

Muneer, Hussain Munir
DOB: February 15th 1994
MRN: 12
Date: December 26th 2021

Follow-up: 1 month

Diagnosis: Sprain of unspecified ligament of left ankle, initial encounter

Work Duty: Sedentary Work - no weight bearing to the foot greater than until next visit on Jan 5, 2022

Chief Complaint: Left Ankle

History Of Presenting Illness:

Hussain Munir Muneer is a very pleasant 27 year old male who presents with the complaint of Sharp, Sore, and Tender at Left Ankle. He, states the symptoms have been present since December 5th 2021, at Mild to Severe level intensity. He denies any injury. He states symptoms are worse with weightbearing, walking, and stairs and get better with ice, rest, bracing, and medication.

Hussain Munir Muneer has received treatment for this issue in the past including:

1. ZOCOR (Oral Pill) 1 mcg 2x Daily
2. ZOCOR (Oral Pill) 3 mcg 3x Daily As Needed
3. TYLENOL (Oral Pill) 325 mg 2x Daily
4. Ibuprofen (Oral Pill) 200 mg 2x Daily
5. Simvastatin (Oral Pill)-125

He denies any radiating symptoms.

He has taken the following **medications** to help with this condition:

1. TYLENOL (Oral Pill) 325 mg 3x Daily
2. TYLENOL (Oral Pill)

Allergies:

Name	Reaction
ZOCOR (Oral Pill)	As
ZOCOR (Oral Pill)	Pollen

Medications:

1. ZOCOR (Oral Pill) 1 mcg 2x Daily
2. ZOCOR (Oral Pill) 3 mcg 3x Daily As Needed
3. TYLENOL (Oral Pill) 325 mg 2x Daily
4. Ibuprofen (Oral Pill) 200 mg 2x Daily
5. Simvastatin (Oral Pill)-125

Past Medical History:

1. other
2. anemia
3. anxiety
4. asthma
5. COPD/Emphysema
6. Depression
7. high blood pressure
8. MRSA Infection
9. vascular

Past Surgical History:**Family History:****Mother's Conditions:** Heart Disease, Cancer, and Diabetes**Fathers's Conditions:** Cancer, Hypertension, and Blood Clots**Grand Parents Conditions:** Stroke, and Blood Clots**Siblings Conditions:** Cancer, and Hypertension**Social History:****Marital Status:** single**Smokes:** yes - 1 pack/daily**Drinks:** yes - 1 per sitting/weekly**Review of Symptoms:****General:** weight loss or gain**Neurological:** dizziness**Skin:** lumps**Hematologic:** none**Musculoskeletal:** Muscle or joint pain**Endocrine:** Heat or cold intolerance**Psychiatric:** Stress

Physical Examination: Hussain Munir Muneer 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.

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

- Edema
- Ecchymosis

Range of motion: 70**Left Ankle Strength:**

Left Strength	Name	Right Strength
4/5	Ankle Dorsiflexion	5/5
4/5	Ankle Plantarflexion	5/5
4/5	Ankle Inversion	5/5
5/5	Ankle Eversion	5/5
5/5	Ankle EHL	5/5
5/5	Ankle FHL	5/5

The patient has a positive:

- Pain with Act Planter Flexion on the right
- Pain with Dorsi Flexion on the right

The patient has a negative:

- Pain with Act Planter Flexion on the left
- Pain with Dorsi Flexion on the left

Assessment:

Hussain Munir Muneer is a 27 year old male with: Sprain of unspecified ligament of left ankle, initial encounter

Plan: Hussain Munir Muneer presents signs and symptoms consistent with: Sprain of unspecified ligament of left ankle, initial encounter

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

Treatment plan includes:

- NSAIDS
- Tylenol
- RICE
- Brace

The patient will follow up in 1 month.

Work Duty:

Sedentary Work - no weight bearing to the foot greater than until next visit on Jan 5, 2022.