



6001 Shellmound St. Suite 115
Emeryville, CA 94608 - 1924
PH: 510-653-5200
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PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Cody	Campbell	06-29-1990	Male
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Phong Nguyen, NP		08-08-2023	SCL49009
Insurance:	Employer:	Claim Number:	Date of Injury:
CCMSI Insurance	ONE SOURCE	2388K83102	08-04-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Emeryville		6001 Shellmound St., Suite 115, Emeryville CA 94608 - 1924	

History of Present Illness

Patient is a 33 year old male.

DOI 8/2/2023. Pt here for new injury to the left knee. He works as a operations manager involving moving on and off vessels, slippery environments, moving heavy equipment. He also works from home. On 8/2/23, he was moving equipment as heavy as 300 lbs all day. Denies any specific time that caused any pain. He developed mild aching pain the following day and continued to work moving heavy equipment. He is very active and goes to the gym multiple times per week. Due to his work load, he has been off from any off work activities and denies any trauma. Denies any hx of injury.

Today, notes moderate improvement in pain and swelling of the left knee/thigh. Pain level 3/10 aching with limited flexion d/t pain. He is taking ibuprofen as needed, stretching, and using ice.

Past Medical History

No Known Past Medical History

Surgical History

No Known Surgical History

Allergy

No Known Drug Allergies.

Current Medication

No Known Current Medication

Social History

Work History: He is employed - full time. He has been in the current profession for 10 years. He previously worked for 1 year as a Prior occupation: Commercial diver.

Use of Drugs/Alcohol/Tobacco: Drinks alcohol once a week. Reports drinking Hard alcohol. Smoking Status (MU) former smoker. 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.

Review of Systems

Constitutional Symptoms: Normal Appearance. Denies Any kind of disability, for any reason, fever, weight loss or fatigue.

Eyes: Denies blurred vision, double vision, glaucoma, discharge, itching, lacrimation, pain or redness of eyes.

Ears/Nose/Throat/Mouth: Denies poor hearing, dry mouth or sore throat.

Cardiovascular: Denies chest pain, chest tightness, tightness/pressure/squeezing, palpitations, prior heart attack, heart murmur or fainting.

Respiratory: Denies shortness of breath with exertion, shortness of breath with lying flat, chest tightness, asthma, COPD or Pneumonia.

Gastrointestinal: Denies blood in stool, ulcers, diarrhea or constipation.

Genitourinary: Denies kidney stones, frequent urination or bladder infection.

Skin: Denies cancer, bruising, rash, infection/ulcer or discoloration in legs.

Vitals

Pain scale was 0 out of 10.

Temperature: 98.40 F.

Pulse: 78 per min.

Pulse rhythm regular: Yes

BP Systolic: 132 mm Hg.

BP Diastolic: 87 mmHg.

Physical Examination

Patient is alert and appears in no acute distress.

KNEE EXAM

A. LATERALITY: Left

B. VISUAL INSPECTION: Swelling and erythema of the distal thigh above the knee cap.

C. PALPATION: TTP with palpitation of the thigh above knee cap.

D. ACTIVE RANGE OF MOTION:

FLEXION 0 to 135 degrees (pain at 95 degrees)

EXTENSION 0 degrees

VARUS 0 to 2 degrees

VALGUS 0 to 6 degrees

E. NEUROVASCULAR: Capillary refill less than 2 seconds.

F. SPECIALTY TESTS: Negative Varus and Valgus maneuvers for lateral and medial collateral ligament stability. Negative Anterior and Posterior Drawer tests.

G. CONTRALATERAL SIDE: Exam is normal.

.

Orders:

Assessment and Plan

ICD: Muscle strain of left thigh (S76.912A)

Assessment: Pain and swelling of distal left thigh above knee cap moderately improved with ibuprofen and icing.

Reviewed Xrays with Patient

Left knee Xray 8/8/2023: moderate joint effusion

Left femur xray 8/8/2023: CAM femoral acetabular impingement. Minimal-mild secondary hip osteoarthritis

Plan: Take ibuprofen 800mg 3 times per day for the next 3 days. Use of heat for 15-20 mins 3 times per day. F/u one week televisit.

CPT Codes:

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

WC002 (WC002)

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: 1 Week



Phong Nguyen NP

This has been electronically signed by Phong Nguyen NP for visit dated 08-08-2023.

Clinic Address: 6001 Shellmound St., Suite 115, Emeryville CA 94608 - 1924



Minh Nguyen DO, MPH, FACOEM

Supervising Provider

This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 08-08-2023.

Campbell, Cody DOB:06-29-1990

A handwritten signature in black ink, appearing to read 'Minh Nguyen', written in a cursive style.

Minh Nguyen DO, MPH, FACOEM
Rendering Provider

This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 08-08-2023.