



Double-Boarded Sports Medicine Surgeon

### Tri-County Orthopedics

197 Ridgedale Ave. P.O. Box 1446 Morristown, NJ 07962

Phone (973) 538-2334 Fax (973) 585-5706 Billing (973) 538-0329

### Brief Note / Office Visit Summary: WORKER'S COMP

Patient: SANDRO PEREZ-JIMENEZ

Provider: Andrew A. Willis, MD

Date of Service: 04/10/23

Employer:

Causality: ☒ Y ☐ N

Ins. Co: D&H

Claim #: PJWC080185

Date of Injury: 06/13/2022

NCM: ANGELA MONTGOMERY Phone #: 973-940-1851

Fax #: 973-940-1852

### Diagnosis (ICD-10):

#### R Shoulder

#### L Shoulder

RTC Tear (M75.121/122)  
Impingement (M75.41/42)  
AC Joint Arthritis (M19.011/012)  
Calcific Tendinitis (M75.31/32)  
Biceps Tenosynovitis (M75.21/22)  
SLAP Tear (S43.431D/432D)  
Neck Muscle Spasm (M62.83)

Anterior Instability (M25.311/312)  
Posterior Instability (M25.311/312)  
MDI (M19.011/012)  
Shoulder Pain (M25.51/52)  
Shoulder Contusion (S40.011/012)  
AC Joint Separation (S43.101A/102A)

Adhesive Capsulitis (M75.01/02)  
RTC Tendonitis (M75.31/32)  
Proximal Humerus Fx (S42.201D/202D)  
Clavicle Shaft Fx (S42.01/02)  
Glenohumeral Arthritis (M19.011/012)  
Neck Pain (M54.2)

OTHER:

#### R Knee

#### L Knee

Medial Meniscal Tear (S83.231A/232A)  
Lateral Meniscal Tear (S83.271A/272A)  
ACL Tear (S83.511A/512A)  
PCL Tear (S83.521A/522A)

Knee Pain (M25.561/562)  
Knee Contusion (S80.01XS/02XS)  
MCL Sprain (S83.411A/412A)  
LCL Sprain (S83.421A/422A)

Patellar Tendonitis (M76.51/52)  
PF Chondromalacia (M22.41/42)  
Osteoarthritis (M17.11/12)

OTHER:

### Estimated Date for Return to Work:

Able To Drive At Work Yes ☐ No ☐

### Work Status:

Able to drive outside work: Yes ☐ No ☐

☒ No Work

☐ Full Duty with No Restrictions

☐ Restricted Duty with the following restrictions:

☐ Desk work only

☐ No lifting > \_\_\_\_\_ lbs with effected limb

☐ No push/pull

☐ Hourly breaks for 5 minutes to change position and stretch

Treatment Plan: OT 3 x wk 2 wks

Injection \_\_\_\_\_

Brace/Splint \_\_\_\_\_

Meds Lyrica

MRI \_\_\_\_\_

CT \_\_\_\_\_

EMG/NCS \_\_\_\_\_

Consult \_\_\_\_\_

Sx \_\_\_\_\_

Other \_\_\_\_\_

Follow-Up Visit: ☒ 2 wks ☐ 4 wks ☐ After Above Study ☐ MMI: \_\_\_\_\_

*Andrew A. Willis, MD*

Andrew A. Willis, M.D., FAAOS

Board Certified Orthopaedic Surgeon

Board Certified with Added Qualifications in Sports Medicine

Board Certified with Added Qualifications in Surgery of the Hand

Double Fellowship Trained in Sports Medicine & Surgery of the Shoulder, Knee, Hand & Upper Extremity

# TRI-COUNTY ORTHOPEDICS

World-Class Team. Hometown Choice.

## ANDREW A. WILLIS, M.D.

160 East Hanover Ave, Morristown, N.J. 07962

Tel: (973) 538-2334 Fax: (973) 538-6498

Kara  
@ professional  
Hand

### HAND/WRIST & UPPER EXTREMITY THERAPY PRESCRIPTION:

Patient Name: Sandro Perez-Jimenez

Date: 4/10/23

Site: (R) L

Diagnosis: 3.7 wks slip @ shoulder hemiathrothorax

DOS: 3/16/23

Frequency: 3X/wk, 2 wks

#### MODALITIES:

Modalities as needed  
Iontophoresis  
Phonophoresis  
Ultrasound  
Contrast Baths  
Paraffin  
Soft Tissue Manipulation  
Sensory Re-education  
& Desensitization

Cold Pack  
Moist Heat  
Massage  
NMES  
TENS  
Whirlpool  
Scar Management  
Fluidotherapy

#### EXERCISE:

AROM (Limits: \_\_\_\_\_)  
AAROM (Limits: \_\_\_\_\_)  
PROM (Limits: \_\_\_\_\_)

Tendon Gliding Nerve Gliding  
Functional ADL's Coordination Training  
Strengthening & Endurance Program (UE & Grip)

(Patient Education / Home Exercises)

- edema control, ROM elbow, wrist, hand, tendon excursion

#### EDEMA CONTROL:

Edema Control Techniques  
Coban  
Finger Sleeves / Compression Stockings  
Jobst Sleeve  
Elastic Wrap  
Isotoner

#### DRESSINGS/WOUND CARE:

Dressing changes (Frequency: \_\_\_\_\_ x \_\_\_\_\_ wks)  
Sterile Dry Dressing  
Wet → Dry Dressing  
Non-adherent Dressing  
Warm Soaks (Frequency: \_\_\_\_\_ x \_\_\_\_\_ wks)  
Wound Debridement ⇒ Local Wound / Nailbed Care  
Pin Care: ½ strength H<sub>2</sub>O<sub>2</sub> w/ Saline (BID / TID)

#### EQUIPMENT/SUPPLIES:

Scar Remodeling  
Silicone Gel Sleeve  
Cock-up Wrist Splint  
Elbow Pad (Heelbo)  
Finger Buddy Straps  
Putty  
Elastomer  
Pulleys  
Therabands

#### WORK REHABILITATION:

Work Site & Work Task Analysis  
Work Conditioning / Hardening  
Ergonomic Instruction / Education  
Upper Extremity Strengthening / Endurance

#### CUSTOM SPLINT FABRICATION:

PIPJ Flexion Splinting (Contracture) Static Dynamic  
PIPJ Extension Splinting (Contracture) Static Dynamic  
Hand Based Claim-Shell Protective Splint (MC Fx)  
Radial Hinge Ulnar Hinge  
Thumb Spica Splint  
IP Free Hand Based  
IP Immobilized Forearm Based  
Forearm Based Dorsal Block Splint (Wrist 30°; MPJ 70° Flex)  
Forearm Based Splint  
Intrinsic Plus ⇒ (Wrist 30°; MPJ 70° Flex/IPJ full extension)  
Radial Hinge Hand Based  
Ulnar Hinge Forearm Based

Mallet Finger Extension Splint  
Dorsal Volar Canoe/Gutter Serial Finger Casting  
PIPJ Extension Splint (DIP/MCP Free/Silver Ring Splint)  
Volar Wrist Splint (DR Fx)  
Supination / Pronation Splint  
Radial / Ulnar Gutter Splint  
Volar Forearm Based Extension Splint (Static)  
Dynamic Outrigger: Flexion / Extension  
Dynamic Flexion Stop Splint: \_\_\_\_\_  
ROM Arc: \_\_\_\_\_  
Incorporate Digits: Thumb IF MF RF SF

Please send progress notes.

Physician's Signature: Andrew A. Willis, M.D.

(I have medically prescribed the above treatments)

Andrew A. Willis, M.D., FAAOS

Orthopaedic Surgeon

Fellowship Trained in Sports Medicine & Surgery of the Hand and Upper Extremity

# TRI-COUNTY ORTHOPEDICS

World-Class Team. Hometown Choice.

## WORK STATUS

Patient: Sandra Perez-Jimenez Date of Service: 4/10/23

✓ The patient was seen in our office today: \_\_\_\_\_

Work Status: ✓ No work

\_\_\_\_\_ Full Duty with No Restrictions

\_\_\_\_\_ Restricted Duty with the following restrictions:

\_\_\_\_\_ Desk work only

\_\_\_\_\_ No lifting > \_\_\_\_\_ lbs with effected limb

\_\_\_\_\_ No kneeling or squatting

\_\_\_\_\_ No push/pull

\_\_\_\_\_ No bending

\_\_\_\_\_ No overhead activities

\_\_\_\_\_ No climbing

\_\_\_\_\_ Hourly breaks for 5 minutes to change position and stretch

The above work restrictions are in effect until: \_\_\_\_\_

Follow-up Visit: 3 weeks

*Andrew A. Willis, MD*

Physician Signature: \_\_\_\_\_

*Andrew A. Willis, M.D., FAAOS*

Board Certified Orthopaedic Surgeon

CAQ in Sports Medicine

CAQ in Hand Surgery

Double Fellowship Trained in Surgery of the Shoulder, Knee, Hand & Elbow

Team Orthopaedic Surgeon: New York JETS

[www.Tri-CountyOrtho.com](http://www.Tri-CountyOrtho.com)