|-----------------------------------|
| Name | CAMPOS TOLEDO, ERNESTINA (63yo, F) ID# 918910 | Appt. Date/Time | 05/07/2024 07:30AM |
| DOB | 10/04/1960 | Service Dept. | SCHERTZ PHYSICAL THERAPY AT TSAOG |
| Provider | ANDREA MARTINEZ, PT | | |
| Insurance | Med Worker's Comp: TRISTAR RISK MANAGEMENT Policy/Group # : 241120997 Employer Name : JUDSON ISD Case # : 241120997 Case Injury Date : 01/11/2024 Prescription: check now | | |

Chief Complaint

None recorded.

Physical Therapy Episodes

Episode: IE 3/21/24; R patella Fx, Balldin

Patient's Care Team

Insurance Adjuster (Worker's Comp): CHRISTINE AVILA: Ph (210) 809-6990, Fax (210) 404-0429

Patient's Pharmacies

HEB PHARMACY SA #15 (ERX): 910 KITTY HAWK RD, UNIVERSAL CITY, TX 78148, Ph (210) 945-2120, Fax (210) 568-4786

Vitals

None recorded.

Allergies

Allergies not reviewed (last reviewed 04/29/2024)

NKDA

Medications

Medications not reviewed (last reviewed 04/29/2024)

amoxicillin 875 mg-potassium clavulanate 125 mg tablet 875 MG. 04/29/24 entered

azelastine 137 mcg (0.1 %) nasal spray aerosol 137 MGACTUAT. 04/29/24 entered

benzonatate 100 mg capsule 100 MG. 04/29/24 entered

brompheniramine-pseudoephedrine-DM 2 mg-30 mg-10 mg/5 mL oral syrup 6 MGML. 04/29/24 entered

ibuprofen 800 mg tablet 04/29/24 prescribed
Take 1 tablet(s) every 8 hours by oral route for 30 days.

naproxen 500 mg tablet 500 MG. 04/29/24 entered

traMADoL 50 mg tablet 50 MG. 04/29/24 entered

Problems

Reviewed Problems

No known problems

Family History

Family History not reviewed (last reviewed 04/29/2024)

Social History

Social History not reviewed (last reviewed 04/29/2024)

Surgical History

Surgical History not reviewed (last reviewed 04/29/2024)

GYN History

GYN History not reviewed (last reviewed 04/29/2024)

Obstetric History

Obstetric History not reviewed (last reviewed 04/29/2024)

Past Medical History

Past Medical History not reviewed (last reviewed 04/29/2024)

Screening

None recorded.

HPI

Pt reports slow but gradual improvement. Continued soreness and tightness to quad and HS.

ROS

None recorded.

Physical Exam

None recorded.

Exercise Flowsheet

| Exercise | 04/26/2024 | 04/30/2024 | 05/03/2024 | 05/07/2024 |
|-----------------|-------------|------------|------------|----------------|
| Visit | 8/12 | 9/12 | 10/12 | 11/12 |
| Total Gym | L5 6' | L5 6' | L5 6' | L5 6' |
| Heel slides | 5'10" H | 5'10" H | 5'10" H | |
| SLR | 3'10" H | | 3'10" H | 3'10" H 1# |
| SL abd | 3'10" H | | | |
| SAQ | 2# 3'10"H | 2# 3'10"H | 3'10" H 2# | 3'10" H 2# |
| gap flex | L3 6' c MHP | | L3 manual | L3 manual |
| bike | | | | |
| Pyramids | 3x30" | NV | | |
| Gastroc stretch | nv | nv | 3x30" H | |
| step up | 2x10 4" F | 2x10 6" F | | 2x10 ea F/L 6" |
| Sit to stands | 2x10 | NV | 2x10 | 2x10 |
| Heel raises | 2x15 | 2x20 | 2x20 | 2x20 |
| Bridges | 3'10" H | 3'10" H | 3'10" H | 3'10" H |
| HS curls | | | | |
| prone quad | | 3x30 | | 5x30"H |
| SLS | | | | 3x30"H |
| Clams | | | | NV |

Procedure Documentation

97110: Therapeutic Exercise: 36 minutes

The patient performed 36 minutes of therapeutic exercise to develop strength, ROM and flexibility. See exercise log for specific information per clinical findings.

97140: Manual Therapy: 16 minutes

The patient received manual therapy consisting of cupping stm to distal quad, quad tendon, patellar tendon, HS and gastroc, patellar mobs, grade 2/3 posterior tfj mobs, knee flex prom, prone quad stretch for 16 minutes per clinical findings. minutes of one on one time.

Assessment / Plan

Assessment: Fair control with forward and lateral step ups. Continues with increased tone to quad and HS during stm. Continues with antalgic gait pattern and difficulty flexing knee during swing phase of gait pattern.
plan: RE NV.

Assessment: Cont to flex knee through > AROM post session & decreased antalgic gait pattern.

plan: continue with poc as per supervising PT.

Supervised by: Gabriel Gonzales, PT, DPT

.. Pain of right knee joint

M25.561: Pain in right knee

.. Stiffness of right knee

M25.661: Stiffness of right knee, not elsewhere classified

.. Muscle weakness

M62.81: Muscle weakness (generalized)

Return to Office

- Andrea Martinez, PT for PT - RE-EVALUATION at SCHERTZ PHYSICAL THERAPY AT TSAOG on 05/09/2024 at 08:00 AM
- Amador Cruz, PA for WORK COMP FOLLOW-UP 15 at RIDGEWOOD ORTHOPAEDIC OFFICE on 05/20/2024 at 03:30 PM

Encounter Sign-Off

Encounter signed-off by Andrea Martinez, PT, 05/07/2024.

Encounter performed and documented by Andrea Martinez, PT

Encounter reviewed & signed by Andrea Martinez, PT on 05/07/2024 at 9:33pm

Encounter Date: 05/03/2024**Patient**

| | | | |
|------------------|--|------------------------|-----------------------------------|
| Name | CAMPOS TOLEDO, ERNESTINA (63yo, F) ID# 918910 | Appt. Date/Time | 05/03/2024 10:00AM |
| DOB | 10/04/1960 | Service Dept. | SCHERTZ PHYSICAL THERAPY AT TSAOG |
| Provider | EDDY MARTINEZ, PTA | | |
| Insurance | Med Worker's Comp: TRISTAR RISK MANAGEMENT Policy/Group # : 241120997 Employer Name : JUDSON ISD Case # : 241120997 Case Injury Date : 01/11/2024 Prescription: check now | | |

Chief Complaint

None recorded.

Physical Therapy Episodes

Episode: IE 3/21/24; R patella Fx, Balldin

Patient's Care Team

Insurance Adjuster (Worker's Comp): CHRISTINE AVILA: Ph (210) 809-6990, Fax (210) 404-0429

Patient's Pharmacies

HEB PHARMACY SA #15 (ERX): 910 KITTY HAWK RD, UNIVERSAL CITY, TX 78148, Ph (210) 945-2120, Fax (210) 568-4786

Vitals

None recorded.

Allergies

Allergies not reviewed (last reviewed 04/29/2024)

NKDA

Medications

Medications not reviewed (last reviewed 04/29/2024)

amoxicillin 875 mg-potassium clavulanate 125 mg tablet 875 MG. 04/29/24 entered**azelastine 137 mcg (0.1 %) nasal spray aerosol** 137 MGACTUAT. 04/29/24 entered**benzonatate 100 mg capsule** 100 MG. 04/29/24 entered**brompheniramine-pseudoephedrine-DM 2 mg-30 mg-10 mg/5 mL oral syrup** 6 MGML. 04/29/24 entered**ibuprofen 800 mg tablet** 04/29/24 prescribed
Take 1 tablet(s) every 8 hours by oral route for 30 days.**naproxen 500 mg tablet** 500 MG. 04/29/24 entered**traMADoL 50 mg tablet** 50 MG. 04/29/24 entered

Problems

Reviewed Problems

No known problems

Family History

Family History not reviewed (last reviewed 04/29/2024)

Social History

Social History not reviewed (last reviewed 04/29/2024)

Surgical History

Surgical History not reviewed (last reviewed 04/29/2024)

GYN History

GYN History not reviewed (last reviewed 04/29/2024)

Obstetric History

Obstetric History not reviewed (last reviewed 04/29/2024)

Past Medical History

Past Medical History not reviewed (last reviewed 04/29/2024)

Screening

None recorded.

HPI

States that knee is feeling better & still compliant with HEP.

ROS

None recorded.

Physical Exam

None recorded.

Exercise Flowsheet

| Exercise | 04/24/2024 | 04/26/2024 | 04/30/2024 | 05/03/2024 |
|-----------------|-------------|-------------|------------|------------|
| Visit | 7/12 | 8/12 | 9/12 | 10/12 |
| Total Gym | L5 6' | L5 6' | L5 6' | L5 6' |
| Heel slides | 5'10" H | 5'10" H | 5'10" H | 5'10" H |
| SLR | 3'10" H | 3'10" H | | 3'10" H |
| SL abd | 3'10" H | 3'10" H | | |
| SAQ | 3'10"H 2# | 2# 3'10"H | 2# 3'10"H | 3'10" H 2# |
| gap flex | L3 6' c MHP | L3 6' c MHP | | L3 manual |
| bike | Rock 5' | | | |
| Pyramids | 3x30" | 3x30" | NV | |
| Gastroc stretch | 3x30" | nv | nv | 3x30" H |
| step up | | 2x10 4" F | 2x10 6" F | |
| Sit to stands | nv | 2x10 | NV | 2x10 |
| Heel raises | | 2x15 | 2x20 | 2x20 |
| Bridges | | 3'10" H | 3'10" H | 3'10" H |
| HS curls | nv | | | |
| prone quad | | | 3x30 | |

Procedure Documentation

97110: Therapeutic Exercise: 36 minutes

The patient performed 36 minutes of therapeutic exercise to develop strength, ROM and flexibility. See exercise log for specific information per clinical findings.

97140: Manual Therapy: 12 minutes

The patient received manual therapy consisting of stm distal quad-quad tendon-patellar tendon-IT band, patellar mobs, knee flex prom for 12

Assessment / Plan

Assessment: Cont to flex knee through > AROM post session & decreased antalgic gait pattern.

plan: continue with poc as per supervising PT.

Supervised by: Gabriel Gonzales, PT, DPT

.. **Pain of right knee joint**

M25.561: Pain in right knee

.. **Stiffness of right knee**

M25.661: Stiffness of right knee, not elsewhere classified

.. **Muscle weakness**

M62.81: Muscle weakness (generalized)

Return to Office

- Andrea Martinez, PT for PT - TREATMENT at SCHERTZ PHYSICAL THERAPY AT TSAOG on 05/07/2024 at 07:30 AM
- Andrea Martinez, PT for PT - RE-EVALUATION at SCHERTZ PHYSICAL THERAPY AT TSAOG on 05/09/2024 at 08:00 AM
- Amador Cruz, PA for WORK COMP FOLLOW-UP 15 at RIDGEWOOD ORTHOPAEDIC OFFICE on 05/20/2024 at 03:30 PM

Encounter Sign-Off

Encounter signed-off by Eddy Martinez, PTA, 05/06/2024.

Encounter performed and documented by Eddy Martinez, PTA

Encounter reviewed & signed by Eddy Martinez, PTA on 05/06/2024 at 9:16am

Encounter Date: 04/29/2024

Patient

| | | | |
|------------------|--|------------------------|------------------------------|
| Name | CAMPOS TOLEDO, ERNESTINA (63yo, F) ID# 918910 | Appt. Date/Time | 04/29/2024 08:30AM |
| DOB | 10/04/1960 | Service Dept. | RIDGEWOOD ORTHOPAEDIC OFFICE |
| Provider | AMADOR CRUZ, PA | | |
| Insurance | Med Worker's Comp: TRISTAR RISK MANAGEMENT Policy/Group # : 241120997 Employer Name : JUDSON ISD Case # : 241120997 Case Injury Date : 01/11/2024 Prescription: SURESCRIPTS LLC - This member could not be found in the payer's files. Please verify coverage and all member demographic information. details | | |

Chief Complaint

PATIENT PRESENTS TODAY FOR POST-OPERATIVE APPT, Right Patient is here for knee pain

Follow up right knee

Patient's Care Team

Insurance Adjuster (Worker's Comp): CHRISTINE AVILA: Ph (210) 809-6990, Fax (210) 404-0429

Patient's Pharmacies

HEB PHARMACY SA #15 (ERX): 910 KITTY HAWK RD, UNIVERSAL CITY, TX 78148, Ph (210) 945-2120, Fax (210) 568-4786

Vitals

Ht: 5 ft 1 in Stated
04/29/2024 08:28
am

Wt: 130 lbs With
clothes 04/29/2024
08:29 am

BMI: 24.6 04/29/2024
08:29 am

Pain Scale: 7 04/29/2024 08:30
am

Allergies

Reviewed Allergies
NKDA

Medications

Reviewed Medications

| | | |
|---|----------|------------|
| amoxicillin 875 mg-potassium clavulanate 125 mg tablet 875 MG. | 04/29/24 | entered |
| azelastine 137 mcg (0.1 %) nasal spray aerosol 137 MGACTUAT. | 04/29/24 | entered |
| benzonatate 100 mg capsule 100 MG. | 04/29/24 | entered |
| brompheniramine-pseudoephedrine-DM 2 mg-30 mg-10 mg/5 mL oral syrup 6 MGML. | 04/29/24 | entered |
| ibuprofen 800 mg tablet Take 1 tablet(s) every 8 hours by oral route for 30 days. | 04/29/24 | prescribed |
| naproxen 500 mg tablet 500 MG. | 04/29/24 | entered |
| traMADoL 50 mg tablet 50 MG. | 04/29/24 | entered |

Problems

Reviewed Problems
No known problems

Family History

Reviewed Family History

Social History

Reviewed Social History

Surgical History

Reviewed Surgical History

GYN History

(not configured)

Obstetric History

Reviewed Obstetric History

Past Medical History

Reviewed Past Medical History

Screening

None recorded.

HPI

63-year-old female presents clinic today for a follow-up visit regarding a right patella fracture. Patient denies any additional trauma since her last evaluation. She has a lot of functional pain in the front of the knee and about the muscle group and tendon. Some swelling present. She has been taking ibuprofen and attending physical therapy.

ROS

Additionally reports:**Constitutional****Confirms: None****Denies: Cough, Fever, Chills, Sweats, Weight Gain, Weight Loss, Exercise Intolerance****Musculoskeletal****Confirms: None****Denies: Muscle Aches, Muscle Weakness, Joint Pain, Back Pain, Limited range of motion, Night Pain****Neurologic****Confirms: None****Denies: Weakness, Numbness/Tingling**

Physical Exam

General: Well developed and well nourished patient in no acute distress.

HEENT: Normocephalic atraumatic.

Psychiatric: Mood and affect appropriate. Alert and oriented x 3.

Respiratory: Unlabored respirations with symmetric chest excursions bilaterally.

Cardiovascular: Regular rhythm based upon peripheral pulse exam.

Lymphatics: No obvious lymphadenopathy.

Neuro: Intact sensation to light touch bilateral upper and lower extremities.

Musculoskeletal: Bilateral lower extremities were inspected, palpated and examined. 2+ dorsalis pedis pulse present bilaterally. Hip flexion, ankle dorsiflexion, plantarflexion and EHL function are present and 5/5 bilaterally.

Physical exam of the right knee has improved since her last evaluation where she shows about 120 degrees of flexion passively. Pain past 100 degrees. Improving quad tone but pain throughout the distal quad complex. Gross tenderness at the patellar tendon. Poor gait mechanics with her single crutch.

Procedure Documentation

DME, Cane, Standard E0100, NU:

Patient was fitted for a size cane in the office today. I provided patient education on the proper wear, fitting, care and cleaning of applicable durable medical equipment.

DME, Universal Matt Strap, 99070,712:

Patient was fitted for a {left|right} {small| medium| large| X-large} size universal matt strap in the office today. I provided patient education on the proper wear, fitting, care and cleaning of applicable durable medical equipment.

Xray, Knee, Right, 1-2V:

In office X-ray: Per my protocol, x-rays of the right knee were completed in the office today.

Views Obtained/Technique: 2 view AP & Lateral

Radiologic examination results included below.

X-Ray Findings/Interpretation dictated below: I ordered and interpreted today's views of the right knee. Radiographs are consistent with a healed patella fracture site without displacement.

ZZ - PROCEDURE SIGN OFF:

The above DME, , , procedure(s) was/were done by Tomas Alonzo.

Assessment / Plan

Right knee pain
Right knee patella fracture
Occupation: custodian in the Judson independent school district
Workman's comp injury sustained 1/10/2024

I had a thorough discussion today with the patient regarding the current clinical and radiographic findings. Radiographs show excellent healing. Patient will transition to a patellar strap for functional ambulatory activities. Cryotherapy along the joint itself. Gentle heat for the quad muscle group. Aggressive home stretching exercises focusing on flexion. We will transition her to a walking cane for improvement of gait mechanics with physical therapy. Follow-up in 4 weeks for progress check. No x-rays necessary.

.. Pain of right knee joint

M25.561: Pain in right knee

- ibuprofen 800 mg tablet - Take 1 tablet(s) every 8 hours by oral route for 30 days. Qty: (90) tablet
Refills: 0 Pharmacy: HEB PHARMACY SA #15 Note to Pharmacy: WORKERS COMP

.. Closed fracture of right patella

S82.034D: Nondisplaced transverse fracture of right patella, subsequent encounter for closed fracture with routine healing

Return to Office

- Andrea Martinez, PT for PT - WORK COMP F/U at SCHERTZ PHYSICAL THERAPY AT TSAOG on 04/30/2024 at 10:00 AM
- Eddy Martinez, PTA for PT - WORK COMP F/U at SCHERTZ PHYSICAL THERAPY AT TSAOG on 05/03/2024 at 10:00 AM
- Amador Cruz, PA for WORK COMP FOLLOW-UP 15 at RIDGEWOOD ORTHOPAEDIC OFFICE on 05/20/2024 at 03:30 PM

Encounter Sign-Off

Encounter signed-off by Amador Cruz, PA, 04/29/2024.

Encounter performed and documented by Amador Cruz, PA

Encounter reviewed & signed by Amador Cruz, PA on 04/29/2024 at 12:03pm

Encounter Date: 04/01/2024**Patient**

| | | | |
|------------------|--|------------------------|------------------------------|
| Name | CAMPOS TOLEDO, ERNESTINA (63yo, F) ID# 918910 | Appt. Date/Time | 04/01/2024 03:30PM |
| DOB | 10/04/1960 | Service Dept. | RIDGEWOOD ORTHOPAEDIC OFFICE |
| Provider | AMADOR CRUZ, PA | | |
| Insurance | Med Worker's Comp: TRISTAR RISK MANAGEMENT Policy/Group # : 241120997 Employer Name : JUDSON ISD Case # : 241120997 Case Injury Date : 01/11/2024 Prescription: check now | | |

Chief Complaint

PATIENT PRESENTS TODAY FOR POST-OPERATIVE APPT

Follow up right knee

Patient's Care Team

Insurance Adjuster (Worker's Comp): CHRISTINE AVILA: Ph (210) 809-6990, Fax (210) 404-0429

Patient's Pharmacies

HEB PHARMACY SA #15 (ERX): 910 KITTY HAWK RD, UNIVERSAL CITY, TX 78148, Ph (210) 945-2120, Fax (210) 568-4786

Vitals

Ht: 5 ft 1 in Stated
04/01/2024 03:44
pm

Wt: 130 lbs With
clothes 04/01/2024
03:45 pm

BMI: 24.6 04/01/2024
03:45 pm

Pain Scale: 6 04/01/2024 03:51
pm

Allergies

Reviewed Allergies
NKDA

Medications

Reviewed Medications

amoxicillin 875 mg-potassium clavulanate 125 mg tablet 875 MG. 04/01/24 entered

azelastine 137 mcg (0.1 %) nasal spray aerosol 137 MGACTUAT. 04/01/24 entered

benzonatate 100 mg capsule 100 MG. 04/01/24 entered

**brompheniramine-pseudoephedrine-DM 2 mg-30 mg-10 mg/5 mL oral
syrup** 6 MGML. 04/01/24 entered

naproxen 500 mg tablet 500 MG. 04/01/24 entered

traMADoL 50 mg tablet 50 MG. 04/01/24 entered

Problems

Reviewed Problems
No known problems

Family History

Reviewed Family History

Social History

Reviewed Social History

Surgical History

Reviewed Surgical History

GYN History

(not configured)

Obstetric History

Reviewed Obstetric History

Past Medical History

Reviewed Past Medical History

Screening

None recorded.

HPI

63-year-old female presents clinic today for a follow-up visit regarding a right patella fracture. Patient was at work stiffness with active range of motion. She is scheduled to work with physical therapy for reconditioning. She has been using her brace and crutches still. No new trauma.

ROS

Additionally reports:**Constitutional****Confirms: None****Denies: Cough, Fever, Chills, Sweats, Weight Gain, Weight Loss, Exercise Intolerance****Musculoskeletal****Confirms: None****Denies: Muscle Aches, Muscle Weakness, Joint Pain, Back Pain, Limited range of motion, Night Pain****Neurologic****Confirms: None****Denies: Weakness, Numbness/Tingling**

Physical Exam

General: Well developed and well nourished patient in no acute distress.

HEENT: Normocephalic atraumatic.

Psychiatric: Mood and affect appropriate. Alert and oriented x 3.

Respiratory: Unlabored respirations with symmetric chest excursions bilaterally.

Cardiovascular: Regular rythm based upon peripheral pulse exam.

Lymphatics: No obvious lymphadenopathy.

Neuro: Intact sensation to light touch bilateral upper and lower extremities.

Musculoskeletal: Bilateral lower extremities were inspected, palpated and examined. 2+ dorsalis pedis pulse present bilaterally. Hip flexion, ankle dorsiflexion, plantarflexion and EHL function are present and 5/5 bilaterally.

Patient has quite a bit of stiffness with both passive and active range of motion with only getting her to about 60 degrees of flexion today in clinic. Poor quad Tone. Poor gait mechanics.

Procedure Documentation

Xray, Knee, Right, 1-2V:

In office X-ray: Per my protocol, x-rays of the right knee were completed in the office today.

Views Obtained/Technique: 2 view AP & Lateral

Radiologic examination results included below.

X-Ray Findings/Interpretation dictated below: I ordered and interpreted today's views of the right knee. Radiographs are consistent with excellent healing at the patella fracture site without displacement.

Assessment / Plan

Right knee pain
Right knee patella fracture
Occupation: custodian in the Judson independent school district
Workman's comp injury sustained 1/10/2024

I had a thorough discussion today with the patient regarding the current clinical and radiographic findings. Radiographs show appropriate healing. Patient will continue use the short hinged knee brace for prolonged ambulation and uneven terrain. Therapy will work on reconditioning, gait mechanics, and quad recruitment. Work restrictions updated. Follow-up in 4 weeks for progress check.

Patient understands that she has quite a bit of work to do on obtaining functional range of motion. I gave her a couple of home exercises to initiate today as well of her PT home therapy exercise regimen. We discussed the importance of heel-toe gait mechanics. She will come out of the brace at home to work on active motion aggressively.

.. Pain of right knee joint

M25.561: Pain in right knee

.. Closed fracture of right patella

S82.034D: Nondisplaced transverse fracture of right patella, subsequent encounter for closed fracture with routine healing

Return to Office

- Andrea Martinez, PT for PT - WORK COMP F/U at SCHERTZ PHYSICAL THERAPY AT TSAOG on 04/12/2024 at 08:30 AM
- Eddy Martinez, PTA for PT - WORK COMP F/U at SCHERTZ PHYSICAL THERAPY AT TSAOG on 04/17/2024 at 08:00 AM
- Eddy Martinez, PTA for PT - WORK COMP F/U at SCHERTZ PHYSICAL THERAPY AT TSAOG on 04/19/2024 at 10:00 AM
- Andrea Martinez, PT for PT - WORK COMP F/U at SCHERTZ PHYSICAL THERAPY AT TSAOG on 04/23/2024 at 09:00 AM
- Andrea Martinez, PT for PT - WORK COMP F/U at SCHERTZ PHYSICAL THERAPY AT TSAOG on 04/26/2024 at 10:00 AM
- Amador Cruz, PA for PATIENT VISIT at RIDGEWOOD ORTHOPAEDIC OFFICE on 04/29/2024 at 08:30 AM
- Andrea Martinez, PT for PT - WORK COMP F/U at SCHERTZ PHYSICAL THERAPY AT TSAOG on 04/30/2024 at 10:00 AM
- Eddy Martinez, PTA for PT - WORK COMP F/U at SCHERTZ PHYSICAL THERAPY AT TSAOG on 05/03/2024 at 10:00 AM

Encounter Sign-Off

Encounter signed-off by Amador Cruz, PA, 04/04/2024.

Encounter performed and documented by Amador Cruz, PA

Encounter reviewed & signed by Amador Cruz, PA on 04/04/2024 at 10:33am

Physician Authorizations

CONFIDENTIAL Fax

FROM:

ANDREA MARTINEZ, PT
5000 SCHERTZ PARKWAY, SCHERTZ, TX 78154-1193
Phone: (210) 804-5672
Fax: (210) 804-5674

TO:

BJORN BALLDIN MD / THE SAN ANTONIO ORTHOPAEDIC GROUP, L.L.P.
19138 N US HWY 281, SAN ANTONIO, TX 78258
Phone: (210) 593-1420
Fax: (210) 593-1423

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[ID:32445610-H-94]

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CAMPOS TOLEDO, Ernestina (id #918910, dob: 10/04/1960)



Date: 05/10/2024

RE: Ernestina Campos Toledo, DOB: 10/04/1960, PT ID #918910

Dear Bjorn Balldin MD / The San Antonio Orthopaedic Group, L.L.P.,

I would like to thank you for referring Ernestina Campos Toledo to our practice for evaluation.
Below is the re-evaluation summary.

ENCOUNTER REASON/DATE

None recorded
05/09/2024 - 08:00AM - SCHERTZ PHYSICAL THERAPY AT TSAOG

SOCIAL HISTORY:

Social History not reviewed (last reviewed 04/29/2024)

HISTORY OF PRESENT ILLNESS:

Pt reports gradual improvement and continued knee pain with muscular discomfort.

PHYSICAL EXAM

Gait:

Gait: **antalgic gait** and **ambulates with cane**.

Posture/Body Mechanics:

Strength Right: **gluteus maximus 4-** and **medius 4-** and **iliopsoas 4**, **hamstring 3**, and **quadricep 3+**.

Knees:

Muscle Function Right: **quadricep strength fair**. Active Range of Motion Right: extension WNL (0) and **flexion (110 deg) (AROM, 115 AAROM post manual treatment)**.

PROCEDURE DOCUMENTATION

97110: Therapeutic Exercise: 36 minutes

The patient performed 36 minutes of therapeutic exercise to develop strength, ROM and flexibility. See exercise log for specific information per clinical findings.

97140: Manual Therapy: 10 minutes

The patient received manual therapy consisting of cupping stm to HS and gastroc, patellar mobs, grade 2/3 posterior tfj mobs, knee flex prom, prone quad stretch for 10 minutes per clinical findings. minutes of one on one time.

Dry Needling:

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Campos Toledo, Ernestina (ID: 918910), DOB: 10/04/1960

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CAMPOS TOLEDO, Ernestina (id #918910, dob: 10/04/1960)

Informed consent (In Spanish) obtained and questions answered prior to performing dry needling. Dry needling performed to Quad, quad tendon, and patellar tendon areas for 15 minutes. Treatment area wiped down with alcohol before and after. Five 50mm needles inserted into RF and VL, two 50mm needles inserted into quad tendon and two 50mm needles inserted into patellar tendon. NO CHARGE, TRIAL ONLY

CLINICAL PROGRESS

| | 05/09/2024 | 03/21/2024 |
|-------------------------------|---|---|
| Physical Exam | | |
| Gait | | |
| Gait: | <ul style="list-style-type: none"> • ambulates with cane • antalgic gait | <ul style="list-style-type: none"> • ambulates with crutches (hinged knee brace) • antalgic gait |
| Knees | | |
| Active Range of Motion Left: | | <ul style="list-style-type: none"> • extension WNL • flexion WNL (140) |
| Active Range of Motion Right: | <ul style="list-style-type: none"> • extension WNL • flexion (110 deg) (AROM, 115 AAROM post manual treatment) | <ul style="list-style-type: none"> • extension WNL • flexion (5 deg) (apprehensive) |
| Muscle Function Right: | <ul style="list-style-type: none"> • quadricep strength fair | <ul style="list-style-type: none"> • quadricep strength fair- |
| Posture/Body Mechanics | | |
| Strength Left: | | <ul style="list-style-type: none"> • gluteus maximus 5/5 • gluteus medius 4+ • hamstring 5/5 • iliopsoas 5/5 • quadricep 5/5 |
| Strength Right: | <ul style="list-style-type: none"> • gluteus maximus 4- • gluteus medius 4- • hamstring 3 • iliopsoas 4 • quadricep 3+ | <ul style="list-style-type: none"> • gluteus maximus 3+ • gluteus medius 3+ • hamstring 1+ • iliopsoas 3 • quadricep 1+ |

ASSESSMENT/PLAN

Pt is a 63 y/o female s/p right patellar fracture after sustaining fall at work on 1/10/24. A RE was performed today. Significant improvement in AROM however, continues with decreased knee flex AROM due to muscular tightness from previous immobilization. Knee and hip strength gradually improving. Pt demo antalgic gait pattern and difficulty flexing knee during swing phase of gait pattern. Pt demo fair- ecc control with step laps. continues with increased tone and tenderness to quad, hs and gastroc muscles. Trial dry needling performed to quad, quad tendon, and patellar tendon today in an effort to improve knee ROM and muscular tightness. Pt tolerated dry needling well without adverse rxn. Pt will benefit from continuance of skilled PT to address functional limitations and deficits.

IE LEFS: 8% of max function

5/9/24 RE LEFS: 35% of max function

GOALS:

-Pt to be I with HEP -IN PROGRESS

-Increase right knee flex AROM to 105 deg or > for improved mobility-PARTIALLY MET

-Increase right knee flex/ext strength to 5/5 to negotiate stairs with good technique -IN PROGRESS

-Increase right hip abd/ext strength in order to perform work duties without risk of re-injury-IN PROGRESS

PROGRESS

-increase LEFS to 50% or > for improved QOL

Plan: PT 2x a week for 12 visits. Tx to include therapeutic exercise, neuromuscular re-education, modalities, kinesiotape, dry needling, gait training and manual tx.

1. Pain of right knee joint

M25.561: Pain in right knee

2. Stiffness of right knee

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Campos Toledo, Ernestina (ID: 918910), DOB: 10/04/1960

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CAMPOS TOLEDO, Ernestina (id #918910, dob: 10/04/1960)

M25.661: Stiffness of right knee, not elsewhere classified

3. Muscle weakness

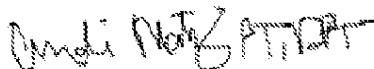
M62.81: Muscle weakness (generalized)

Return to Office

- Amador Cruz, PA for WORK COMP FOLLOW-UP 15 at RIDGEWOOD ORTHOPAEDIC OFFICE on 05/20/2024 at 03:30 PM

FREQUENCY


Andrea Martinez, PT



Electronically Signed by: ANDREA MARTINEZ, PT

REFERRING PHYSICIAN SIGNATURE

I have reviewed the above treatment plan and my signature below certifies that it is medically necessary for the treatment of this patient.

Referring Physician Signature 
Electronically signed by BJORN BALLDIN, MD
on 05/10/2024 at 11:29:41 am

Date

THE SAN ANTONIO ORTHOPAEDIC GROUP, L.L.P.

Campos Toledo, Ernestina (ID: 918910), DOB: 10/04/1960