



15401 S Main St.
Gardena, CA 90248 - 2214
PH: 424 292-3260
FAX: 424 292-3266

PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Gabriela	Alvarez Hernandez	07-26-1982	Female
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Minh Nguyen, DO, MPH, FACOEM		09-19-2023	SCL59376
Insurance:	Employer:	Claim Number:	Date of Injury:
Sedgwick	Paramount USD	26064470001	09-15-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Gardena		15401 S Main St., Gardena CA 90248 - 2214	

History of Present Illness

Patient is a 41 year old female.

Patient following up for contusion to the buttocks from a fall on 9/15/23. Patient doing better and mostly discomfort. Patient works as a special education teacher for preschooler. Patient doing regular work without problems except for certain positional pain. Patient stopped the Ibuprofen.

Past Medical History

No Known Past Medical History

Surgical History

No Known Surgical History

Allergy

Amoxicillin Rash around mouth . Bactrim Rash around mouth . Bactrin Rash around mouth . Cephalexin Rush around mouth .

Current Medication

ibuprofen 200 mg tablet 1 Tablet Every 8 Hours PRN

Social History

Work History: She is employed - part-time. She has been in the current profession for years.

Use of Drugs/Alcohol/Tobacco: Never drinks any alcohol. She denies her alcohol consumption as being problem to self or family or others. Does not drink caffeinated beverages. She has never used any illicit drugs. She denies using street drugs with a needle.

Vitals

Pain scale was 0 out of 10.

Pulse: 80 per min.

Pulse rhythm regular: Yes

Respiration: 16 breaths per min.

BP Systolic: 99 mm Hg.

BP Diastolic: 63 mmHg.

Physical Examination

HIP EXAM

A. LATERALITY: Right

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

C. PALPATION: Mild tenderness to palpation right buttock

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.

.

Orders:

Assessment and Plan

ICD: Right buttock pain (M79.18)

Assessment: Patient with contusion to buttock area. Exam with minimal pain.

Plan: Will discharge. First Aid case.

CPT Codes:

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

First Aid level exam and treatment (FA0001)

WC002 (WC002)

Follow up: -

Alvarez Hernandez, Gabriela DOB:07-26-1982

A handwritten signature in black ink, appearing to read 'Minh Nguyen'.

Minh Nguyen DO, MPH, FACOEM

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

Clinic Address: 15401 S Main St., Gardena CA 90248 - 2214

A handwritten signature in black ink, appearing to read '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.