



445 E Anaheim Street Suite L
 Wilmington, CA 90744 - 4600
 PH: 562 267-3798
 FAX: 562-222-3883

PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Galo	Morales	07-30-1968	Male
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Shayla Matthews, FNP-C		09-19-2023	SCL58467
Insurance:	Employer:	Claim Number:	Date of Injury:
City of Long Beach	City of Long Beach_Workers' Compensation	20240436	09-11-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Wilmington		445 E Anaheim Street, Suite L, Wilmington CA 90744 - 4600	

History of Present Illness

Patient is a 55 year old male.

Patient evaluated today for follow up visit after MVA resulting in neck, left shoulder and lower back pain. Patient reports his pain in his neck and left shoulder are worsening with movement and has seen no improvement. Patient states that he has a shooting pain from his neck to left shoulder then to his fingers with numbness and tingling. He also states his neck gets stiff and has difficulty with range of motion. Patient describes pinching, 5 out of 10 pain. Patient reports his lower back pain is improving with 3 out of 10 pain with numbness and tingling in bilateral legs. Patient says he is not using the ibuprofen because it is not helping his pain. He is currently using heat and doing home exercises.

Surgical History

Left knee surgery by Albert Tsai . Right knee surgery by Albert Tsai. Right shoulder rotator cup by Albert Tsai at Memorial - LB.

Allergy

No Known Drug Allergies.

Current Medication

No Known Current Medication

Social History

Work History: He is employed - full time. Gas dept csr . He has been in the current profession for Current. He previously worked for N/A as a

Use of Drugs/Alcohol/Tobacco: Drinks alcohol occasionally. Reports drinking beer. Smoking Status (MU) light tobacco smoker. He denies his alcohol consumption as being problem to self or family or others. Reports consuming caffeine/caffeinated drinks 1-2 cup a day. He has never used any illicit drugs.

Vitals

Pain scale was 9 out of 10.

Weight: 200.00 lbs.

Height: 68.00 inches.

Temperature: 98.40 F.

Pulse: 62 per min.

Pulse rhythm regular: Yes

Respiration: 17 breaths per min.

BMI: 30.

BP Systolic: 130 mm Hg.

BP Diastolic: 80 mmHg.

Pulse Oximetry: 98

Physical Examination

HEAD/NEURO EXAM:

A. VISUALIZATION: Exam of the head and neurologic system: Normal gait. No gross deformity. No swelling, ecchymosis, open wounds, scars, or skin lesions PERRLA. EOMI. Funduscopic exam normal. Otoscopic exam of the ears and of the nose and nasal turbinates are normal without drainage. 1cm scratch in left ear canal present. Oropharynx is clear without obvious trauma to teeth. Cranial nerves 2-12 intact.

B. PALPATION There is no tenderness to palpation including the frontal and maxillary sinuses.

C. NEUROVASCULAR: No sensory deficit to light touch over the face, torso, or extremities. Normal 2/4 reflexes at the bilateral patella, biceps, triceps, and ankles. Brisk capillary refill less than 2 seconds in the fingers and toes. 5/5 motor strength in the face and extremities. Normal finger to nose and heel-shin testing. Negative Romberg.

SHOULDER EXAM

A. LATERALITY: Left

B. VISUAL INSPECTION: No gross deformity. No swelling, no ecchymosis, or open wounds noted.

C. PALPATION: Mild tenderness to trapezius muscle .

D. ACTIVE RANGE OF MOTION:

FLEXION 0 to 180 degrees

EXTENSION 0 to 30 degrees

ABDUCTION 0 to 180 degrees

ADDUCTION 0 to 50 degrees

INTERNAL ROTATION 0 to 90 degrees

EXTERNAL ROTATION 0 to 90 degrees

E. NEUROVASCULAR: Brisk capillary refill less than 2 seconds. 5/5 motor strength and light touch sensation intact throughout.

F. SPECIALTY TESTS: Negative Neer and Hawkins testing.

G. CONTRALATERAL SIDE: Exam is normal.

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HIP EXAM

A. LATERALITY: Left

B. VISUAL INSPECTION: No gross deformity. No swelling, no ecchymosis, or open wounds. Normal gait without observable limp.

C. PALPATION: No tenderness to palpation.

D. ACTIVE RANGE OF MOTION:

FLEXION 0 to 120 degrees

EXTENSION 0 to 115 degrees

ABDUCTION 0 to 45 degrees

ADDUCTION 45 to 0 degrees

E. NEUROVASCULAR: Brisk capillary refill less than 2 seconds. 5/5 motor strength. Normal light touch sensation.

F. SPECIALTY TESTS: Negative Trendelenburg testing. Negative Patrick's (FABER).

G. CONTRALATERAL SIDE: Exam is normal.

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CERVICAL EXAM

A. VISUAL INSPECTION: Normal gait and posture. No gross deformity. No swelling, no ecchymosis, or open wounds.

B. PALPATION: Mild tenderness to palpation.

C. ACTIVE RANGE OF MOTION:

FLEXION 0 to 50 degrees

EXTENSION 0 to 60 degrees

LATERAL ROTATION RIGHT/LEFT 0 to 80 degrees

LATERAL FLEXION RIGHT/LEFT 0 to 45 degrees

D. NEUROVASCULAR: Normal sensation to light touch throughout the neck, upper torso, and bilateral upper extremities. 5/5 motor strength in neck and upper extremities. Normal 2/4 reflexes biceps, brachioradialis, pronator teres and triceps.

E. SPECIALTY TESTS: Negative Spurling's test for spinal nerve root.

Orders:

Assessment and Plan

ICD: Strain of neck muscle, subsequent encounter (S16.1XXD)

Assessment: Patient evaluated today for follow up visit after MVA accident on 9/11 causing pain in his neck, left shoulder and lower back. Patient reports pain is worse and not improving. Limited range of motion in neck and shoulder.

Plan: Ibuprofen 800mg as need for pain. Ice twice a day for pain. Will request physical therapy for strengthening and mobility and will request MRI.

Will follow up in 1 week to re-evaluate injury progression.

ICD: Strain of left shoulder, subsequent encounter (S46.912D)

ICD: Strain of lumbar region, subsequent encounter (S39.012D)

CPT Codes:

WC002 (WC002)

Office O/p Est Mod 30-39 Min (99214)

Follow up: -

A handwritten signature in black ink, appearing to read "Galo Morales". To the right of the signature, the word "FABER" is printed in a small, bold, sans-serif font.

Morales, Galo DOB:07-30-1968

Shayla Matthews FNP-C

This has been electronically signed by Shayla Matthews FNP-C for visit dated 09-19-2023.

Clinic Address: 445 E Anaheim Street, Suite L, Wilmington CA 90744 - 4600

A handwritten signature in black ink, appearing to read 'Minh Nguyen', with a stylized flourish at the end.

Minh Nguyen DO, MPH, FACOEM
Supervising Provider

This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 09-19-2023.

A handwritten signature in black ink, appearing to read 'Minh Nguyen', with a stylized flourish at the end.

Minh Nguyen DO, MPH, FACOEM
Rendering Provider

This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 09-19-2023.