

## Healthcare Consultation Report

**Date:** 03-08-2025

**Doctor Name:** Dr. Thomas Reid

**Specialty:** Physical Therapist

### Patient Information:

Patient Name: Winny Pooh

Patient ID: WP-16888

### Consultation Summary:

#### Subjective:

Winny Pooh reports persistent right shoulder pain and stiffness following a minor fall three weeks ago. Describes pain as 5/10 at worst, especially when reaching overhead or lifting objects. No prior history of shoulder problems. No other medical concerns reported.

#### Objective:

- Inspection: Mild swelling over right shoulder, no discoloration.
- Range of Motion: Limited abduction and external rotation (abduction to 110°, external rotation to 60°).
- Strength: Slight decrease in right shoulder strength (4/5 on manual muscle testing).
- Palpation: Tenderness over anterior deltoid and supraspinatus region.
- Special tests: Positive Hawkins-Kennedy impingement sign.

#### Assessment:

- Right shoulder impingement syndrome, likely due to rotator cuff strain.
- Moderate functional limitation in overhead activities.

#### Plan:

- Initiate physical therapy 2x/week for 6 weeks focusing on:
  - Therapeutic exercises for rotator cuff and scapular stabilization
  - Manual therapy to improve mobility
  - Modalities for pain control as needed
- Home exercise program prescribed
- Goal: Restore full range of motion and strength, reduce pain to  $\leq 1/10$ , and return to normal activities within 8 weeks
- Reassess progress in 3 weeks

#### Doctor's Signature:

Dr. Thomas Reid, PT