

Referral Queue ID: 480518552

## Patient Referral

### Patient Information:

<b>Patient:</b>	Regalado, Margoth	<b>Home Phone:</b>	(908) 922-0552
<b>SSN:</b>	118-46-8966	<b>Work Phone:</b>	<b>Ext:</b>
<b>Address:</b>	1535 front st	<b>DOI:</b>	05/10/2023
	SCOTCH PLAINS, NJ 07076	<b>DOB:</b>	07/05/1946
		<b>Cell Phone:</b>	(908) 922-0552

### Employer Contact:

<b>Employer Location:</b>	Plainfield Board of Education	<b>Contact:</b>	Linda Smith
<b>Address:</b>	1200 Myrtle Ave	<b>Role:</b>	Unspecified
	Plainfield, NJ 070631139	<b>Phone:</b>	(908) 731-4325
<b>Auth. by:</b>		<b>Ext.:</b>	
		<b>Fax:</b>	

### Program:

### Billing Information:

<b>Carrier:</b>	D&H Alternative Risk Solutions	<b>Billing:</b>	D&H Alternative Risk Solutions
<b>Address:</b>	PO Box 68	<b>Address:</b>	PO Box 68
	Newton, NJ 078600068		Newton, NJ 078600068
<b>Phone:</b>	(973) 940-1851	<b>Claim #:</b>	
<b>Fax:</b>	(908) 684-9911		
<b>Notes:</b>	Alt name, Dietz & Hammer		

### Referral Contact:

**Contact:** ANGELA MONTGOMERY  
**Role:** Adjuster  
**Phone:** (973) 940-1851 **Ext.:** 241  
**Fax:**  
**Email:**

### **\*\*NOTE TO THE ABOVE FACILITY OR PHYSICIAN:**

Please send a copy of all reports on this patient to the payer and the center.

Referral Queue ID: 480518552

## Patient Referral

### Patient Information:

Patient:	Regalado, Margoth	Home Phone:	(908) 922-0552	
SSN:	118-46-8966	Work Phone:		Ext:
Address:	1535 front st	DOI:	05/10/2023	Cell Phone:
	SCOTCH PLAINS, NJ 07076	DOB:	07/05/1946	(908) 922-0552

### Therapy Referral Information:

Referral Status: Pending Auth

### REFERRAL PRESCRIPTION

Provider Type: Physical Therapist

#### Requested

Total Treatments:	6	Request Comments:
Treatments per Week:	3	Auto Generated
Treatment Duration:	2 Weeks	

#### Additional Notes

amontgomery@risksolutions.com

Date: 05/10/2023

Referring Provider:

\*\*\* Provider Signature on File \*\*\*

Number of Visits to Date: 0

#### Authorized

Total Treatments:	Auth Number:
Treatments per Week:	Effective Date:
Treatment Duration:	Expiration Date:
Authorization Comments:	Units Authorized:

**\*\*NOTE TO THE ABOVE FACILITY OR PHYSICIAN:**

Please send a copy of all reports on this patient to the payer and the center.

Claim Number:

## Work Activity Status Report

Patient: Margoth Regalado Last 4 Digits of SSN: xxx-xx-8966 Date of Birth: 07/05/1946  
Address: 1535 front st SCOTCH PLAINS NJ 07076 Employer Location: Plainfield Board of Educa Contact: Linda Smith  
Home: +19089220552 Address: 1200 Myrtle Ave Plainfield , NJ 07063-1139 Role: Unspecified  
Work: Authorized by: Phone: +19087314325 Fax: 0-0-0000

**THIS VISIT** Visit Type: Initial Time In: 09:50:00 AM Time Out: 11:36:58 AM  
Treating Clinician: Anthony Tarasenko, M.D.

**Diagnoses:**

Contusion of knee, left (S80.02XA)  
Contusion of hand, left (S60.222A)  
Accidental fall (W19.XXXA)

**Medications:**

- ☐ Dispensed prescription medication  
☐ Dispensed over-the-counter medication  
☐ Medication(s) prescribed

### PATIENT STATUS

**Employer Notice:** The prescribed activity recommendations are suggested guidelines to assist in the patient's treatment and rehabilitation. Your employee has been informed that the activity prescription is expected to be followed at work and away from work.

**Treatment Status:**

Returning for follow-up: 5 12 2023, Continue Therapy/Rehabilitation as scheduled, MMI Anticipated Date: 6/30/2023

**Work Status:**

Return to full work/activity today  
Patient may work their entire shift

**Activity Prescription:**

Key: **Occasionally** = up to 3 hrs/day; **Frequently** = up to 6 hrs/day; **Constantly** = up to 8 hours or greater per day

--	--

Based on the Department of Labor definitions

### NEXT VISIT(S)

**Visit Date and Time:**

05/12/2023 03:30 PM

**Visit Type:**

Medical	Therapy	Specialist
<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Clinician:**

Anthony Tarasenko, MD

**Patient Notice:** It is essential to your recovery that you keep your scheduled appointments, but should you need to reschedule or cancel, please contact the clinic. Thank you for your cooperation.

## Transcription

**Patient:** Regalado, Margoth  
**Soc. Sec. #:** XXX-XX-8966  
**Date of Birth:** 7/5/1946 **Age:** 76  
**Service Location:** CMC - NNJ South Plainfield  
**Claim Number:**  
**Diagnosis:** S80.02XA CONTUSION OF LEFT KNEE, INITIAL ENCOUNTER-S80.02XA

**Service ID #:** 486513522  
**Referral Q ID:**  
**Injury Date:** 5/10/2023 **Service Date:** 5/10/2023  
**Employer:** Plainfield Board of Education  
**Dictated By:** Anthony Tarasenko, MD

### Notes:

#### Reason For Visit

Chief Complaint: The patient presents today with left hand and knee injury. Pt states she was walking and the carpet was folded she tripped and fell injuring her left hand and knee.

Workers Compensation - Patients Occupation: teacher assistant.

Chaperone was offered: Patient declined the presence of a chaperone

#### Vitals

##### Vital Signs

Recorded: 10May2023 10:52AM

Systolic: 130

Diastolic: 82

BP Cuff Size: Regular - Adult

Heart Rate: 57

Respiration: 14

Height: 5 ft 2 in

Weight: 196 lb

BMI Calculated: 35.85 kg/m2

BSA Calculated: 1.9

#### Medical History

No significant past medical history.

#### FAMILY HISTORY:

The patients family history has been obtained and carefully reviewed. It has been determined that the patients family history is noncontributory to the current injury.

#### Surgical History

History of Knee Surgery

History of Shoulder Surgery Right

#### Allergies

No Known Drug Allergies

#### Occupational History

Occupational History

Occupational history was provided by the patient.

Type of job / Job title: teacher assistant.

Major job functions: teacher assistant.

Length of time at this job: 22 year(s).

Average daily work hours: 8. Average weekly work hours: 40.

Recent overtime: No

Documented By: Anthony Tarasenko, MD  
Documented On: 5/10/2023 11:35 AM

## Transcription

**Patient:** Regalado, Margoth  
**Soc. Sec. #:** XXX-XX-8966  
**Date of Birth:** 7/5/1946 **Age:** 76  
**Service Location:** CMC - NNJ South Plainfield  
**Claim Number:**  
**Diagnosis:** S80.02XA CONTUSION OF LEFT KNEE, INITIAL ENCOUNTER-S80.02XA

**Service ID #:** 486513522  
**Referral Q ID:**  
**Injury Date:** 5/10/2023 **Service Date:** 5/10/2023  
**Employer:** Plainfield Board of Education  
**Dictated By:** Anthony Tarasenko, MD

### Notes:

#### History of Present Illness

##### Acute Musculoskeletal:

Acute Musculoskeletal Injury History: injured today.

This is the result of fall onto outstretched arm and trip and fall.

Occurred while at work, sp bilateral knee replacemtn x 10 years ago and fell on her left outstretched left hand and landed on her left knee cc slight ach wishes to go back to work.

#### Review of Systems

Constitutional: no fever and no chills.

Eyes: Reviewed and found to be negative.

Cardiovascular: Reviewed and found to be negative.

Respiratory: Reviewed and found to be negative.

Gastrointestinal: Reviewed and found to be negative.

Genitourinary: no missed menstrual period.

Musculoskeletal: joint pain, muscle pain, joint swelling, joint stiffness and muscle weakness.

Integumentary: Reviewed and found to be negative.

Neurological: Reviewed and found to be negative.

Psychiatric: Reviewed and found to be negative.

Hematologic and Lymphatic: Reviewed and found to be negative.

#### Physical Exam

Constitutional: well appearing and well nourished.

Head/Face: Normocephalic and atraumatic.

Eyes: conjunctiva and lids with no swelling, erythema or discharge.

ENT: No erythema or edema of the external ears or nose.

Neck: The neck is supple and symmetric with midline trachea and no masses.

Breasts: breast exam was declined.

Pulmonary: no increased work of breathing or signs of respiratory distress.

Cardiovascular: normal rate and rhythm, normal S1 and S2, without gallops or rubs.

Abdomen: soft, non-distended, and no tenderness.

Genitourinary: pelvic exam was declined.

Lymphatic: no lymphadenopathy.

Musculoskeletal: Normal gait. No tenderness or swelling of extremities. Range of motion is within normal limits. Normal muscle strength and tone.

Left Shoulder: Appearance normal. No deformity. No tenderness. Full range of motion. Strength normal. No signs of impingement.

Left Upper Arm: Appearance normal. No deformity. No tenderness. Full range of motion. Strength normal.

**Documented By: Anthony Tarasenko, MD**  
**Documented On: 5/10/2023 11:35 AM**

## Transcription

**Patient:** Regalado, Margoth  
**Soc. Sec. #:** XXX-XX-8966  
**Date of Birth:** 7/5/1946 **Age:** 76  
**Service Location:** CMC - NNJ South Plainfield  
**Claim Number:**  
**Diagnosis:** S80.02XA CONTUSION OF LEFT KNEE, INITIAL ENCOUNTER-S80.02XA

**Service ID #:** 486513522  
**Referral Q ID:**  
**Injury Date:** 5/10/2023 **Service Date:** 5/10/2023  
**Employer:** Plainfield Board of Education  
**Dictated By:** Anthony Tarasenko, MD

### Notes:

Left Elbow: Appearance normal. No deformity. No tenderness. Full range of motion. Strength normal.

Left Forearm: Appearance normal. No deformity. No tenderness. Full range of motion. Strength normal.

Left Wrist: Appearance normal. No deformity. No tenderness. Full range of motion. Strength normal.

Left Hand/Fingers:  
normal hand grip able to oppose finger to thumb.  
ROM / Motor Strength:  
Motor tone:  
Neuro/Vascular

Hip: Appearance normal. No deformity. No tenderness. Full range of motion. Strength normal.

Thigh: Appearance normal. No deformity. No tenderness. Full range of motion. Strength normal.

Left Knee: Appears with. Incision is clean, dry, and intact. Sp left knee replacement no edema non tender. There is no tenderness.

Lower Leg: Appearance normal. No deformity. No tenderness. Full range of motion. Strength normal.

Ankle: Appearance normal. No deformity. No tenderness. Full range of motion. Strength normal.

Foot/Toes: Appearance normal. No deformity. No tenderness. Full range of motion. Strength normal.

Chest: Chest is normal in appearance.

Cervical Spine: with normal lordosis, no tenderness and full range of motion.

Thoracic Spine: without kyphosis, no tenderness, full range of motion.

Lumbosacral Spine: with normal lordosis, no tenderness and full ROM. Straight leg raises negative bilaterally.

Skin: Normal without rashes or lesions. Normal turgor.

Neurologic: No interosseous weakness present. cranial nerves grossly intact. normal mental status. upper and lower extremity reflexes symmetric bilaterally. sensation intact to light touch. normal finger to nose and negative Romberg. Gait evaluation demonstrated a normal gait, full weight bearing, no ataxia, no shuffling.

Psychiatric: . Judgment and insight are normal. oriented to person, place, and time. speech is appropriate in content and delivery. Recent and remote memory is intact. mood and affect are appropriate.

### ASSESSMENT

1. Contusion of knee, left (S80.02XA)
2. Contusion of hand, left (S60.222A)

**Documented By:** Anthony Tarasenko, MD  
**Documented On:** 5/10/2023 11:35 AM

## Transcription

**Patient:** Regalado, Margoth  
**Soc. Sec. #:** XXX-XX-8966  
**Date of Birth:** 7/5/1946 **Age:** 76  
**Service Location:** CMC - NNJ South Plainfield  
**Claim Number:**  
**Diagnosis:** S80.02XA CONTUSION OF LEFT KNEE, INITIAL ENCOUNTER-S80.02XA

**Service ID #:** 486513522  
**Referral Q ID:**  
**Injury Date:** 5/10/2023 **Service Date:** 5/10/2023  
**Employer:** Plainfield Board of Education  
**Dictated By:** Anthony Tarasenko, MD

### Notes:

3. Accidental fall (W19.XXXA)

Plan

1. X-Ray, Left hand; minimum of 3 views; Requested for:10May2023;

Perform:RAMSOFT; Due:17May2023; Last Updated By:Riashi, Lisa; 5/10/2023 11:08:14

AM;Ordered;

For:Contusion of hand, left; Ordered By:Tarasenko, Anthony;

Was patient shielded? : Yes

2. X-Ray, Left knee; 1 or 2 views; Requested for:10May2023;

Perform:RAMSOFT; Due:17May2023; Last Updated By:Riashi, Lisa; 5/10/2023 11:08:27

AM;Ordered;

For:Contusion of knee, left; Ordered By:Tarasenko, Anthony;

Was patient shielded? : Yes

3. Physical Therapy Referral Physical Therapy See Referral Comment! Requested for: 10May2023

Ordered;

For: Contusion of hand, left; Ordered By: 3115, GenericProvider Performed: Due: 24May2023

Laterality 1 : Left

Body Part 1 : Hand

PT Necessary : PT is medically necessary to address objective impairment/functional loss and to expedite return to full activity

Frequency : 3 x week

Duration : 2 weeks

Therapy Order : Evaluate and Treat

4. Strapping; hand or finger; Requested for:10May2023;

Perform:In Office; Due:20May2023;Ordered;

For:Contusion of hand, left; Ordered By:3115, GenericProvider;

5. WRIST-ELASTIC WRIST BRACE; Requested for:10May2023;

Perform:In Office; Due:15May2023;Ordered;

For:Contusion of hand, left; Ordered By:3115, GenericProvider;

Dispensed : Today for home use. The patient was instructed to use as directed for reduction of pain

otc analgesics

NO MEDICATIONS WERE PRESCRIBED OR DISPENSED FOR THIS ENCOUNTER.

Discussion/Summary

Documented By: Anthony Tarasenko, MD  
Documented On:5/10/2023 11:35 AM

## Transcription

**Patient:** Regalado, Margoth  
**Soc. Sec. #:** XXX-XX-8966  
**Date of Birth:** 7/5/1946 **Age:** 76  
**Service Location:** CMC - NNJ South Plainfield  
**Claim Number:**  
**Diagnosis:** S80.02XA CONTUSION OF LEFT KNEE, INITIAL ENCOUNTER-S80.02XA

**Service ID # :** 486513522  
**Referral Q ID:**  
**Injury Date:** 5/10/2023 **Service Date:** 5/10/2023  
**Employer:** Plainfield Board of Education  
**Dictated By:** Anthony Tarasenko, MD

### Notes:

regular duty  
normal xary  
pt to left hand

Chaperone was declined

A comprehensive discussion was held with the patient to review the diagnosis and overall treatment plan and objectives. The patient verbally acknowledged their understanding of all items discussed, and was afforded an opportunity to get clarification and/or ask additional questions regarding the proposed treatment(s). Patient was instructed to keep their scheduled appointments for follow-up and/or return to Concentra.

### Activity Status and Restrictions

#### Treatment Status:

Returning for follow-up: 5 12 2023  
Continue Therapy/Rehabilitation as scheduled.  
Anticipated date of MMI: 6. 30. 2023.

#### Activity Status

Return to full work/activity today.  
Work Duration  
Patient may work their entire shift.

### Signatures

Electronically signed by : Anthony Tarasenko, M.D.; May 10 2023 11:35AM EST -  
Author

Electronically signed by : Anthony Tarasenko, M.D.; May 10 2023 11:36AM EST - Author

**Documented By: Anthony Tarasenko, MD**  
**Documented On: 5/10/2023 11:35 AM**