

**Smith, John**

**DOB:** January 20th, 1984

**MRN:** 789

**Date:** February 2nd, 2022

**Follow-up:**

**Diagnosis:** none

**Work Duty:** Light Duty no lifting, no pushing, no pulling, no grasping, no repetitive movements, and no typing greater than 1 lbs. to the righthand until next visit on 3 weeks

**Chief Complaint:** right wrist pain

**History Of Presenting Illness:**

John Smith is a very pleasant 38 year old male who presents with the complaint of tender ,sharp ,sore pain to his right wrist. He states the symptoms have been present since January 1st, 2022, at moderate to severe level intensity. He "admits to felt pop while lifting a box". He states symptoms are worse with writing, lifting overhead, lifting, grasping, carrying, sleeping, and getting dressed and get better with rest, bracing, and medication. He denies any radiating symptoms. He has received treatment for this issue in the past including Brace He has taken the following medications to help with this condition: ALEVE (Oral Pill) 220 mg 2x Daily

**Allergies:**

1. Levothyroxine (Oral Pill)
2. ZOCOR (Oral Pill) 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**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: 5' 6"

Wt: 130 lbs

BMI: 20.980257

BP: 120/80

Pulse: 70

RR: 14

**Skin Exam positive for:**

- Edema

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

- 1st Dorsal Compartment Wrist
- Arm\_Muscles\_Abductor\_Pollicis\_Longus\_Muscle\_Right

**Range of motion:**

- Right Wrist Flexion 70° Left Wrist Flexion 70°
- Right Wrist Extension 60° Left Wrist Extension 60°
- Right Wrist Pronation 70° Left Wrist Pronation 70°
- Right Wrist Supination 90° Left Wrist Supination 90°

**Strength:**

Right	Name	Left
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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

**The patient has a positive:**

- Finklestein's on the right Wrist

**The patient has a negative:**

- Finklestein's on the left Wrist

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

**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:

- Thumb spica brace

The patient will follow up in .

**Work Duty:**

Light Duty no lifting, no pushing, no pulling, no grasping, no repetitive movements, and no typing greater than 1 lbs. to the righthand until next visit on 3 weeks

Ali, M.D.

*Dr. Ali*

**2/2/2022, 1:08:27 AM**