

Visit Note - April 1, 2024

PMS ID: Sex: DOB: Phone: MRN:  
107478PAT000162269 Male 11/10/1997 (970) 846-4045 MM0000053103

## Allergies

No known drug allergies

## Medications

cyclobenzaprine 5 mg Oral - tablet  
oxycodone 5 mg Oral - tablet

## Medical History

Anxiety disorder

## Social History

EtOH less than 1 drink per day  
Single Question Alcohol Screening: 3 days  
Smoking status - Never smoker

## ROS

Provider reviewed on Apr 01, 2024.

A focused review of systems was performed including Constitutional / Symptom, Eyes, Musculoskeletal, and Neurological and was negative.

## Chief Complaint: F/U Post-op Hip Arthroscopy, Right evaluated on March 18, 2024

**HPI:** This is a 26 year old male who is following up for Post-op Hip Arthroscopy on the right hip. He is 1 month s/p Right hip Arthroscopic labral repair, Arthroscopic biopsy of synovium mass from the medial femoral neck, Peripheral compartment synovectomy with coblation wand, Arthroscopic CAM osteoplasty, Arthroscopic labral repair, Arthroscopic chondroplasty, Intraoperative use and interpretation of fluoroscopy. Date of surgery: 03/01/2024. Patient is overall doing very well and he is happy with his recovery today. He reports no acute pain or significant discomfort in regards to the right hip. He continues to attend physical therapy 2 times a week as instructed. His PT is pushing him considering the patient is pain-free and is have the patient begin with certain strengthening exercises such as sled pushes today. He has not utilized any Advil or Tylenol he feels they are not needed. Denies any stiffness to the right hip. Denies leg pain, leg swelling, chest pain, shortness of breath, or fever. Denies any paresthesias to the right lower extremity. Overall has no concerns or complaints today. He is moving to San Francisco next week and will continue with his recovery per our protocol.

## Historical Summary:

Date of Surgery: 3/1/24

Surgical Procedure: Right hip Arthroscopic labral repair, Arthroscopic biopsy of synovium mass from the medial femoral neck, Peripheral compartment synovectomy with coblation wand, Arthroscopic CAM osteoplasty, Arthroscopic labral repair, Arthroscopic chondroplasty, Intraoperative use and interpretation of fluoroscopy

## Vitals:

Date	Taken By	B.P.	Pulse	Resp.	O2 Sat.	Temp.	Ht.	Wt.	BMI	BSA
04/01/24 15:12	Genno, Samantha ATC						72.0 in*	154.0 lbs*	20.9	1.9
	FIO2									

\* Patient Reported

## Exam:

### Exam

Exam findings notable for the following:

### Postop Hip

ROM:

Right Hip:

**Flexion: 100 degrees**

**Internal Rotation: 15 degrees**

**External Rotation: 45 degrees**

Skin:

Right Hip: **incision healed**

Right Hip Flexion: **Strength: 5-**

Right Hip Abduction: **Strength: 5-**

Special:

Right Hip: **Log roll test: negative**

Gait: **Fluid independent gait without a limp.**

Additional Notes: Distally neurovascularly intact. Calves are soft with a negative Homans' sign.

## Impression/Plan:

Impression: 1 month status post right hip arthroscopy labral repair, biopsy of hip joint mass, synovectomy, cam osteoplasty, chondroplasty, PRP

Plan: Patient was evaluated and treated with Dr. Vidal. Operative photos reviewed with the patient and he was provided a copy to take home. Overall we are very pleased with the patient's progress today. We encouraged the

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patient to continue with his recovery per our protocol and avoid aggravating the hip with increased activity. Our goal will be to keep the hip quiet and happy moving forward. Patient was provided a new physical therapy prescription and PT protocol to bring to his new physical therapist in San Francisco. He should also continue with ice and over-the-counter anti-inflammatories as needed. Patient verbalized understanding and agrees with the plan. All of his questions and concerns were addressed. Plan to follow-up via telehealth in approximately 6 weeks, or sooner if the patient feels necessary.

**1. Post-op Hip Arthroscopy, Right**  
**Encounter for other orthopedic aftercare (Z47.89)**  
distributed on the right hip joint and right hip.

**Plan: PT/OT Rx.**  
Physical and/or Occupational Therapy Prescription

Indication: Post-op Hip Arthroscopy, Right - right hip joint - Z47.89  
Instructions: evaluate and treat per diagnosis/objective exam  
Recommend frequency of 2-3 times per week for 6-8 weeks.  
- Therapeutic Exercises: All exercises prn per therapist.  
- Manual Therapy: All manual therapy prn per therapist.  
- Modalities: All modalities prn per therapist. All modalities prn per therapist.

Provider: Vidal, Leslie MD  
Priority: normal

**Plan: Post-op Hip Arthroscopy Care.**  
The patient is 31 days s/p right Right hip Arthroscopic labral repair, Arthroscopic biopsy of synovium mass from the medial femoral neck, Peripheral compartment synovectomy with coblation wand, Arthroscopic CAM osteoplasty, Arthroscopic labral repair, Arthroscopic chondroplasty, Intraoperative use and interpretation of fluoroscopy performed on 03/01/2024 by Dr. Leslie Vidal. Postoperative care performed by initial treating surgeon.

Postoperative Plan: Patient will continue PT per the protocol. Patient will follow up as scheduled.

**Staff:**

Leslie Vidal, MD (Primary Provider) (Bill Under)  
Lindsay Aston, PA-C

Electronically Signed By: Leslie Vidal, MD, 04/04/2024 08:47 AM MDT

After consultation with Leslie Vidal, my impression and/or order is as follows:

Electronically Signed By: Lindsay Aston, PA-C, 04/01/2024 04:26 PM MDT

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### Impression/Plan:

1. **Encounter for other orthopedic aftercare**  
**Encounter for other orthopedic aftercare (Z47.89)**  
located on the right hip joint.

#### Plan: MRI/MRA Encounter.

MRI/MRA(s):

Lower extremity: MRI Lower Ext Joint without contrast CPT 73721

Lower extremity, laterality: right

### Staff:

Leslie Vidal, MD (Primary Provider) (Bill Under)

Electronically Signed By: Leslie Vidal, MD, 04/02/2024 08:33 AM MDT