

**Smith, John**

**DOB:** January 20th, 1984

**MRN:** Unarmed c1

**Date:** June 16th, 2022

**Follow-up:** in 6 weeks.

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

**Work Duty:** Full duty

**Chief Complaint:** Left ankle 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 left ankle. He states the symptoms have been present since June 1st, 2022, at moderate to severe level intensity and developed suddenly. He admits to injury: "rolled ankle". He states symptoms are worse with weightbearing and walking and get better with ice and rest. 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
- REPAIR EXTEN. MUSCLE/TEN.
- REPAIR EXTEN. MUSCLE/TEN.
- TOTAL HIP REPLACEMENT

**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 a&o x 2 male. He appears greater than stated age. He has agitation. He is able to follow instructions. He is in distress. Gait is antalgic.

**Skin Exam positive for:**

- Normal

**Vascular Exam:**

- Radial Pulse 2+
- Brachial Pulse 2+
- Capillary Refill 2+
- Radial Pulse 2+
- Brachial Pulse 2+
- Capillary Refill 2+

**Neuro Exam:**

- Normal sensation distally
- Normal sensation distally
- Diminished sensation

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

- Left Ankle Anterior Joint Line
- Left Ankle Posterior Tibial Tendon
- Left Ankle Peroneal Tendon
- Left Ankle Anterior Joint Line
- Left Ankle Posterior Tibial Tendon
- Left Ankle Peroneal Tendon
- Left Lateral Malleolus

**The patient has no tenderness at:**

- Left Ankle Distal Fibula
- Left Ankle Distal Tibia
- Left Ankle Distal Fibula
- Left Ankle Distal Tibia

**Range of motion:**

- Right Ankle Dorsiflexion 30.0°-50°
- Left Ankle Dorsiflexion 50°

**Strength:**

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

**The patient has a positive:**

- Tibia/Fibula Compression on the Left Ankle
- Anterior Drawer on the Left Ankle
- Talar Tilt on the Left Ankle

**The patient has a negative:**

- Tibia/Fibula Compression on the Right Ankle
- Anterior Drawer on the Right Ankle
- Talar Tilt on the Right Ankle

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

- Physical Therapy -
- Crutches
- Aircast

The patient will follow up in 6 weeks.

**Work Duty:**

Full duty