



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:
Oralia	Chavez	10-21-1968	Female
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Minh Nguyen, DO, MPH, FACOEM		09-19-2023	SCL49498
Insurance:	Employer:	Claim Number:	Date of Injury:
Amtrust	Spectrum Laboratory Products, Inc	3711000	08-08-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Gardena		15401 S Main St., Gardena CA 90248 - 2214	

**History of Present Illness**

Patient is a 54 year old female.

Patient following up on her back and right shoulder and right elbow. Patient doing regular work (desk job) - able to do it depending on activity. Still has pain with certain activities like ironing clothing. Pain usually at the end of the day. PT x 2 and helping. Taking medication (Advil) if needed about once a week.

**Past Medical History**

Dibetic .

**Surgical History**

Yes: 2 months a.

Head surgery to move lipomas.

**Allergy**

None None .

**Current Medication**

ibuprofen 200 mg capsule 1 Tablet Every 8 Hours PRN

Glipizide

Hydrothizine

Losartan

Metformin

Medication for diabetes

**Social History**

**Work History:** She is employed - full time. Specialist . She has been in the current profession for 37.

**Use of Drugs/Alcohol/Tobacco:** Drinks alcohol occasionally. Reports drinking other. Smoking Status (MU)

never smoker. She denies her alcohol consumption as being problem to self or family or others. Reports consuming caffeine/cafeinated drinks 1-2 cup a day. She has never used any illicit drugs. ***She admits to using street drugs with a needle.***

### Vitals

Pain scale was 6 out of 10.

**Pulse:** 77 per min.

Pulse rhythm regular: Yes

**Respiration:** 16 breaths per min.

**BP Systolic:** 131 mm Hg.

**BP Diastolic:** 85 mmHg.

### Physical Examination

Patient is alert and appears in no acute distress.

#### SHOULDER 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 over the anterior rotator cuff mm.

D. ACTIVE RANGE OF MOTION:

FLEXION 0 to 150 degrees

EXTENSION 0 to 20 degrees

ABDUCTION 0 to 100 degrees

ADDUCTION 0 to 50 degrees

INTERNAL ROTATION 0 to 70 degrees

EXTERNAL ROTATION 0 to 70 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.

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#### ELBOW EXAM

A. LATERALITY: Right

B. VISUAL INSPECTION: No gross deformity, mild swelling of the antecubital fossa, no ecchymosis, or any open wounds.

C. PALPATION: Tenderness to palpation lateral epicondyle.

D. ACTIVE RANGE OF MOTION:

FLEXION 0 to 140 degrees with pain

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. 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: Contusion of right shoulder, subsequent encounter (S40.011D)**

**Assessment:** Patient with right shoulder tendonitis and right lateral epicondylitis from fall. Improving with conservative treatment with PT x 2 but still moderate tenderness in right shoulder and right elbow.

**Plan:** Exam. Continue PT. Continue to full duty work. Ibuprofen 200 mg dispensed. Continue ice/heat as needed. Continue HEP. If not better after PT, consider corticosteroid injections.

**ICD: Contusion of right upper arm, subsequent encounter (S40.021D)**

**ICD: Contusion of right elbow, subsequent encounter (S50.01XD)**

**ICD: Contusion of back, unspecified laterality, subsequent encounter (S20.229D)**

**ICD: Fall on same level from tripping as cause of accidental injury (W01.0XXA)**

**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.*