

**Smith, John**

**DOB:** January 20th, 1984

**MRN:** Unarmed c1

**Date:** June 19th, 2022

**Follow-up:** in 1 month.

**Diagnosis:** sprain of right rotator cuff capsule, initial encounter (s43.421a) and bicipital tendinitis, right shoulder (m75.21)

**Work Duty:** Full duty

**Chief Complaint:** Right shoulder pain

**History Of Presenting Illness:**

John Smith is a very pleasant 38 year old, left-hand dominant male who works as an engineer. He comes in today complaining of constant and dull, achy pain to his right shoulder. He states the symptoms have been present since June 1st, 2022, at moderate to severe level intensity and developed suddenly. He denies any injury. He states symptoms are worse with lifting overhead and lifting and get better with rest and ice. 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. Sulfamethoxazole/Trimethoprim (Oral Pill) - Hives

**Medications:**

1. amLODIPine/Hydrochlorothiazide/Valsartan (Oral Pill) mg 1x Daily

**Past Medical History:**

1. Anxiety
2. Kidney disease
3. Seizure disorder

**Past Surgical History:**

- Tonsillectomy
- Intrauterine device (IUD)
- Aortic valve replacement
- ARTHROPLASTY TOTAL KNEE
- NEUROLYSIS CARPAL TUNNEL
- NEUROLYSIS CARPAL TUNNEL
- NEUROLYSIS CARPAL TUNNEL
- NEUROLYSIS CARPAL TUNNEL
- REPAIR EXTEN. MUSCLE/TEN.
- REPAIR EXTEN. MUSCLE/TEN.
- TOTAL HIP REPLACEMENT
- REPAIR SHOULD CUFF AVULSI

**Family History:**

**Mother's Conditions:** blood clots

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

**Grand Parents Conditions:** cancer and stroke

**Siblings Conditions:** heart disease

**Social History:**

**Occupation:** Engineer

**Marital Status:** single

**Smokes:** No

**Drinks:** yes - 1 per sitting/weekly

**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:**

**General Examination:** John Smith is an awake, alert and oriented male. He appears stated age. He has a pleasant demeanor. He is able to follow instructions. He is in no acute distress. Gait is nonantalgic.

**Vitals:**

Ht: 5' 6"

Wt: 130 lbs

BMI: 20.980257

BP: 120 / 80

Pulse: 70

RR: 14

Temp: 98°F

CV: Regular rate and rhythm

Pulm: CTAB

**Skin Exam positive for:**

- Normal
- Edema



**Neuro Exam:**

- Normal sensation distally

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

- Right Shoulder Bicipital Groove
- Right Long Head of Biceps Tendon

**The patient has no tenderness at:**

- Right Shoulder AC Joint
- Right Shoulder Spine of Scapula
- Right Shoulder Corocoid
- Right Shoulder Lateral Proximal Humerus
- Right Elbow Medial Epicondyle
- Right Elbow Lateral Epicondyle
- Right Elbow Olecranon
- Right Elbow Posterolateral Joint Line
- Right Elbow Radial Head/Neck
- Right Elbow Biceps Tendon
- Right Elbow Tricep Tendon
- Right Elbow Radial Tunnel
- Left Shoulder AC Joint
- Left Shoulder Bicipital Groove
- Left Shoulder Spine of Scapula
- Left Shoulder Corocoid
- Left Shoulder Lateral Proximal Humerus
- Left Elbow Medial Epicondyle
- Left Elbow Olecranon
- Left Elbow Posterolateral Joint Line
- Left Elbow Lateral Epicondyle
- Left Elbow Radial Head/Neck
- Left Elbow Biceps Tendon
- Left Elbow Tricep Tendon
- Left Elbow Radial Tunnel

**Range of motion:**

- Right Shoulder Abduction 0°-135°
- Left Shoulder Abduction 0°-180°
- Right Shoulder Flexion 0-150°
- Left Shoulder Flexion 0-180°
- Right Shoulder Extension 0-20°
- Left Shoulder Extension 0-°
- Right Shoulder Internal Rotation 25°-30°
- Left Shoulder Internal Rotation 40°

**Strength:**

Right	Name	Left
5/5	Shoulder Abduction	5/5
5/5	Shoulder Forward Flexion	5/5

5/5	Shoulder Horizontal Abduction	5/5
5/5	Shoulder Internal Rotation	5/5
5/5	Shoulder External Rotation	5/5

**The patient has a positive:**

- Speed Test on the Right Shoulder
- Hawkins on the Right Shoulder
- Neer on the Right Shoulder
- Lift Off on the Right Shoulder

**The patient has a negative:**

- Jobes on the Right Shoulder
- Apprehension on the Right Shoulder
- Belly Press on the Right Shoulder
- Crossover on the Right Shoulder

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

1. Sprain of right rotator cuff capsule, initial encounter (S43.421A)
2. Bicipital tendinitis, right shoulder (M75.21)

**Plan:** John Smith presents signs and symptoms consistent with: sprain of right rotator cuff capsule, initial encounter (s43.421a) and bicipital tendinitis, right shoulder (m75.21)

Diagnosis and treatment plan was reviewed with the patient at today's visit. Treatment plan includes:

- NSAIDS
- Tylenol
- Cortisone - Right Shoulder Biceps Tendon Sheath Injection

The patient will follow up in 1 month.

**Work Duty:**

Full duty

Dr. Ryan, Doctor



**6/18/2022, 7:33:35 PM**