

**Smith, John**

**DOB:** January 20th, 1984

**MRN:** 789

**Date:** January 31st, 2022

**Follow-up:**

**Diagnosis:** none

**Work Duty:** Sedentary Work no weight bearing greater than 1 lbs. to the 1 lbs. until next visit on 2 years

**Chief Complaint:** Left Hand, Left Forearm, and Left Wrist pain,

**History Of Presenting Illness:**

John Smith is a very pleasant 38 year old male who presents with the complaint of stabbing pain at Left Hand, Left Forearm, and Left Wrist. He states the symptoms have been present since January 1st, 2022, at none to none level intensity. He denies any injury. He states symptoms are worse with false and get better with false. He admits to the radiation of symptoms. He has not received any treatment for this issue in the past. He has taken the following medications to help with this condition:

**Allergies:**

1. RITE AID #1839
2. ZOCOR (Oral Pill) Zocor reaction

**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

**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**Martial Status:** single**Smokes:** yes - 1 pack/daily**Drinks:** yes - 1 per sitting/daily**HandDominance:** single**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 distress.

**Vitals:**

Ht: 5' 6"

Wt: 130 lbs

BMI: 20.980257

BP: 12

Pulse: 70

RR: 14

**Skin Exam positive for:**

- Edema
- Ecchymosis
- Pallor
- Petechia
- Abrasion

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

- MCP Joint right hand at thumb
- Proximal Phalanx right hand at index finger
- AC Joint Shoulder
- Spine of Scapula Shoulder
- AC Joint Shoulder
- Spine of Scapula Shoulder

**Range of motion:**

- Right Elbow Flexion 12° Left Elbow Flexion 0°
- Right Elbow Pronation 0° Left Elbow Pronation 12°

**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
5/5	Elbow Flexion	5/5
5/5	Elbow Extension	5/5
5/5	Wrist Flexion	5/5
5/5	Wrist Extension	5/5
5/5	Wrist Pronation	5/5
5/5	Wrist Supination	5/5
5/5	Hand EPL	5/5
5/5	Hand FPL	5/5
5/5	Hand APB	5/5
5/5	Hand FDI	5/5
5/5	Hand ADM	5/5
5/5	Hand Grip	5/5
5/5	Hand Pinch	5/5

**The patient has a positive:**

- Belly Press on the left

**The patient has a negative:**

- Jobs on the right

**Assessment:**

John Smith is a 38 year old male with: none

**Plan:** John Smith presents signs and symptoms consistent with: none

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

Treatment plan includes:

- Cortisone

The patient will follow up in .

**Work Duty:**

Sedentary Work no weight bearing greater than 1 lbs. to the 1 lbs. until next visit on 2 years

Ali, M.D.



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