

CHIEF COMPLAINT: ,This 18 year old male presents today with shoulder pain right. Location: He indicates the problem location is the right shoulder diffusely. Quality: Quality of the pain is described by the patient as aching, throbbing and tolerable. Patient relates pain on a scale from 0 to 10 as 5/10. Severity: The severity has worsened over the past 3 months. Timing (onset/frequency): Onset was gradual and after pitching a baseball game. Modifying Factors: Patient's condition is aggravated by throwing. He participates with difficulty in basketball. Past conservative treatments include NSAID and muscle relaxant medications.,ALLERGIES: , No known medical allergies.,MEDICATION HISTORY: , None.,PAST MEDICAL HISTORY: ,Childhood Illnesses: (+) strep throat (+) mumps (+) chickenpox,PAST SURGICAL HISTORY: , No previous surgeries.,FAMILY HISTORY: , Patient admits a family history of arthritis associated with mother.,SOCIAL HISTORY: , Patient denies smoking, alcohol abuse, illicit drug use and STDs.,REVIEW OF SYSTEMS: ,Musculoskeletal: (+) joint or musculoskeletal symptoms (+) stiffness in AM.,Psychiatric: (-) psychiatric or emotional difficulties.,Eyes: (-) visual disturbance or change.,Neurological: (-) neurological symptoms or problems Endocrine: (-) endocrine-related symptoms.,Allergic / Immunologic: (-) allergic or immunologic symptoms.,Ears, Nose, Mouth, Throat: (-) symptoms involving ear, nose, mouth, or throat.,Gastrointestinal: (-) GI symptoms.,Genitourinary: (-) GU symptoms.,Constitutional Symptoms: (-) constitutional symptoms such as fever,

headache, nausea, dizziness., Cardiovascular: (-)
cardiovascular problems or chest symptoms., Respiratory:
(-)breathing difficulties, respiratory symptoms., Physical Exam:
BP Standing: 116/68 Resp: 16 HR: 68 Temp: 98.1 Height: 5 ft.
11 in. Weight: 165 lbs. Patient is a 18 year old male who
appears pleasant, in no apparent distress, his given age, well
developed, well nourished and with good attention to hygiene
and body habitus. Oriented to person, place and time. Right
shoulder shows evidence of swelling and tenderness. Radial
pulses are 2 /4, bilateral. Brachial pulses are 2 /4,
bilateral., Appearance: Normal., Tenderness: Anterior -
moderate, Biceps - none, Posterior - moderate and
Subacromial - moderate right., Range of Motion: Right
shoulder ROM shows decreased flexion, decreased
extension, decreased adduction, decreased abduction,
decreased internal rotation, decreased external rotation. L
shoulder normal., Strength: External rotation - fair. Internal
rotation - poor right., AC Joint: Pain with ABD and cross-chest
- mild right., Rotator Cuff: Impingement - moderate. Painful arc
- moderate right., Instability: None., TEST & X-RAY
RESULTS:, X-rays of the shoulder were performed. X-ray of
right shoulder reveals cuff arthropathy
present., IMPRESSION: , Rotator cuff syndrome, right., PLAN:
, Diagnosis of a rotator cuff tendinitis and shoulder
impingement were discussed. I noted that this is a very
common condition resulting in significant difficulties with use
of the arm. Several treatment options and their potential
benefits were described. Nonsteroidal anti-inflammatories can

be helpful but typically are slow acting. Cortisone shots can be very effective and are quite safe. Often more than one injection may be required. Physical therapy can also be helpful, particularly if there is any loss of shoulder mobility or strength. If these treatments fail to resolve symptoms, an MRI or shoulder arthrogram may be required to rule out a rotator cuff tear. Injected shoulder joint and with Celestone Soluspan 1.0 cc . Ordered x-rays of shoulder right.,PRESCRIPTIONS:, Vioxx Dosage: 25 mg tablet Sig: TID Dispense: 60 Refills: 0 Allow Generic: Yes,PATIENT INSTRUCTIONS:, Patient was instructed to restrict activity. Patient was given instructions on RICE therapy.