



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:
Sharon	Bertrand	08-09-1968	Female
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Minh Nguyen, DO, MPH, FACOEM		09-19-2023	SCL16391
Insurance:	Employer:	Claim Number:	Date of Injury:
KEENAN & ASSOCIATES	Compton Unified School District	620246	08-03-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Gardena		15401 S Main St., Gardena CA 90248 - 2214	

**History of Present Illness**

Patient is a 55 year old female.

Patient following for right wrist pain - worse when using a scissor or a spray bottle with pain on the forearm. Patient waiting for PT to start on 10/3/23. No new symptoms. Using wrist brace. Doing modified work. Taking medication every day for pain. No more swelling in right wrist. Patient has not been back to Kaiser to be evaluated for arthritis.

**Past Medical History**

hypertension .

**Surgical History**

No Known Surgical History

**Allergy**

No Known Drug Allergies.

**Current Medication**

ibuprofen 200 mg capsule 1 Every 8 Hours PRN  
ibuprofen 800 mg tablet 1 Tablet Every 8 Hours PRN with food  
Colace 100 mg capsule 1 Tablet Every 12 Hours PRN  
naproxen 500 mg tablet 1 Every 12 Hours PRN  
unspecified hypertension medication

**Social History**

**Work History:** She is employed - full time. Cook .

**Use of Drugs/Alcohol/Tobacco:** Never drinks any alcohol. Does not drink caffeinated beverages. She denies

using street drugs with a needle.

### **Vitals**

Pain scale was 4 out of 10.

**Pulse:** 88 per min.

Pulse rhythm regular: Yes

**Respiration:** 16 breaths per min.

**BP Systolic:** 139 mm Hg.

**BP Diastolic:** 81 mmHg.

### **Physical Examination**

Patient is alert and appears in no acute distress.

#### **HAND EXAM**

A. LATERALITY: Right

B. VISUAL INSPECTION: No gross deformity, mild swelling dorsal hand, no ecchymosis, or any open wounds. Swelling around wrist noted as right greater than left wrist.

C. PALPATION: There is no point tenderness to palpation except over the third metacarpal.

D. ACTIVE RANGE OF MOTION:

DIGITS 2-5

MCP FLEXION 0 to 90 degrees

MCP EXTENSION 0 degrees

MCP ABDUCTION 0 to 25 degrees

MCP ADDUCTION 0 to 20 degrees

PIP FLEXION 0 to 100 degrees

PIP EXTENSION 0 degrees

DIP FLEXION 0 to 70 degrees

DIP EXTENSION 0 degrees

THUMB

MCP FLEXION 0 to 60 degrees

MCP EXTENSION 0 degrees

MCP ABDUCTION 0 to 50 degrees

MCP ADDUCTION 0 to 8 centimeters

IP FLEXION 0 to 80 degrees

IP EXTENSION 0 degrees

E. NEUROVASCULAR: 5/5 motor strength, no sensory deficit to light touch, and brisk capillary refill less than 2 seconds throughout the hand.

F. SPECIALTY TESTS: Negative Tinel's and Phalen's signs.

G. CONTRALATERAL SIDE: Exam is normal.

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#### **WRIST EXAM**

A. LATERALITY: Right

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

C. PALPATION: There is tenderness to palpation of the dorsal aspect of the mid carpal wrist.

D. ACTIVE RANGE OF MOTION:

DORSIFLEXION 0 to 40 degrees

EXTENSION 0 to 30 degrees

RADIAL DEVIATION 0 to 20 degrees

ULNAR DEVIATION 0 to 20 degrees

E. NEUROVASCULAR: Grip strength is 5/5 and light touch sensation is normal.

F. SPECIALTY TESTS: Tinel's sign normal, Phalen's test for nerve compression is normal. Finkelstein's

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maneuver is normal.

G. CONTRALATERAL SIDE: Exam is normal.

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**Orders:**

**Assessment and Plan**

**ICD: Strain of right wrist, initial encounter (S66.911A)**

**Assessment:** Right wrist and hand strain and slight improved but still has swelling and pain over dorsal hand. Exam unremarkable.

**Plan:** Start PT as scheduled on 10/3/23. Continue use right wrist brace intermittently to decrease swelling. Will get records from PCP at Kaiser regarding possible non-industrial condition. OTC meds as needed for pain and swelling.

**ICD: Strain of right hand, initial encounter (S66.911A)**

**CPT Codes:**

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

**Follow up: -**



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



Minh Nguyen DO, MPH, FACOEM  
Rendering Provider

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

