

Doctor's First Report of Occupational Injury or Illness

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Patient / Claim Information

Patient / Employee	Nicole Moore
Claim Number	25004567
Date of Injury	09/12/2024
Date of Exam	09/13/2024
Employer	Evergreen Wellness Center
Carrier / Administrator	Summit Claims Services for WestShield Employers' Safety Group

Examining Physician

Physician Name	Laura Nguyen, M.D.
Specialty	Occupational Medicine
Clinic	PrimeCare Occupational Health – Riverside
Clinic Address	815 Industrial Way, Riverside, CA 92507

Chief Complaint

"Low back and left knee pain after near-fall on stairs at work."

History of Present Illness

Ms. Moore reports that on 09/12/2024 at approximately 7:15 p.m. she was escorting a resident down the main stairwell at work. The resident abruptly stopped and pulled backward on her left arm. She missed a step, twisted her left foot and left knee, and lurched forward, striking the anterior left knee on the stair edge and feeling a sudden jolt to her low back. She states she caught herself with her right hand on the handrail and did not fall completely to the floor. She completed the shift with worsening pain and presented to clinic the following morning.

She denies prior left knee or hip injuries. She acknowledges a prior industrial lumbar strain in 2018 with another employer that was resolved and later settled, and intermittent low back soreness with prolonged standing. She reports long-standing anxiety followed by her primary care provider.

Objective Findings

- Lumbar spine: tenderness along paraspinal muscles; limited flexion and extension due to pain; straight leg raise negative bilaterally.
- Left hip: mild lateral tenderness; full range of motion with discomfort at extremes.
- Left knee: mild effusion; tenderness along patella and medial joint line; range of motion 0–120 degrees with pain at end range; McMurray's test causes medial joint line pain.
- Neurologic: strength 5/5 in lower extremities; sensation intact; reflexes symmetric.

Imaging

- 09/13/2024 – Lumbar and left knee X-rays: no acute fracture; mild degenerative changes at L4-5 and L5-S1.

Diagnostic Impression

- Acute lumbar strain on degenerative background.
- Left knee contusion with suspected internal derangement.
- Left hip strain.

Treatment Plan

- Nonsteroidal anti-inflammatory medication and muscle relaxant as tolerated.
- Ice to left knee initially, progressing to heat as appropriate.
- Home exercise program for lumbar stabilization and knee range of motion.
- Physical therapy recommended 2–3 times per week for four weeks.

- Hinged knee brace for comfort and support.
- MRI of the left knee if pain, swelling, or mechanical symptoms persist.

Work Status

Status	Temporarily Totally Disabled (TTD).
Effective Dates	TTD from 09/13/2024 through 09/27/2024, pending re-evaluation.

Physician Certification

I personally examined the patient and the findings documented above represent my clinical opinion on the date of exam. This report has been adapted for training and demonstration and is not based on an actual patient encounter.

Physician: **Laura Nguyen, M.D.**

Signature: _____ (simulated)

Date: 09/13/2024