

**Smith, John**

**DOB:** January 20th, 1984

**MRN:** 789

**Date:** February 8th, 2022

**Follow-up:** 6 weeks

**Diagnosis:** sprain of unspecified ligament of left ankle, initial encounter (s93.402a)

**Work Duty:** Full duty

**Chief Complaint:** Left ankle pain, and swelling

**History Of Presenting Illness:**

John Smith is a very pleasant 38 year old male who presents with the complaint of swelling and sharp, tender pain to his left ankle. He states the symptoms have been present since June 16th, 2021, at mild to severe level intensity. He admits to injury: "rolled ankle ". He states symptoms are worse with walking, pivoting, and stairs and get better with false. He denies any radiating symptoms. He has not received treatment for this issue in the past.. He has not taken any medications to help with this issue.

**Allergies:**

1. Levothyroxine (Oral Pill)
2. Acetaminophen/Codeine (Oral Pill) Hallucinations
3. Penicillin V potassium (Oral Pill) Hives

**Medications:**

1. SYNTHROID (Oral Pill)-25-mg 2x Daily
2. amLODIPine (Oral Pill) mcg 1x Daily
3. Simvastatin (Oral Pill)-100 mcg 2x Daily

**Past Medical History:**

1. anxiety
2. asthma
3. COPD/Emphysema
4. high blood pressure
5. seizure disorder

**Past Surgical History:**

- Knee arthroplasty - total
- Carpal tunnel release
- Arthroscopy

**Family History:**

**Mother's Conditions:** hypertension, and arthritis

**Fathers's Conditions:** heart disease, cancer, and stroke

**Grand Parents Conditions:** cancer, hypertension, and stroke

**Siblings Conditions:** hypertension

**Social History:****Occupation:** Engineer**Marital Status:** single**Smokes:** yes - 1 pack/daily**Drinks:** yes - 1 per sitting/daily**Hand Dominance:** left**Review of Systems:****General:** fever or chills, and trouble sleeping**Neurological:** tingling**Skin:** none**Hematologic:** none**Musculoskeletal:** muscle or joint pain, and back pain**Endocrine:** none**Psychiatric:** none

**Physical Examination:** John Smith is an a&o x 3 male that appears equal to the stated age. He has a pleasant demeanor. He is able to follow instructions. He is in no acute distress.

**Vitals:**

Ht:

Wt:

BMI: 0.0

BP:

Pulse:

RR:

**Skin Exam positive for:**

- Edema
- Ecchymosis

**The Patient has tenderness to palpation at:**

- ATFL Ankle
- \_Left\_anterior\_talofibular\_ligament\_002

**Strength:**

Right	Name	Left
5/5	Ankle Dorsiflexion	4/5
5/5	Ankle Plantarflexion	4/5
5/5	Ankle Inversion	5/5

5/5	Ankle Eversion	5/5
5/5	Ankle EHL	5/5
5/5	Ankle FHL	5/5

**Spine Strength:**

Name	value
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**The patient has a positive:**

- Pain with Dorsi Flexion on the left Ankle

**Diagnostic Studies:**

Three view x-rays of the left ankle demonstrate no fractures or dislocations no degenerative joint changes overall while appearing x-rays.

**Assessment:** John Smith is a 38 year old male with:

1. Sprain of unspecified ligament of left ankle, initial encounter (S93.402A)

**Plan:** John Smith presents signs and symptoms consistent with: sprain of unspecified ligament of left ankle, initial encounter (s93.402a)

Diagnosis, diagnostic studies, and treatment plan was reviewed with the patient at today's visit.

Treatment plan includes:

- Physical Therapy - Neuroprioception
- NSAIDS
- Tylenol
- RICE
- Crutches
- 4" Ace

The patient will follow up in 6 weeks.

**Work Duty:**

Full duty

Ali, M.D.



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