

Office Visit - Feb 04, 2025

with Jillian Gruber at CHA Bone & Joint Center - Assembly Square Care Center

Notes from Care Team

Progress Notes

Jillian Gruber at 2/4/2025 1:00 PM

Subjective

Anika Kapoor is a 21 year old female who presents for Hand Pain (LEFT HAND)

History of Present Illness

The patient presents with a wrist injury after a fall on ice.

She slipped on black ice while walking home, resulting in a fall with both arms outstretched. Initially, there was no significant pain, but later her wrist felt 'very fragile' and she was unable to move it comfortably. The incident occurred on Saturday evening, approximately three days prior to the consultation.

No numbness or tingling in the fingers. She has no history of previous wrist fractures. She is right-handed.

She enjoys working out, including running and lifting weights, and is concerned about the impact of her injury on these activities. She is also worried about how the injury will affect her ability to perform daily activities such as changing clothes, given the restriction imposed by the cast.

She is planning a spring break trip to Florida around March 18th and is interested in the timeline for cast removal and resuming normal activities.

Objective

There were no vitals taken for this visit.

Physical Exam

MUSCULOSKELETAL LEFT UPPER EXTREMITY:

Tenderness, ecchymosis and edema dorsal distal radius

No wounds

No deformities

Motor function intact to EPL, FPL, FDS/FDP to all digits, interossei, APB, EDC to all digits.

Able to make a composite fist.

Hand warm and well perfused. Brisk capillary refill to all digits. Palpable radial pulse.

Sensation intact in the median, radial, and ulnar nerve distributions.

Results

Procedure: Cast application

Description: The wrist was immobilized in a cast.

Informed Consent: Counseling included the risks, benefits of immobilization for healing, and alternatives such as surgery, which was deemed unnecessary.

RADIOLOGY

Wrist X-ray independently interpreted and reviewed with the patient today: Fracture of the distal radius, non-displaced

Assessment & Plan

Distal Radius Fracture

Fall on outstretched hand on Saturday evening. No prior fractures. No numbness or tingling in fingers. X-ray confirmed fracture. No need for surgery.

- Apply cast for 6 weeks for bone healing.
- Avoid lifting with the affected hand during healing period.
- Running is permitted as long as careful not to fall.
- Check x-ray after cast removal in 6 weeks.
- Gradual return to weight lifting after cast removal, starting with 15-20 pound weight restriction.
- Complete return to normal activities including heavy lifting by 3 months from injury, possibly sooner depending on healing and motion recovery.
- Consider physical therapy if needed after cast removal.

General Health Maintenance

- Consider calcium and vitamin D supplementation for bone health.
- Plan for cast removal a few days before patient's trip to Florida in late March.

Attestation

The patient verbally consented to an audio recording of their visit to assist with the completion of documentation. The patient is aware the recording is not retained after the visit is summarized.

Jillian Gruber, MD, 2/6/2025

[Alicia G at 2/4/2025 1:00 PM](#)

Left short arm cast applied by Alicia Gutierrez RN under the direction of Dr.Gruber.

C/S/M positive after cast applied.

Cast care Instructions given to and reviewed with patient.

Patient informed to call office if any pain or swelling occur.

Cast checked by Dr.Gruber

Alicia Gutierrez, RN, 2/4/2025

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