

Comprehensive Orthopedic Care Center PC
Scott Rosenzweig, M.D.

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DATE OF EXAMINATION: 02/25/2025

PATIENT: Alfredo Cordero Rojas

CLAIMS ADMINISTRATOR: Farmers Insurance - MAIN

EMPLOYER: Taco Surf Inc

OCCUPATION: COOK

DATE OF BIRTH: 06/03/1970

CLAIM #: 0B09171486

DATE OF INJURY: CT: 06/08/2017 - 01/14/2025

PRIMARY TREATING PHYSICIAN'S INITIAL REPORT

Mr. Alfredo Cordero Rojas presents in my office on 02/25/2025 for an evaluation in regards to the industrial injury dated CT: 06/08/2017 - 01/14/2025.

The patient was examined by the undersigned at the above address.
The patients daily work hours were 6 hours. 30-50 hours per week.

JOB DESCRIPTION:

The patient was employed at Taco Surf Inc., a restaurant, as a cook, from 2003, took a leave of absence due to incapacity, and returned in 2017, continuing until 01/16/2025. His responsibilities included chopping ingredients, seasoning dishes, monitoring cooking times, plating, and handling dishes.

He worked 6 to 10 hours per day, five days a week.

The physical requirements of his job involved:

standing, waist twisting, simple grasping, fine manipulation, walking, neck bending, neck twisting, repetitive hand use, power grasping, pushing and pulling, bending at the waist

Patient lifted 11-25 lbs Frequently (3-6 hrs), Up to 25 pounds

Patient carried 11-25 lbs Frequently (3-6 hrs)

HISTORY OF INJURY:

The patient appears to be reasonably cooperative with providing information concerning the above-captioned work injury. The following history is obtained from the patient to the best of the patient's recollection.

On 12/01/2024, while employed at Taco Surf Inc., a restaurant, as a cook, the patient was cooking and performing his regular duties when he suddenly began to experience pain and discomfort in his low back and right knee. He also reports developing injuries to his back, hips, knees, ankles, and feet due to the repetitive nature of his work as a cook, which involved prolonged standing, walking, bending at the waist and neck, repetitive use of both hands, gripping, grasping, pushing, pulling, and lifting or carrying up to 25 pounds. Additionally, he reports experiencing headaches, stress, and

insomnia.

The patient reported his injuries to his employer but was not offered medical assistance. He sought treatment from his primary care provider, who obtained X-rays, and went to the hospital, where he was referred to a knee specialist. The knee specialist would not see him, as they did not accept his insurance. He is currently on medical leave.

X-rays of the patient's right knee revealed arthritis, and he was referred to a specialist, but was not seen due to insurance issues.

The patient attended 3 sessions of chiropractic therapy in November 2024, paid out of pocket.

He was prescribed anti-inflammatory medication for symptom management.

PAST OR CURRENT MEDICAL ILLNESSES/ HISTORY

Patient states no Previous Injuries

Previous Industrial Injuries: The patient has a history of work-related injuries, including injuries to his back and left knee sustained in 2013.

Patient states no Previous Auto Accident Injuries

Patient states no Previous Non-Industrial Injuries

Patient states no Subsequent Injuries Since the Injury Date

Patient states no Major Medical Illnesses

Surgical Procedures: The patient has a history of previous surgeries, including back surgery in 2018 and knee replacement surgery in 2017.

Patient states no Hospitalization

Family History: Hypertension, Mother

Patient states no Tobacco Use

Patient states no E-Cigarettes Use

Alcohol Use: Occasionally

Patient states no Illicit Drug Use

Marital Status: Single

Patient states no Children

Patient states no Recreational Activities

REVIEW OF SYSTEMS:

HEAD: The patient reports headaches. The patient denies history of trauma to the head.

EYES: The patient reports blurred vision. The patient denies glaucoma. The patient denies glasses. The patient denies change in vision.

EARS: The patient reports tinnitus. The patient reports hearing loss. Right ear

NOSE: The patient denies sinusitis.

THROAT: The patient denies sore throat. The patient denies dry mouth.

PULMONARY: The patient denies cough. The patient denies asthma. The patient denies wheezing. The patient denies hemoptysis. The patient denies shortness of breath. The patient denies dyspnea on exertion. The patient denies bronchitis. The patient denies history of tuberculosis.

CARDIAC: The patient denies history of chest pain. The patient denies syncope. The patient denies malignant arrhythmias. The patient denies hypertension. The patient denies heart attack. The patient denies heart murmur.

GASTROINTESTINAL: The patient denies gastroesophageal reflux disease. The patient denies irritable bowel syndrome. The patient denies abdominal pain. The patient denies melena. The patient denies rectal bleeding. The patient denies peptic ulcer disease. The patient denies hepatitis.

GENITOURINARY: The patient denies hesitancy. The patient denies urgency. The patient denies frequency. The patient denies history of renal stones. The patient denies incontinence.

SEXUAL DYSFUNCTION: The patient denies sexual dysfunction. The patient denies loss of libido. The patient denies pain during intercourse.

ENDOCRINE: The patient denies diabetes. The patient denies thyroid disease. The patient denies lipidemia.

MUSCULOSKELETAL: The patient reports joint pain. The patient denies stiffness. The patient denies redness. Back, hips, knees, ankles and feet

VASCULAR: The patient denies muscle cramps. The patient denies history of dvt.

NEUROLOGICAL: The patient denies history of seizures. The patient denies history of transient ischemic attack. The patient denies history of cerebrovascular accident.

PSYCHIATRIC: The patient reports stress. The patient denies anxiety. The patient denies depression. The patient reports insomnia.

HEMATOLOGICAL: The patient denies anemia.

Oncological: The patient denies history of malignancies.

DERMATOLOGICAL: The patient denies rash. The patient denies itching.

CURRENT COMPLAINTS:

Head - not specified

The patient experiences headaches.

Back - Cervical Spine

Pain in the neck. Patient reports their average pain last week in the neck was 5 to 6 out of 10 with 10 being the worst. Patient reports their worst pain last week in the neck was 6 out of 10 with 10 being the worst. Patient reports their pain today in the back is 6 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with bending, and twisting.

Back - Lumbar Spine

Pain in the low back. Patient reports their average pain last week in the low back was 5 to 6 out of 10 with 10 being the worst. Patient reports their worst pain last week in the low back was 6 out of 10 with 10 being the worst. Patient reports their pain today in the back is 6 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking, and bending. Associated symptoms include numbness. The pain radiates to right buttock.

Abdomen - including internal organs and groin

The patient experiences GERD.

Knee Patella (Left)

Pain in the left knee. Patient reports their average pain last week in the left knee was 4 to 5 out of 10 with 10 being the worst. Patient reports their worst pain last week in the left knee was 5 out of 10 with 10 being the worst. Patient reports their pain today in the left knee is 5 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking.

Knee Patella (Right)

Pain in the right knee. Patient reports their average pain last week in the right knee was 6 to 7 out of 10 with 10 being the worst. Patient reports their worst pain last week in the right knee was 7 out of 10 with 10 being the worst. Patient reports their pain today in the right knee is 7 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs frequent. The pain is made worse with walking.

Ankle malleolus (Left)

Pain in the left ankle. Patient reports their average pain last week in the left ankle was 3 to 4 out of 10 with 10 being the worst. Patient reports their worst pain last week in the left ankle was 4 out of 10 with 10 being the worst. Patient reports their pain today in the left ankle is 4 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs intermittent. The pain is made worse with standing, and walking. The pain radiates to bottom of foot.

Ankle malleolus (Right)

Pain in the right ankle. Patient reports their average pain last week in the right ankle was 3 to 5 out of 10 with 10 being the worst. Patient reports their worst pain last week in the right ankle was 5 out of 10 with 10 being the worst. Patient reports their pain today in the right ankle is 5 out of 10 with 10 being the worst. The pain is described as dull, achy and occurs intermittent. The pain is made worse with standing, and walking. Associated symptoms include tingling, numbness in the foot and joint swelling in the ankle. The pain radiates to bottom of foot.

Nervous system - Stress

The patient has stress due to his work conditions.

PHYSICAL EXAMINATION:

The patient is 54 years of age.

Height: 5' 6"

Weight: 272 lbs

BMI: 43.9

Dominant Hand: Right

General:

Appearance: Obese

Cervical: There is no bruising, swelling, atrophy, or lesion present at the cervical spine.

Lumbar: There is no bruising, swelling, atrophy, or lesion present at the lumbar spine.

Knee: There is no bruising, swelling, atrophy, or lesion present at the knees.

Ankle: There is no bruising, swelling, atrophy, or lesion present at the ankles.

Gastrointestinal: No tenderness, rebound, or guarding. No masses are palpable.

Lumbar:

- Right Sitting Straight Leg Raise causes pain on the right

Knee:

- McMurray's causes pain on the right
- Patellar Compression causes pain on the left

Cervical: Left Cervical

Palpation reveals tenderness in the C3 spinous process [Moderate], C4 spinous process [Moderate], C5 spinous process [Moderate], C6 spinous process [Moderate], C7 spinous processes [Moderate].

Right Cervical

Palpation reveals tenderness in the C3 spinous process [Moderate], C4 spinous process [Moderate], C5 spinous process [Moderate], C6 spinous process [Moderate], C7 spinous processes [Moderate], Upper Trapezius , cervical paravertebral muscles .

Lumbar: Left Lumbar

Palpation reveals tenderness in the L3 spinous processes [Moderate], L4 spinous processes [Moderate], L5 spinous processes [Moderate], lumbar paravertebral muscles .

Right Lumbar

Palpation reveals tenderness in the L3 spinous processes [Moderate], L4 spinous processes [Moderate], L5 spinous processes [Moderate], lumbar paravertebral muscles .

Knee: Left Knee

Palpation reveals tenderness in the anterior knee , inferior border of patella , medial border of patella , lateral border of patella .

Right Knee

Palpation reveals tenderness in the posterior knee , medial knee .

Ankle: Left Ankle

Palpation reveals tenderness in the plantar heel .

Right Ankle

Palpation reveals tenderness in the medial ankle , plantar heel .

Cervical:

- Extension: Unidirectional: 45 degrees (with pain) / Normal Rating: 60
- Flexion: Unidirectional: 35 degrees (with pain) / Normal Rating: 50
- Left Lateral Bending: Unidirectional: 30 degrees (with pain) / Normal Rating: 45
- Left Rotation: Unidirectional: 70 degrees / Normal Rating: 80
- Right Lateral Bending: Unidirectional: 25 degrees (with pain) / Normal Rating: 45
- Right Rotation: Unidirectional: 65 degrees (with pain) / Normal Rating: 80

Lumbar:

- Extension: Unidirectional: 20 degrees (with pain) / Normal Rating: 30
- Flexion: Unidirectional: 45 degrees (with pain) / Normal Rating: 90
- Left Lateral Bending: Unidirectional: 20 degrees (with pain) / Normal Rating: 25
- Right Lateral Bending: Unidirectional: 15 degrees (with pain) / Normal Rating: 25

Knee:

- Extension: Right: 0 degrees, Left:0 degrees / Normal Rating: 0
- Flexion: Right: 120 degrees (with pain), Left:130 degrees (with pain) / Normal Rating: 140

Ankle:

- Eversion: Right: 15 degrees, Left:20 degrees / Normal Rating: 20
- Extension: Right: 10 degrees (with pain), Left:15 degrees (with pain) / Normal Rating: 20
- Flexion: Right: 30 degrees, Left:30 degrees / Normal Rating: 40
- Inversion: Right: 15 degrees, Left:20 degrees / Normal Rating: 30

Motor Myotome Upper

Deltoid, Biceps Left result: 5

Deltoid, Biceps Right result: 5

Wrist Extensors, Biceps Right result: 5

Wrist Extensors, Biceps Right result: 5

Wrist Flexors, Tricep, Finger Extensors Left result: 5
Wrist Flexors, Tricep, Finger Extensors Right result: 5
Finger Flexors, Hand intrinsics Left result: 5
Finger Flexors, Hand intrinsics Right result: 5
Hand Intrinsics Left result: 5
Hand Intrinsics Right result: 5

Motor Myotome Lower

Quadriceps Left result: 5
Quadriceps Right result: 5
Hip Flexors Left result: 5
Hip Flexors Right result: 5
Hip Adductors Left result: 5
Hip Adductors Right result: 5
Extensor Hallucis Longus Left result: 5
Extensor Hallucis Longus Right result: 5
Ankle Plantar Flexors Left result: 5
Ankle Plantar Flexors Right result: 5

Sensory Dermatome Upper

Anterolateral Shoulder and Arm result: Normal
Lateral Forearm, Lateral Hand, 1st, 2nd, 3rd Digits result: Normal
Middle Finger result: Normal
Medial Forearm and Hand, 4th and 5th Digits result: Within Normal Limits
Medial Forearm Result: Normal

Sensory Dermatome Lower

Mid Hip and Anterior Upper Thigh result: Normal
Hip and Groin result: Within Normal Limits
Mid Hip and Upper Thigh result: Normal
Lower Hip and Mid-Lower Anterior Thigh result: Normal

CURRENT DIAGNOSES:

- Strain of muscle, fascia and tendon at neck level, initial encounter (S16.1XXA)
- Cervicalgia (M54.2)
- Lumbago with sciatica, right side (M54.41)
- Strain of muscle, fascia and tendon of lower back, initial encounter (S39.012A)
- Patellar tendinitis, left knee (M76.52)
- Pain in right knee (M25.561)
- Plantar fascial fibromatosis (M72.2)
- Pain in left ankle (M25.572)
- Pain in right ankle (M25.571)
- Acute stress reaction (F43.0)
- Headache, unspecified (R51.9)
- Headache, unspecified (R51.9)

TREATMENT RECOMMENDATIONS:

Diagnosis

Procedure Requested

Other Info

M54.41, S39.012A, , M76.52, M25.572, M25.571, M54.2 Physical therapy 2-3 x week x 8 weeks

F43.0

Psychology Consultation

M25.561

RTC 4-6 weeks

The examination was conducted with the assistance of a Spanish interpreter.

Will start PT

Psychology Consult

F/U in 4 weeks

CAUSATION

The patient's medical findings are consistent with his description of the work-related injuries that occurred on CT: 06/08/2017 - 01/14/2025. Therefore, it is in my opinion, causation is to the industrial accident in question.

WORK STATUS

Patient may return to modified work with the following restrictions from 02/25/2025 to 4 week

Restrictions are:

No lifting greater than 20 pounds

ADDENDUM:

The above report is not to be construed as a complete physical examination for general health purposes. Only those symptoms which are involved in the injury or that might relate to the injury have been assessed.

STATEMENT PURSUANT TO RULE 10978:

I certify that this examiner reviewed the history and any excerpts of prior medical records. Examination of the patient, dictation, and final review of the report were performed entirely by the undersigned. All the opinions and conclusions contained in this report are my own.

STATEMENT PURSUANT TO LABOR CODE SECTION 4628(J):

I declare under penalty of perjury that the information contained in this report and its attachments, if any, is true and correct to the best of my knowledge and belief, except as to information that I have indicated I received from others. As to that information, I declare under penalty of perjury that the information accurately describes the information provided to me and, except as noted herein, that I believe it to be true.

STATEMENT PURSUANT TO LABOR CODE SECTION 139.3:

I declare under penalty of perjury that I have not violated Labor Code Section 139.3, and I have not offered, delivered, received, or accepted any rebate, refund, commission, preference, patronage, dividend, discount or other consideration, whether in the form of money or otherwise, as compensation or inducement for any referral, examination or evaluation. I further declare under penalty of perjury that the contents of my report and the billing related thereto are true and correct to the best of my knowledge.

Sincerely,



Scott Rosenzweig, M.D.,

Signed in Los Angeles County
Date:02/25/2025