

**Progress Notes (continued)****Nguyen, Man Khacminh (M.D.) at 7/26/2014 1:12 PM (continued)**

---

06/23/14 : 107/70

06/20/14 : 119/76

05/20/14 : 109/73

03/17/14 : 108/67

02/25/14 : 116/73

02/14/14 : 112/64

**Review of Systems**

Constitutional: Negative for fever and chills.

Neurological: Positive for tingling (**left side**) and focal weakness (**left side**).**Physical Exam**

Constitutional: She is oriented to person, place, and time and well-developed, well-nourished, and in no distress. Vital signs are normal. She appears to not be writhing in pain, not malnourished, not dehydrated and not jaundiced. She appears healthy. She appears not cachectic. Non-toxic appearance. She does not have a sickly appearance. No distress.

Musculoskeletal:

Right shoulder: She exhibits decreased range of motion, tenderness, pain and spasm. She exhibits no bony tenderness, no swelling, no effusion, no crepitus, no deformity, no laceration, normal pulse and normal strength.

**Pain along ACJ and supraspinatous  
ROM 50%**

Neurological: She is alert and oriented to person, place, and time. She has normal motor skills. Gait normal.

Skin: She is not diaphoretic.

Psychiatric: Mood, memory, affect and judgment normal.

Nursing note and vitals reviewed.

**LABS, DIAGNOSTIC STUDIES & PROCEDURES****Orders Placed This Encounter**

- XR SHOULDER, RIGHT, 2 OR MORE VIEWS
- Ketorolac (TORADOL) 60 mg/2 mL IM Soln
- Cyclobenzaprine (FLEXERIL) 10 mg Oral Tab
- HYDROcodone-Acetaminophen (NORCO) 10-325 mg Oral Tab

Progress Notes (continued)

Nguyen, Man Khacminh (M.D.) at 7/26/2014 1:12 PM (continued)

---

**RADIOLOGIC ORDERS**

**XR SHOULDER, RIGHT, 2 OR MORE VIEWS**

**- ASSESSMENT**

Avoid overhead lifting

**RIGHT SHOULDER MUSCLE STRAIN, INIT (primary encounter diagnosis)**

Note:

Plan: KETOROLAC 60 MG/2 ML IM SOLN

XR SHOULDER, RIGHT, 2 OR MORE VIEWS

CYCLOBENZAPRINE 10 MG ORAL TAB

HYDROCODONE-ACETAMINOPHEN 10-325 MG ORAL TAB

**- PLAN, PATIENT INSTRUCTIONS & DISPOSITIONS:**

Man K. Nguyen, MD.

July 26, 2014 3:21 PM

Primary Care Doctor on Chart

Franklin, Kymberly M (M.D.)

Pt acknowledges the understanding the discussion such as red flags without further questioning, agrees with plan, including returns or follow-ups.

Close follow-up in as noted (see AVS)

**Patient Instructions**

Return if not better 2-3 weeks

Progress Notes (continued)

Nguyen, Man Khacminh (M.D.) at 7/26/2014 1:12 PM (continued)

---

Patient acknowledged understanding about the counseling of restriction of activities including weight bearing as limited by pain, nature of disease, stiffness; heat packs or ice packs as needed for relief. Take over-the-counter anti-inflammatories, acetaminophen as tolerated.

## **Your Kaiser Permanente Care Instructions**

### **Muscle Strain: After Your Visit**

#### **Your Care Instructions**

A muscle strain happens when you overstretch, or pull, a muscle. It can happen when you exercise or lift something or when you have an accident. Rest and other home care can help the muscle heal.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

#### **How can you care for yourself at home?**

- Rest the strained muscle. Do not put weight on it for a day or two. If your doctor advises you to, use crutches or a sling to rest a sore limb.
- Put ice or a cold pack on the sore muscle for 10 to 20 minutes at a time to stop swelling. Put a thin cloth between the ice pack and your skin.
- Prop up the sore arm or leg on a pillow when you ice it or anytime you sit or lie down during the next 3 days. Try to keep it above the level of your heart. This will help reduce swelling.
- Take pain medicines exactly as directed.
  - ◆ If the doctor gave you a prescription medicine for pain, take it as prescribed.
  - ◆ If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.
- Do not do anything that makes the pain worse. Return to exercise gradually as you feel better.

#### **When should you call for help?**

**Call your doctor now** or seek immediate medical care if:

- You have new severe pain.
- Your injured limb is cool or pale or changes color.
- You have tingling, weakness, or numbness in your injured limb.
- You cannot move the injured area.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You cannot put weight on a joint, or it feels unsteady when you walk.
- Pain and swelling get worse or do not start to get better after 2 days of home treatment.

#### **Where can you learn more?**

**KAISER PERMANENTE**

ORCHARD MEDICAL  
OFFICES U  
9449 E IMPERIAL HWY  
DOWNEY CA 90242-2814  
SCAL HIM ROI ALMR

---

**Progress Notes (continued)**

**Nguyen, Man Khacminh (M.D.) at 7/26/2014 1:12 PM (continued)**

---

Go to <http://www.kp.org>

Enter **C862** in the search box to learn more about **"Muscle Strain: After Your Visit"**.

Last Revised: February 19, 2013

© 2006-2014 Healthwise, Incorporated. Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

---

**Nursing Notes**

Status: Signed

>> ALLISON M AYERDIS MA      Sat Jul 26, 2014 12:54 PM  
7/26/2014 12:54 PM

Patient presents with:  
SHOULDER PAIN - RIGHT SIDE  
ARM PAIN - RIGHT

PROACTIVE CARE ACTIONS

Proactive Office Encounter Actions: There are no care gaps at this time

Benzoyl Peroxide  
Comment:Facial swelling  
ALLISON M AYERDIS MA

---

**Encounter Messages**

No messages in this encounter

---

**Diagnoses**

	Codes	Comments
RIGHT SHOULDER MUSCLE STRAIN, INIT - Primary	840.9	

**KAISER PERMANENTE**

ORCHARD MEDICAL  
OFFICES U  
9449 E IMPERIAL HWY  
DOWNEY CA 90242-2814  
SCAL HIM ROI ALMR

**Imaging - All Orders and Results****XR SHOULDER, RIGHT, 2 OR MORE VIEWS [696194900]**Electronically signed by: **Nguyen, Man Khacminh (M.D.) on 07/26/14 1327**Status: **Completed**

This order may be acted on in another encounter.

Ordering user: **Nguyen, Man Khacminh (M.D.) 07/26/14 1327**Authorized by: **Nguyen, Man Khacminh (M.D.)**Ordering mode: **Standard**Frequency: **Routine 07/26/14 -**

Diagnoses

**RIGHT SHOULDER MUSCLE STRAIN, INIT****Questionnaire**

Question	Answer
Is the Patient Pregnant?	No
Special View?	NONE

Order comments: Reason: pain, mostly at ACJ

**XR SHOULDER, RIGHT, 2 OR MORE VIEWS [696194900]**

Resulted: 07/26/14 1359, Result status: Final result

Order status: **Completed**Resulted by: **Downey, Ryan Thomas (M.D.)**Accession number: **58724150**Resulting lab: **SCAL RADIOLOGY INTERFACE**

Narrative:

Is the Patient Pregnant?-&gt;No Special View?-&gt;NONE

**Transcription**

Type	ID	Date and Time	Dictating Provider
Diagnostic imaging	58724150	7/29/2014 4:01 PM	Downey, Ryan Thomas (M.D.)
Signed by Downey, Ryan Thomas (M.D.), MEDICAL DOCTOR on 07/29/14 at 1601			

CLINICAL HISTORY: Reason: pain, mostly at ACJ

COMPARISON: No previous study available.

**FINDINGS/ IMPRESSION:**

No acute fracture is identified. The alignment is normal. No significant joint disease is noted. No significant soft tissue abnormality is identified.

This report electronically signed by Ryan Downey, MD on 7/29/2014  
3:54 PM

**Medications - All Orders and Results****Ketorolac (TORADOL) 60 mg/2 mL IM Soln [696194899]**Electronically signed by: **Nguyen, Man Khacminh (M.D.) on 07/26/14 1327**Status: **Discontinued**Ordering user: **Nguyen, Man Khacminh (M.D.) 07/26/14 1327**Authorized by: **Nguyen, Man Khacminh (M.D.)**Ordering mode: **Standard**Frequency: **Routine 07/26/14 - 08/11/14**Discontinued by: **Gabriel, Esther J 08/11/14 1631 [ALLERGIC]**

Diagnoses

**RIGHT SHOULDER MUSCLE STRAIN, INIT****Testing Performed By**

Lab - Abbreviation	Name	Director	Address	Valid Date Range
<b>120 - Unknown</b>	<b>SCAL RADIOLOGY INTERFACE</b>	<b>Unknown</b>	<b>Unknown</b>	<b>02/13/04 0800 - Present</b>

## KAISER PERMANENTE

ORCHARD MEDICAL  
OFFICES U  
9449 E IMPERIAL HWY  
DOWNEY CA 90242-2814  
SCAL HIM ROI ALMR

### Final Spectacle Rx

Click to see and print Final Spectacle Rx

### Final CL Rx

Click to see and print Final Contact Lens Rx

Audit Trail for Eye Care Forms

### Medications the Patient Reported Taking

**Ketorolac (TORADOL) 60 mg/2 mL IM Soln (Taking/Discontinued)**

**Cyclobenzaprine (FLEXERIL) 10 mg Oral Tab (Taking/Discontinued)**

**HYDROcodone-Acetaminophen (NORCO) 10-325 mg Oral Tab (Taking/Discontinued)**

### Prescriptions Ordered This Encounter

	Disp	Refills	Start	End
<b>Ketorolac (TORADOL) 60 mg/2 mL IM Soln (Discontinued)</b> Sig: 2 ml (60 mg) IM now. Class: Back Office Route: intraMUSCULAR Reason for Discontinue: <b>ALLERGIC</b>	2	0/0	7/26/2014	8/11/2014
<b>Cyclobenzaprine (FLEXERIL) 10 mg Oral Tab (Discontinued)</b> Sig: Take 1 tablet every 8 hours for 3-5 days & as needed thereafter Class: Fill Now Route: Oral Patient Label Sig: Take 1 tablet every 8 hours for 3-5 days & as needed thereafter Reason for Discontinue: <b>Med List Cleanup (MD Only)</b>	30	1/3	7/26/2014	4/12/2016
<b>HYDROcodone-Acetaminophen (NORCO) 10-325 mg Oral Tab (Discontinued)</b> Sig: Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours Class: Fill Now Route: Oral Patient Label Sig: Take 1 tablet by mouth every 6 hours as needed for pain . Do not exceed 4 tablets in 24 hours Reason for Discontinue: <b>Med List Cleanup (MD Only)</b>	20	0/0	7/26/2014	4/12/2016

### Social Documentation as of 7/26/2014

No social documentation on file.

### Patient Instructions

**Return for Care:** Return in about 1 week (around 8/2/2014), or if symptoms worsen or fail to improve.

Return if not better 2-3 weeks

Patient acknowledged understanding about the counseling of restriction of activities including weight bearing as limited by pain, nature of disease, stiffness; heat packs or ice packs as needed for relief. Take over-the-counter anti-inflammatories, acetaminophen as tolerated.

## Your Kaiser Permanente Care Instructions

### Muscle Strain: After Your Visit

#### Your Care Instructions

A muscle strain happens when you overstretch, or pull, a muscle. It can happen when you exercise or

lift something or when you have an accident. Rest and other home care can help the muscle heal.

**Follow-up care is a key part of your treatment and safety.** Be sure to make and go to all appointments, and call your doctor if you are having problems. It's also a good idea to know your test results and keep a list of the medicines you take.

**How can you care for yourself at home?**

- Rest the strained muscle. Do not put weight on it for a day or two. If your doctor advises you to, use crutches or a sling to rest a sore limb.
- Put ice or a cold pack on the sore muscle for 10 to 20 minutes at a time to stop swelling. Put a thin cloth between the ice pack and your skin.
- Prop up the sore arm or leg on a pillow when you ice it or anytime you sit or lie down during the next 3 days. Try to keep it above the level of your heart. This will help reduce swelling.
- Take pain medicines exactly as directed.
  - ◆ If the doctor gave you a prescription medicine for pain, take it as prescribed.
  - ◆ If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine.
- Do not do anything that makes the pain worse. Return to exercise gradually as you feel better.

**When should you call for help?**

**Call your doctor now** or seek immediate medical care if:

- You have new severe pain.
- Your injured limb is cool or pale or changes color.
- You have tingling, weakness, or numbness in your injured limb.
- You cannot move the injured area.

Watch closely for changes in your health, and be sure to contact your doctor if:

- You cannot put weight on a joint, or it feels unsteady when you walk.
- Pain and swelling get worse or do not start to get better after 2 days of home treatment.

**Where can you learn more?**

Go to <http://www.kp.org>

Enter **C862** in the search box to learn more about **"Muscle Strain: After Your Visit"**.

Last Revised: February 19, 2013

© 2006-2014 Healthwise, Incorporated. Care instructions adapted under license by your healthcare professional. If you have questions about a medical condition or this instruction, always ask your healthcare professional. Healthwise, Incorporated disclaims any warranty or liability for your use of this information.

---

**Follow-up and Disposition**

Return in about 1 week (around 8/2/2014), or if symptoms worsen or fail to improve.

---

**Follow-up and Disposition History**

07/26/2014 1328 - Man Khacminh (M.D.) Nguyen

Disposition:

Return in about 1 week (around 8/2/2014), or if symptoms worsen or fail to improve.

**KAISER PERMANENTE**

ORCHARD MEDICAL  
OFFICES U  
9449 E IMPERIAL HWY  
DOWNEY CA 90242-2814  
SCAL HIM ROI ALMR

**Follow-up and Disposition History (continued)****All Flowsheet Data (all recorded)****Encounter Vitals**

Row Name	07/26/14 1252
Enc Vitals	
BP	109/73 -AA
Pulse	66 -AA
Resp	18 -AA
Temp	98.8 °F (37.1 °C) -AA
Temp src	Oral -AA
SpO2	100 % -AA
Wt (gms)	149 lb (67.6 kg) -AA
Height	5' 4" (1.626 m) -AA
Pain Score	8 (0-10) -AA
Pain Loc	SHOULDER -AA

**Exercise Vitals**

Row Name	07/26/14 1252
Exercise Level of Effort	
Days per week of moderate to strenuous exercise (like a brisk walk)	0 -AA
On average, minutes per day of exercise at this level	0 -AA

**User Key**

(r) = Recorded By, (t) = Taken By, (c) = Cosigned By

Initials	Name	Effective Dates	Provider Type	Discipline
AA	Ayerdis, Allison M (M.A.)	11/03/13 - 12/20/14	MEDICAL ASSISTANT	—