

160 E. Hanover Ave., Ste 201
Morristown, NJ 07960

1125 Route 22
Bridgewater, NJ 08807

333 Mount Hope Ave., Ste 140
Rockaway, NJ 07866

579 Cranbury Rd., Ste H
East Brunswick, NJ 08816

Mailing Address: P.O. Box 2266, Morristown, NJ 07962

Phone (973) 538-0900

Fax (973) 538-0909

Brief Note / Office Visit Summary - Worker's Comp

Patient: GARRY HOWARD

Physician: Dr. Charles Gatto, M.D.

Date of Service: 12/05/23

Employer:

Ins Co: D & H

Claim#: PJWC085939

DOI: 10/31/2023

NCM: KRISTIN WILKINSON

Phone: 973-940-1851

EXT: 259

Fax: 973-940-1852

Diagnoses / ICD-10:

Causal Relationship: Yes No

cent/thoracic (12) strain
possible (P) cent raxoraltu

Despite med
pt
set mod
x only

Treatment Plan:

nut - cent spine
med / set mod / pt with hook

Work Status:

No Work

Full Duty with No Restrictions

Restricted Duty: The patient is **Able / Unable** to do usual job with following restrictions:

Restrictions:

Lifting: up to 15 lbs.

Pushing/Pulling: up to 25 lbs.

Drive for Work: Yes / No

Bending: Yes / No

Sitting: Yes / No

NO Climbing: Yes / No

Standing: Yes / No

NO Overhead Activity: Yes / No

Walking: Yes / No

5 Minute Breaks Each Hour

Estimated date of return to usual job with some restriction:

Estimated date of return to full and unrestricted duties/activities:

Has patient reached Maximal Medical Improvement?

Yes No

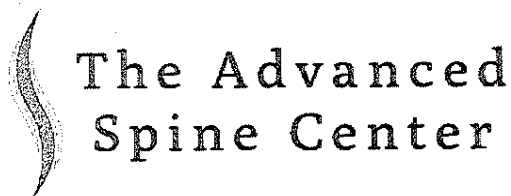
Follow up Visit:

12/22/23 10:15 AM

Charles A. Gatto, M.D.
Spine Surgery

Jason Lowenstein, M.D.
Pediatric/Adult Scoliosis
Spine Surgery

George S. Naseef, M.D.
Spine Surgery



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STUDIES

Patient Name: Garry Howard DOB: 7/3/24 Date: 12/5/23
Diagnosis: M54.12

End R UE Lumbar to (P) Scapula
area

PATIENTS: DO NOT BOOK YOUR STUDY UNTIL YOU HAVE CONTACTED OUR OFFICE SPECIALIST AT 973-538-0900 ext. 594 SO WE MAY SUBMIT THE AUTHORIZATION REQUEST.

Please Accept this as a Prescription / Request for:

- ☐ **X-RAY:** ☐ Lumbar Spine: AP / Lat / Flex / Ext ☐ Cervical Spine: AP / Lat / Flex / Ext
☐

☒ **MRI - with continuous axial images oriented parallel to disc spaces:**

- ☐ Lumbar Spine ☒ Cervical Spine ☐ Thoracic Spine
☒ Without Contrast ☐ With Contrast ☐ With and without Contrast
☐

☐ **CT - with small cuts and sagittal and coronal reconstructions:**

- ☐ Lumbar Spine ☐ Cervical Spine ☐ Thoracic Spine ☐ Bone windows only
☐

☐ **Myelogram / with follow up CT:** ☐ Lumbar spine ☐ Cervical Spine ☐ Thoracic Spine

☐ **Bone Scan:** ☐ Total Body ☐ Lumbar Spine / Pelvis / SPECT Images ☐ Other: ☐ **Bone Density**

☐ **EMG/NCV**

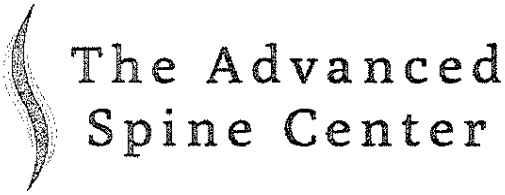
- ☐ **Blood Work:** ☐ CBC w/platelets ☐ ESR ☐ Rheum Factor ☐ HbA1C
☐ SMA-7 ☐ C- Reactive Protein ☐ ANA ☐ B12 / Folate
☐ SMA-20 ☐ SPEP ☐ Lyme Titer ☐ RPR
☐ PT/PTT ☐ PSA ☐ HLA-B27 ☐ T3 / FT4 / TSH

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WORK STATUS

Patient: Howard, Garry

Date of Service: 12/05/2023

Diagnoses / ICD-10: _____

☒ **The patient was seen in our office today:**

☐ **The patient is out of School / Gym / Sports until:** _____

Work Status: No work ☐ No Change in work status from last visit

Full Duty with No Restrictions

Restricted Duty: ☐ patient is **able** to do usual job with following restrictions:
☐ patient is **unable** to do usual job – see following restrictions:

Restrictions:

Lifting: up to <u>15</u> lbs.	Pushing/Pulling: up to <u>15</u> lbs.
Drive for Work: Yes / No	Bending: Yes / No
Sitting: Yes / No	Climbing: Yes / <u>No</u>
Standing: Yes / No	Overhead Activity: Yes / <u>No</u>
Walking: Yes / No	<input type="checkbox"/> 5 Minute Breaks Each Hour

The above work restrictions are in effect until: 12/22/23

Estimated date of return to usual job with some restriction:

Estimated date of return to full and unrestricted duties/activities:

Has patient reached Maximal Medical Improvement? Yes ☐ No

Follow-up Visit:

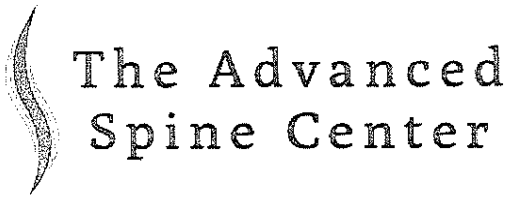
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Prescription for Physical Therapy

PATIENT NAME: Garry Howard

DATE: 12/5/23

DIAGNOSIS: Cervical Strain S13.4XX Thoracic Strain S23.3XX Lumbar Strain S39.012 R / L SI Joint M46.1
Cervical Radic M54.12 Thoracic Radic M54.14 Lumbar Radic M54.16 R / L Shoulder M25.51

Cent nerve and right nerve system

GOALS: Decrease Pain and Inflammation - Increase Strength and Range of Motion

☐ Wean from Brace

PRECAUTIONS: ☐ Post-op: Cervical / Thoracic / Lumbar

MODALITIES:

☒ : THERAPIST'S DISCRETION
☐ : HEAT
☐ : COLD

Cent
☒ : TRIAL OF TRACTION
☐ : NO TRACTION
☐ : T.E.N.S. TRIAL

☒ : ULTRASOUND
☒ : ELECTRIC STIMULATION
☒ : MANUAL THERAPIES

EXERCISE:

☒ : THERAPIST'S DISCRETION
☒ : AROM

☐ : FLEXION BIASED
☐ : EXTENSION BIASED

☒ : FUNCTIONAL ACTIVITIES
☒ : PROGRESSIVE ACTIVITIES

PROGRAMS:

☒ : TEACH HOME MAINTENANCE PROGRAM
☐ : AQUATIC / POOL THERAPY

☐ : FUNCTIONAL CAPACITY EVALUATION
☐ : WORK CONDITIONING / HARDENING

FREQUENCY OF TREATMENT 3 DAYS PER WEEK

DURATION OF TREATMENT 2 WEEKS

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Patient Name: Garry HowardDate: 12/5/23Pharmacy: CVS Roselle - 1st Ave

Anti-Inflammatory	Dispense #	Refill
<i>Celebrex</i> 200mg 1 tab po qd with food		
<i>Mobic</i> 15mg 1 tab po qd with food		
<i>Mobic</i> 7.5mg 1 tab po bid with food		
<i>Naprosyn EC</i> 500mg 1 tab po bid with food		
<i>Voltaren</i> 75mg 1 tab po q12h with food		
<i>Vimovo</i> 500mg 1 tab po bid with food		

Muscle Relaxants	Dispense #	Refill
<i>Flexeril</i> 5mg 1tab po q8h prn spasm		
<i>Flexeril</i> 10mg 1tab po qhs		
<i>Flexeril</i> _____ mg 1 tab po qhs prn spasm		
<i>Skelaxin</i> 800mg 1/2 - 1 tab po q8h prn spasm		

Oral Steroids	Dispense #	Refill
<i>Methylprednisolone</i> tablets Tapered Dose Pack over six days	1	
<i>Pepcid</i> 20mg tabs 1 tab po bid	20	
<i>Prednisone</i> tablets Tapered Dose Pack over five days (5mg tabs)		

Antibiotics	Dispense #	Refill
<i>Cipro</i> 250mg 1 po q 12hr.		
<i>Cipro</i> 500mg 1 po q 12hr.		
<i>Cleocin</i> 300mg 1 po tid		
<i>Keflex</i> 250mg 1 po q6h		
<i>Keflex</i> 500mg 1 po q6h		

Stool Softener	Dispense #	Refill
<i>Colace</i> 100mg 1 po q8h		
<i>Dulcolax</i> 10mg rectal suppository insert 1 suppository rectally q 12 hr as needed for constipation		
<i>Senokot</i> tabs 1 tab po bid		

Pain Patches / Pain Medication	Dispense #	Refill
<i>Flector Patch</i> apply to affected area q 12hr		
<i>Lidoderm Patches</i> Up to 3 to affected area, up to 12hrs on in any 24hr period		
<i>Gabapentin</i> 300 mg 1 tab po bid		
<i>Gabapentin</i> 100 mg 1 tab po bid		