

**John,Smith**

**DOB:** January 20th, 1984

**Date Of Encounter:** June 4th, 2022

**MRN:** Unarmed

**Follow-up:** The patient will follow up in 1 month.

**Diagnosis:** bicipital tendinitis, right shoulder (m75.21)

**Work Duty:** Full duty

**Chief Complaint:** Right shoulder pain

### **History Of Presenting Illness**

John Smith presents today for follow up. Since last appointment, he has been compliant with treatment plan including physical therapy, nsaid, tylenol, and, rest, ice, compress elevate. He states that since last visit, symptoms are worse, and grades his pain 6 to 8 out of 10 level intensity. The patient reports improvement in symptoms since receiving injection at last visit, and states that it was helpful for 3 weeks. The patient admits to no trauma..

### **Allergies:**

1. Sulfamethoxazole/Trimethoprim (Oral Pill) - Hives
2. SYNTHROID (Oral Pill) - Sun reaction
3. Levothyroxine (Oral Pill) - Testing reaction
4. LEVO-T (Oral Pill) - Levi reaction

### **Medications:**

1. XANAX XR (Oral Pill) mg PRN

### **Physical Examination:**

John,Smith is an awake, alert and oriented male that appears his stated age. He has a pleasant demeanor. He is able to follow commands appropriately. He is in no acute distress.

### **Vitals:**

Ht: 5' 6"

Wt: 130 lbs

BMI: 20.980257

BP: 120 / 80

Pulse: 70

RR: 14

**Skin:** none

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

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

### **The patient has no tenderness at:**

- Left Shoulder Bicipital Groove

**Range of motion:**

- Right Shoulder Abduction 0°-180° Left Shoulder Abduction 0°-180°
- Right Shoulder Flexion -115° Left Shoulder Flexion -180°
- Right Shoulder Extension 45°-° Left Shoulder Extension 45°-°
- Right Shoulder Internal Rotation -130° Left Shoulder Internal Rotation -180°

**Strength:**

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

**The patient has a positive:**

- Speed Test on the Right Shoulder

**The patient has a negative:**

- Hawkins on the Right Shoulder

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

1. Bicipital tendinitis, right shoulder (M75.21)

**Plan:**

John Smith presents with signs and symptoms consistent with worsened Bicipital tendinitis, right shoulder} Diagnosis, diagnostic studies, and treatment plans were reviewed with the patient at today's visit. Treatment plan includes:

- NSAIDS
- Tylenol
- Rest, ice, compression, elevation
- Cortisone - Fjksdljfsdlkfjgsdlk

The patient will follow up in 1 month. The patient is happy with the plan moving forward.

**Work Duty:**

Full duty