



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:
Elvia	Fuentes	03-14-1969	Female
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Shayla Matthews, FNP-C		09-19-2023	SCL00577
Insurance:	Employer:	Claim Number:	Date of Injury:
Tristar Risk Management	Long Beach Unified School District	231106002	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 54 year old female.

Patient returns for follow up left upper arm pain after dumping trash off a tray. Patient reports pain is improving however reports she is still having pain with lifting. Patient describes positional, 5 out of 10 pain. Patient reports taking Tylenol and ice is helping.

Past Medical History

Heart palpitations . Asthma . Hypothyroidism . Hypertension . Tachycardia .

Surgical History

No Known Surgical History

Allergy

No Known Drug Allergies.

Current Medication

levothyroxine
 Levothyroxine
 metoprolol
 Metoprolol
 telmisartan
 Telmisartan

Social History

Work History: She is employed - part-time. Food handler . She has been in the current profession for 8 years. She previously worked for 8 years as a Prior occupation: cashier.

Use of Drugs/Alcohol/Tobacco: Never drinks any alcohol. Smoking Status (MU) never smoker. Reports consuming caffeine/cafeinated drinks 1-2 cup a day. She has never used any illicit drugs. She denies using street drugs with a needle.

Vitals

Pain scale was 5 out of 10.

Weight: 298.00 lbs.

Height: 63.00 inches.

Temperature: 98.00 F.

Pulse: 81 per min.

Pulse rhythm regular: Yes

Respiration: 18 breaths per min.

BMI: 53.

BP Systolic: 129 mm Hg.

BP Diastolic: 81 mmHg.

Pulse Oximetry: 99

Physical Examination

ELBOW EXAM

A. LATERALITY: Left

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

C. PALPATION: Mild tenderness to bicep muscle

D. ACTIVE RANGE OF MOTION:

FLEXION 0 to 140 degrees

EXTENSION 0 degrees

SUPINATION 0 to 80 degrees

PRONATION 0 to 80 degrees

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

F. SPECIALTY TESTS: Negative Tinel's sign at the elbow. No resisted extension at the wrist for lateral epicondylitis. No resisted flexion at the wrist for medial epicondylitis.

G. CONTRALATERAL SIDE: Exam is normal.

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Orders:

Assessment and Plan

ICD: Strain of left biceps muscle, initial encounter (S46.212A)

Assessment: Patient returns today for left upper arm pain after dumping trash off a tray. Patient continues to have mild tenderness noted along bicep muscle with improvement in range in motion.

Plan: Ibuprofen 800mg BID as needed for pain. Ice BID as needed for pain. Will request physical therapy to help with mobility. Follow up in 1 week to re-evaluate injury progression.

ICD: Strain of left biceps muscle, subsequent encounter (S46.212D)

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: -

Handwritten signature of Shayla Matthews in black ink. The signature is cursive and includes the letters 'FNP-C' written above it.

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

Handwritten signature of Minh Nguyen in black ink. The signature is cursive and appears to be 'Minh Nguyen'.

Minh Nguyen DO, MPH, FACOEM
Supervising Provider

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

Handwritten signature of Minh Nguyen in black ink. The signature is cursive and appears to be 'Minh Nguyen'.

Minh Nguyen DO, MPH, FACOEM
Rendering Provider

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