

# **WC Facsimile Transmittal Request**

Attention:	colina Shell	Re: Keld, Brothea			
To: Oand HA	Helnative ask solu	100 Claim #: \W. 086891			
From:		1			
Date: 3 4 24 Sender's Ref Fax #: (908)-588-2319					
Fax: 913	<u>-940-195</u> 2	Email:			
DDI(1)0f Noede	Next Appointment D	Date: 3/28/24 Time: 1 300m			
Visit Note					
MRI RX					
SurgeryOtherThank You!		Thank Youl			

#### **Confidential Notice**

This email/fax transmission contains confidential or legally privileged information, which is intended only for the use of the individual or entity named in this transmittal. If you are not the intended recipient, you are hereby notified that any disclosure, copying, distribution or reliance upon the contents of this email is strictly prohibited. If you received this transmission in error, please notify us immediately, and please forward this email/fax back to us with notification that you have deleted the transmission from your system.



Vinay Chopra, MD Matthew Griffin, MD Nicholas Delaney, MD John Griffin, MD Prashant Patel, MD Jason Sedgwick, DPM

Vinay Chopra, MD

116 S. Euclid Ave, Suite 1 Westfield NJ 07090 Office: (908) 588-2311 Fax: (908) 588-2319

300 Executive Dr, Suite 110 West Orange, NJ 07052 Office: (973) 434-9575 Fax: (973) 494-9578 25 Lindsley Dr, Suite 208 Morristown, NJ 07960 Office: (862)-345-7955 Fax: (862) 345-7988

1270 NJ 35, Suite 1 Middletown, NJ 07748 Office: (732) 788-3769 Fax: (732) 788-3547 119 Prospect Street,Suite 3 Ridgewood,NJ 07450

(e. 1) 100 101 other
To whom it may concern,
This letter is to certify that Yes Doutles has been under my orthopedic care.
This patient was seen and evaluated by _Dr. Chopra in our office
The patient's work/School status is:
gruff
hem 19.
as of $3/4/24$ , until their next evaluation: $3/28/24$ .
f you have any questions, feel free to call our office. Thank you.
Sincerely,



O (908)588-2311 F (908)588-2319

O (973)434-9575 F (973)434-9578

Westfield, NJ 07090 West Orange, NJ 07052 Morristown, NJ 07960 Ridgewood, NJ 07450

Patient Information Phy			sician Informat	ion					
Name:	Reed, 1	Doro	thea						
DOB;	8/6/1966			NPI:					
Address:	235 Birchwood Ave								
City:	Cranfurd	State:	NJ	Zip:	07016	City:	State:	Zip:	
Phone:	973 -		-2611		***************************************				
Chak	fram the Dhiefel								

Statement from the Physician



631 LSO SUP2025BLK

Lot #: 12357 HCPCS: L0631 / L0648

HCPCS CODE	PRODUCTS		
Knee Bracing			
L1833	833 Knee Brace Coretech		
L1833	ROM Knee Brace		
L1812	Hinged Knee Brace		
L1820	Hinged Knee Brace Coretech		
£1852	845 Dual OA Knee Brace Coretech		
L1851	OA Knee Brace Coretech		
L1830	830 Single Panel Knee Immobiliser Coretech		
Foot / Ankle			

	Upper Extremity				
L3761	ROM Elbow Brace Coretech				
L3761	ROM Elbow Brace				
L3670	670 Abduction Sling Coretech				
L3670	670 Universal Arm Sling Coretech				
L3670	670 Advanced Arm Sling Coretech				
L3670	Abduction Sling Vive				
L3908	Overnight Wrist Brace				
L3908	Reversible Wrist Brace				
L3908 L3809	Wrist Brace Wrist Brace with Spica				
13908	908 Wrist Splint Coretech				
L3809	Hand and Wrist Immobiliser				
	L3670 L3670 L3670 L3670 L3670 L3908 L3908 L3908 L3908 L3908				



O (908)588-2311 F (908)588-2319

## O (973)434-9575 F (973)434-9578

Westfield, NJ 07090 West Orange, NJ 07052 Morristown, NJ 07960 Ridgewood, NJ 07450

	L4361	360 Exo Walker Short Coretech			L3809	807 Thumb Splint Coretech
	L4361	360 Exo Walker Tall Coretech	1		A4467	Tennis Elbow Strap
	L4361	360 Walker Boot Tall Coretech			L3924	Thumb Brace
					L3924	Extended Trigger Finger Splint
	L4361	360 Walker Boot Short				Spine Bracing
		Coretech			L0642	627 Lumbar Brace Coretech
	L4387	386 Walker Boot Tall				
	•	Coretech	1		L0650	631 Lumbar Brace
				-		Ambulatory Alds
	L4387	386 Walker Boot Short Coretech				
		Conception			E0143 E0114	Economy Walker with Wheels Crutches
	L1930	930 AFO Coretech			E0143	Wheelchair Rollator
	L1902	Laced Ankle Brace Coretech			E0143	Foldable Rollator
	L1902	Laced Ankle Brace Vive			E0143	3-Wheel Rollator
	L4350	350 Ankle Splint Coretech			E0143	Upright Walker
	L4397	Hard Night Splint Vive			E0143	Rollator Walker Series T
	L3260	Post Op Shoe			E0143	Rollator Model S
	L3260	Closed Toe Post-Op Shoe			E1399	Heavy Duty Walker Ski Glides
	L3332	Achilles Wedge				
			ļ			
Weakness or deformity requiring stabilization				Other		
To facilitate healing following injury To facilitate healing following surgery						
To reduce pain by restricting motion						
Knee instability that has been documented						
Persistent pain limiting ADLs						

i personally instructed the patient on the use of the item and explained that	it should be worn every day during activities of daily living. This is to help with
in activities of:	



O (908)588-2311 F (908)588-2319

Westfield, NJ 07090 West Orange, NJ 07052

O (973)434-9575 F (973)434-9578	Morristown, NJ 07960 Ridgewood, NJ 07450
House work Yard work Exercising Other:	Walking, standing or bending
The patient will return for a follow-up visit in weeks/montage	hs and I will check the item for any adjustments that need to be made.
I certify that I am the ordering provider identified herein. I complete described herein, $\ensuremath{\mathbf{I}}$	leted the fitting described above and delivered this medical equipment to the patient as
Patient Agreement, Assignment, and Waiver:	
understand that I may choose any authorized provider to dispensions any claims for reimbursement related to this equipment.	ood condition. I have been adequately instructed on the proper use of this item. I see this medical equipment. I authorize the release of any medical information needed to I also request that payment under Medicare or any other insurance program be made cance does not make payment for this equipment, I agree to be personally liable for
Patient Signature  * White less	Physician Signature
	Physician Print Name:
	***************************************
	Fax:
	Phone Number;
	. HORE (MITTEE)

REED, Dorothea DOB: 08/06/1966 (57 yo F) Acc No. 22837 - WC DOS: 03/04/2024



REED, Dorothea

57 Y old Female, DOB: 08/06/1966 Account Number: 22837 - WC 235 BIRCHWOOD AVE, APT 118, CRANFORD, NJ-07016-2544 Home: 973-202-2611

Guarantor: Reed, Dorothea Insurance: DandH Alternative Risk Solutions Payer ID: PAPER

Appointment Facility: Genesis Orthopaedic and Spine

03/04/2024

Vinay Chopra, MD

## **Current Medications**

## Taking

- Meloxicam 15 MG Tablet 1 tablet Orally Once a day
- traMADol HCl 50 MG Tablet 1 tablet as needed Orally Once a day Medication List reviewed and reconciled with the patient

## Past Medical History

Hypertension.

#### Surgical History

Left hip replacement. 03/01/2022

#### Family History

Father: deceased Mother: alive, hypertension 1 brother(s), 2 sister(s) - healthy. 2 son(s), 2 daughter(s) - healthy.

#### Social History

Tobacco Use: Tobacco Use/Smoking Are you a: never smoker Drugs/Alcohol: Drugs

Have you used drugs other than those for medical reasons in the past 12 months? No Do you drink alcohol?: No.

## Allergies

N.K.D.A.

## Hospitalization/Major **Diagnostic Procedure**

No Hospitalization History.

#### **Review of Systems**

General/Constitutional: Denies Fever. Denies Headache. Denies Weight loss. Allergy/Immunology:

Runny nose denies. Itchy

## Reason for Appointment

1. Left Hip/Lower Back

#### **History of Present Illness**

Work Comp Information:

Claim Number: IWC086891. Date of injury: 02/07/2024. Case Manager: Carolina Shell. Employer: Township Of Irvington. Job Description: Fire Inspector.

Insurance Company: D&H Alternative Risk Solutions.

Phone Number: 973-940-1851.

Fax: 973-940-1852.

## WC Injury:

#### Questions:

Was your supervisor notified immediately? Yes Did you continue working after you were injured? No Did you go to the emergency room? Yes Were X-rays and/or MRIs taken? Yes Rate your pain today on a scale of 1-10: 5 Have you ever experienced similar symptoms in the past? Yes How long have you been employed at your current job? 55 months What is your current work status? Currently employed Have you ever been treated by a Chiropractor? Yes

## Left hip:

c/o Left hip pain The patient is presenting with bilateral hip pain due to a workplace injury that occurred on 2/7/24. The patient works as a fire prevention inspector and states she was exiting a building in a complex. reached down, and was hit on her left side by a golf cart-like vehicle moving 5 mph. She went to Newark Beth Israel ER the same day where Xrays of her bilateral hips were done showing no fractures. She has a history of a left hip replacement 2 years ago and states getting hit on her left side reaggravated that area. She describes a burning pain in the groin bilaterally, worse in the morning when getting up and with internal/external rotation. She has been taking Meloxicam and Tramadol with mild relief. Pain reaches a 9/10.. Right hip:

c/o Right hip pain.

## Lower back:

c/o low back pain The patient is presenting with lower back pain due to

## REED, Dorothea DOB: 08/06/1966 (57 yo F) Acc No. 22837 - WC DOS: 03/04/2024

eyes denies. Congestion denies. Ophthalmologic:

Vision loss denies. Blurry vision denies. Red eye denies. ENT:

Decreased hearing denies.

Nosebleed denies. Sore throat denies.

#### Endocrine:

Cold intolerance denies. Excessive sweating denies. Excessive thirst denies.

#### Respiratory:

Cough denies. Shortness of breath denies. Wheezing denies. Cardiovascular:

Chest pain denies.
Palpitations denies. Leg
swelling denies.
Gastrointestinal:

Diarrhea denies. Nausea denies. Vomiting denies.

#### Hematology:

Easy bleeding denies. Easy bruising denies. Swollen glands denies. Genitourinary:

Hematuria denies. Difficulty urinating denies. Frequent urination denies. Burning w/Urination denies. Skin:

Skin infection denies. Hives denies

. Rash denies.

## Neurologic:

Dizziness denies.

Headache denies. Seizures denies. Tremor denies.

## Psychiatric:

Panic attacks denies. Depressed mood denies. Suicidal thoughts denies.

a workplace injury that occurred on 2/7/24. The patient works as a fire prevention inspector and states she was exiting a building in a complex, reached down, and was hit on her left side by a golf cart-like vehicle. She went to Newark Beth Israel ER the same day where X-rays of her bilateral hips were done showing no fractures. She has a history of lower back pain receiving an epidural injection over 2 years ago and a recent cortisone injection about 2 months ago. She also has scoliosis. She describes sharp pain over her midline spine and right paraspinals, particularly with getting up from sitting and bending over. The pain radiates into both of her thighs with numbness/tingling, right worse than left. She is also developing instability in her lower back and reduced ROM. She has been taking Meloxicam and Tramadol with mild relief. Pain reaches a 9/10.

#### Vital Signs

Temp: 97.4 F, HR: 70 /min, BP: 129/93 mm Hg, Wt: 189 lbs, BMI: 30.5 Index, Ht: 66 in, RR: 15 /min, Oxygen sat %: 96 %, Ht-cm: 167.64 cm, Wt-kg: 85.73 kg.

#### Examination

#### General Examination:

GENERAL APPEARANCE: in no acute distress, well developed, well nourished, alert, oriented x 3.

GAIT: non-antalgic gait.

HEAD: normocephalic, atraumatic.

EYES: pupils equal, round, , extraocular movement intact (EOMI) , sclera anicteric.

EARS: normal, hearing intact to whispered voice.

NOSE: no nasal drainage. ORAL CAVITY: mucosa moist.

THROAT: oropharynx clear, oral mucosa without lesions.

NECK/THYROID: neck supple, no cervical lymphadenopathy, , no thyromegaly.

SKIN: no suspicious lesions, warm and dry, no erythema, no rashes, no wounds.

HEART: no murmurs, regular rate and rhythm, S1, S2 normal.

LUNGS: clear to auscultation bilaterally.

ABDOMEN: normal, bowel sounds present, soft, nontender, nondistended.

EXTREMITIES: no clubbing, cyanosis, or edema.

PERIPHERAL PULSES: normal, 2+ throughout.

NEUROLOGIC: nonfocal, sensory exam intact, cranial nerves 2-12 grossly intact, deep tendon reflexes 2+ symmetrical, Babinski absent. <u>Lumbar Spine:</u>

Inspection loss of lordosis and scoliosis.

Skin no signs of erythema, pressure ulcers, rashes, lacerations.

Palpation positive tenderness at L4-L5 and L5-S1

Range of Motion decreased range of motion due to pain on flexion, extension, and rotation

Strength 4/5 strength lumbar spine and lower extremities left side. Stability no instability noted, can sit upright on exam table with minimum effort.

Special tests positive left straight leg raise, positive right straight leg

## REED, Dorothea DOB: 08/06/1966 (57 yo F) Acc No. 22837 - WC DOS: 03/04/2024

raise.

Neurological 2+ reflexes bilaterally, negative Babinski.

Left hip:

INSPECTION: no deformity noted. WOUNDS: no wounds appreciated.

LEG LENGTH: equal.

PALPATION: positive tenderness anterior hip

HIP RANGE OF MOTION: decreased ROM

STABILITY: no instability noted on internal and external rotation, abduction and adduction.

STRENGTH: 4/5 all motor groups.

SKIN: no pressure ulcers, rashes, erythema or wounds.

SENSATION: intact to light touch.

VASCULAR: good distal pulses 2+, neurovascularly intact (NVI) distally.

GAIT: without abnormality.

Right hip:

INSPECTION: no deformity noted. WOUNDS: no wounds appreciated.

LEG LENGTH: equal.

PALPATION: positive tenderness anterior hip,

HIP RANGE OF MOTION: decreased ROM,

STABILITY: no instability noted on internal and external rotation. abduction and adduction.

STRENGTH: 4/5 all motor groups.

SKIN: no pressure ulcers, rashes, erythema or wounds.

SENSATION: intact to light touch.

VASCULAR: good distal pulses 2+, neurovascularly intact (NVI) distally.

GAIT: without abnormality.

Left knee:

INSPECTION: no deformity, no ecchymosis present, no effusion or erythema, no significant swelling.

LEG EXAMINATION: negative Homan's sign, neurovascularly intact distally, calf soft and non-tender.

ALIGNMENT: no varus or flexion contracture.

WOUNDS: no wounds.

PALPATION: no specific pain to palpation.

TENDERNESS: no specific tenderness on palpation.

KNEE RANGE OF MOTION: full flexion and extension, o degrees to 130 degrees intact.

STABILITY: negative abduction medial collateral ligament (MCL) laxity, negative adduction lateral collateral ligament (LCL) laxity, negative anterior drawer test, negative Lachman's test, negative patella laxity, negative posterior drawer test.

STRENGTH: 5/5 strength on extension, 5/5 on flexion.

SKIN: no pressure ulcers, rashes, erythema or wounds.

LIGAMENTOUS LAXITY: all ligaments appear stable, but there is guarding on exam.

Print Preview

3/5/24, 9:28 AM

## REED, Dorothea DOB: 08/06/1966 (57 yo F) Acc No. 22837 - WC DOS: 03/04/2024

TESTS: negative McMurray's, negative patella grind.

GAIT: normal, heel to toe.

SENSATION: normal to light touch. VASCULAR: 2+ palpable distal pulses.

#### Right knee:

INSPECTION: no deformity, no ecchymosis present, no swelling or erythema, no significant swelling.

LEG EXAMINATION: negative Homan's sign, neurovascularly intact distally, calf soft and non-tender.

ALIGNMENT: no varus or flexion contracture.

WOUNDS: no wounds.

PALPATION: no specific pain to palpation.

TENDERNESS: no specific tenderness on palpation.

KNEE RANGE OF MOTION: full flexion and extension, o degrees to 130 degrees intact.

STABILITY: negative abduction medial collateral ligament (MCL) laxity, negative adduction lateral collateral ligament (LCL) laxity, negative anterior drawer test, negative Lachman's test, negative patella laxity, negative posterior drawer test.

STRENGTH: 5/5 strength on extension, 5/5 on flexion. SKIN: no pressure ulcers, rashes, erythema or wounds. TESTS: negative McMurray's, negative patella grind.

GAIT: normal, heel to toe.

SENSATION: normal to light touch. VASCULAR: 2+ palpable distal pulses.

#### **Assessments**

- 1. Lumbar radiculopathy M54.16 (Primary)
- 2. Spinal instability, lumbar M53.2X6
- 3. Right hip pain M25.551
- 4. Left hip pain M25.552

#### **Treatment**

## 1. Lumbar radiculopathy

PROCEDURE: PT/OT Eval and Treat 3x/week for 2 weeks PROCEDURE: PT/OT Modalities PRN

Clinical Notes: After reviewing imaging done in the office today, reviewing external notes, external imaging, and history and discussing findings with the patient, and based off our exam here today, the patient has findings consistent with lumbar radiculopathy. Given the patient's findings I recommended she start with conservative management. I gave her a prescription to start PT and approved continued usage of her Meloxicam and tramadol prn with pain. The patient was also prescribed and given an LSO back brace for lumbar radiculopathy and spinal instability. The patient has weakness and instability which requires stabilization from a rigid orthosis. She will be placed on light duty with restrictions of no lifting greater than 10-15 lbs and no heights/ladders. She will follow up in 2 weeks.

#### 2. Spinal instability, lumbar

Clinical Notes: The patient was also prescribed and given an LSO back brace for lumbar radiculopathy and spinal instability. The patient has weakness and instability which requires stabilization from a rigid orthosis.

3/5/24, 9:28 AM Print Preview

REED, Dorothea DOB: 08/06/1966 (57 yo F) Acc No. 22837 - WC DOS: 03/04/2024

3. Right hip pain

PROCEDURE: PT/OT Eval and Treat 3x/week for 2 weeks PROCEDURE: PT/OT Modalities PRN

Clinical Notes: After reviewing imaging done in the office today, reviewing external notes, external imaging, and history and discussing findings with the patient, and based off our exam here today, the patient has findings consistent with bilateral hip pain. Given the patient's findings I recommended she start with conservative management. I gave her a prescription to start PT and approved continued usage of her Meloxicam and tramadol prn with pain. The patient was also prescribed and given an LSO back brace for lumbar radiculopathy and spinal instability, as I believe her hip pain is also being referred from her lumbar spine. The patient has weakness and instability which requires stabilization from a rigid orthosis. She will be placed on light duty with restrictions of no lifting greater than 10-15 lbs and no heights/ladders. She will follow up in 2 weeks.

## 4. Left hip pain

PROCEDURE: PT/OT Eval and Treat 3x/week for 2 weeks PROCEDURE: PT/OT Modalities PRN

#### Procedures

## **Diagnostic Results:**

Lumbosacral Spine X-Ray 1. lumbosacral 4-view x-rays done in the office today shows scoliosis and reduced intervertebral spacing at L4-L5 and L5-S1.

Pelvis X-Ray 1. bilateral hips and pelvis 3-view x-rays done in the office today shows no fracture.

## Work/School Excuse:

Work Excuse Light duty until next appointment, no lifting greater than 15 lbs, no ladders/heights..

## **Visit Codes**

99204 Office/Outpatient Visit New.

#### **Procedure Codes**

73522 Radex Hips Bilateral With Pelvis 3-4 Views 72110 Radex Spine Lumbosacral Minimum 4 Views L0650 LSO SAGIT-CORNL CNTRL ANT PST PANL

#### Follow Up

2 Weeks

Vinay Popra

3/5/24, 9:28 AM

Print Preview

REED, Dorothea DOB: 08/06/1966 (57 yo F) Acc No. 22837 - WC DOS: 03/04/2024

Electronically signed by VINAY CHOPRA , MD on 03/04/2024 at 05:29 PM EST

Sign off status: Completed

Genesis Orthopaedic and Spine 116 S EUCLID AVE WESTFIELD, NJ 07090-2184 Tel: 908-588-2311 Fax: 908-588-2319

Progress Note: Vinay Chopra, MD 03/04/2024

Note gunerated by eClinicalWorks EMPPM Software gwes eClinical/Vorks.com)

## **Order Form**

Genesis Orthopaedic and Spine

♥ 116 S EUCLID AVE,

WESTFIELD, NJ, 07090-2184

908-588-2311 - 908-588-2319

Req/Ctrl# (CD-): 93913 Vinay Chopra, MD NPI: 1730329079

Sport Medicine

Reed, Dorothea, Female, 08/06/1966 ID: 22837 - WC

¶ 973-202-2611
¶ 235 BIRCHWOOD AVE, APT 118, CRANFORD, NJ 07016-2544

Today: 03/05/2024 09:27 AM Order Date: 03/04/2024 01:45 PM

Primary Insurance Name: DandH Alternative Risk Solutions Insurance Address: PO BOX 68, NEWTON, NJ, 07860-0068

Subscriber Number: IWC086891 Insured Name: Reed, Dorothea

Address: 235 BIRCHWOOD AVE, APT 118, CRANFORD, NJ 07016-2544

Priority

Test Name

Assessment(s)

Instructions

Routine

PT/OT Modalities PRN

- M54.16, Lumbar radiculopathy

- M25.551, Right hip pain

~ M25.552, Left hip pain

Vinay Chopen

Electronically Signed By: Vinay Chopra, MD

Signature of Patient/Guardian

Order generated by eClinicalWorks (www.eclinicalworks.com)

Reed, Dorothea, F, 08/06/1966

## **Order Form**

Genesis Orthopaedic and Spine

♥ 116 S EUCLID AVE,

WESTFIELD, NJ, 07090-2184

**Q** 908-588-2311 **a** 908-588-2319

Req/Ctrl# (CD-): 93913 Vinay Chopra, MD

> NPI: 1730329079 Sport Medicine

Reed, Dorothea, Female, 08/06/1966 ID: 22837 - WC

973-202-2611 • 235 BIRCHWOOD AVE, APT 118, CRANFORD, NJ 07016-2544

Primary Insurance Name: DandH Alternative Risk Solutions Insurance Address: PO BOX 68, NEWTON, NJ, 07860-0068

Subscriber Number: IWC086891 Insured Name: Reed, Dorothea

Address: 235 BIRCHWOOD AVE, APT 118, CRANFORD, NJ 07016-2544

Priority

Test Name

Assessment(s)

Instructions

Today: 03/05/2024 09:27 AM Order Date: 03/04/2024 01:45 PM

Routine

PT/OT Eval and Treat 3x/week for 2 weeks

- M54.16, Lumbar radiculopathy

- M25.551 Right hip pain

- M25.552, Left hip pain

Vinay Obopra.

Electronically Signed By: Vinay Chopra, MD

Signature of Patient/Guardian

Order generated by eClinicalWorks (www.eclinicalworks.com)

Reed, Dorothea, F, 08/06/1966