



3601 Caldwell Dr
Soquel, CA 95073 - 2055
PH: 831-576-3000
FAX: 831 461-3641

PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Raul	Hernandez	06-20-1957	Male
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Solinda Lim, NP		09-19-2023	SCL05407
Insurance:	Employer:	Claim Number:	Date of Injury:
Sedgwick	City of Santa Cruz	4A2309BD1M8-0001	09-08-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Santa Cruz		3601 Caldwell Dr, Soquel CA 95073 - 2055	

History of Present Illness

Patient is a 66 year old male.

Left shoulder injury from lifting heavy objects above his shoulder. Now states his left shoulder still sore. Has improved it a little bit but not much and patient is now having problems sleeping at night.

X rays were normal.

Past Medical History

No Known Past Medical History

Surgical History

4&: Hand .

Allergy

No Known Drug Allergies.

Current Medication

cyclobenzaprine 5 mg tablet 1 At Bedtime
ibuprofen 400 mg tablet 1 Every 8 Hours
acetaminophen 500 mg tablet 1 Twice A Day PRN
ibuprofen 800 mg tablet 1 Twice A Day PRN

Social History

Work History: He is employed - full time. He has been in the current profession for 18 years.

Use of Drugs/Alcohol/Tobacco: Drinks alcohol daily. Reports drinking Beer. He denies his alcohol consumption as being problem to self or family or others. Reports consuming caffeine/cafeinated drinks 1-2 cup a day. He has never used any illicit drugs. He denies using street drugs with a needle.

Vitals

Pain scale was 0 out of 10.

Pulse: 64 per min.

Pulse rhythm regular: Yes

BP Systolic (Second Reading): 122 mmHg.

BP Diastolic (Second Reading): 74 mmHg.

Physical Examination

Patient is alert and appears in no acute distress.

SHOULDER EXAM

A. LATERALITY: Left

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

C. PALPATION: No tenderness to palpation.

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.

.

Orders:

Assessment and Plan

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

Assessment: Patient complaints of left shoulder sharp/aching pain 8/10. Patient states his left shoulder still sore since last visit. Has improved it a little bit but not much and patient is now having problems sleeping at night.

Plan: Continue normal activity as tolerated for range of motion. Take Ibuprofen and icing/heating pad as needed for pain relief. Pending PT and MRI approval.

Continue modify duty. F/U in 2 weeks

CPT Codes:

Office O/p Est Low 20-29 Min (99213)

E and M Time Factor/ Medical Decision Making Notes:

Number and Complexity of Problems Addressed

1 acute, uncomplicated illness or injury

Risk of Complications and/or Morbidity or Mortality of Patient Management

Low risk of morbidity from additional diagnostic testing or treatment

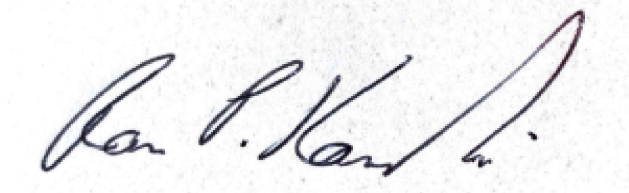
Follow up: -

A handwritten signature in black ink on a light-colored background. The signature is cursive and appears to read 'Solinda Lim'. There is a small cross-like mark at the end of the signature.

Solinda Lim NP

This has been electronically signed by Solinda Lim NP for visit dated 09-19-2023.

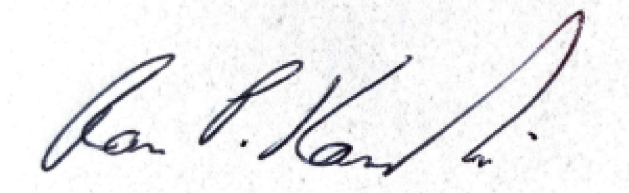
Clinic Address: 3601 Caldwell Dr, Soquel CA 95073 - 2055

A handwritten signature in black ink on a light-colored background. The signature is cursive and appears to read 'Roman Kownacki'. There is a small cross-like mark at the end of the signature.

Roman Kownacki MD

Supervising Provider

This has been electronically signed by Roman Kownacki MD for visit dated 09-19-2023.

A handwritten signature in black ink on a light-colored background. The signature is cursive and appears to read 'Roman Kownacki'. There is a small cross-like mark at the end of the signature.

Roman Kownacki MD

Rendering Provider

This has been electronically signed by Roman Kownacki MD for visit dated 09-19-2023.