



4343 E 31st Place
Yuma, AZ 85365 - 6553
PH: 928-341-4544
FAX: 928-341-4514

PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Klein	Johnson	10-13-1994	Male
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Alyssa Poland, PA-C		09-19-2023	SCL16834
Insurance:	Employer:	Claim Number:	Date of Injury:
Gallagher Basset	Y-Kay & Associates, Inc.	CS10114	09-07-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Yuma		4343 E 31st Place, Yuma AZ 85365 - 6553	

History of Present Illness

Patient is a 28 year old male.

DOS 9/19/23 WC FUP left wrist pain. Reports 50% improvement. Has increased ROM although it still is painful with flexion and supination. Doing repetitive movement similar to how he injured it still exacerbates pain as well. Intermittent sharp pain. No weakness. No numbness or tingling. Taking medication as prescribed.

DOS 9/12/23 NEW WORK INJURY 28yo M presents with left wrist pain that began on 9/7/23 while at work. He states that he was tightening a piece of equipment on an aircraft with a wrench when he felt discomfort to the wrist. He thought nothing of it and continued with his workday. He states that pain has increased in severity over the last several days. Pain to the lateral side of the wrist and with ROM. Has not taken medication. No prior injuries.

Past Medical History

No Known Past Medical History

Surgical History

No Known Surgical History

Allergy

No Known Drug Allergies.

Current Medication

naproxen 500 mg tablet 1 Tablet Every 12 Hours

Social History

Use of Drugs/Alcohol/Tobacco: Drinks alcohol occasionally. Smoking Status (MU) never smoker.

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.

Musculoskeletal: Denies arthritis, gout or sore muscles.

Hematologic/Lymphatic: Denies anemia, swelling or leukemia.

Endocrine: Denies diabetes, thyroid disease or Cushing disease.

Neurologic: Denies dizziness, strokes, headaches or difficulty walking.

Psychiatric: Denies anxiety or depression.

Allergic / Immunologic: Denies hay fever, sinusitis or immune deficiency.

Vitals

Pain scale was 2 out of 10.

Weight: 158.00 lbs.

Height: 63.50 inches.

Temperature: 98.10 F.

Pulse: 62 per min.

Pulse rhythm regular: Yes

Respiration: 16 breaths per min.

BMI: 28.

BP Systolic: 114 mm Hg.

BP Diastolic: 70 mmHg.

Physical Examination

Constitutional: Alert and oriented, In no acute distress, well developed, well nourished.

Head: NC/AT.

Eyes: EOMI, No injection or icterus.

Ears: No redness or swelling of the external ear. Symmetrical.

Nose: Nares clear and without excessive discharge.

Neck: Supple.

Resp: Nonlabored breathing.

Cardio: Warm and well perfused.

Abdomen: Non-distended.

Neurological: Alert and oriented. CN II-XII grossly intact, Motor/Sensation grossly normal, Non-focal.

Musculoskeletal: TTP to the radial aspect of the left wrist. ROM ulnar and radial deviation intact. Mildly with flexion and extension. Strength mildly decreased. No bruising. No muscle atrophy or weakness. No clubbing, cyanosis, or edema.

Skin: Warm, dry, no rashes

Psych: Alert & cooperative, Normal affect, Thoughts appear congruent & appropriate.

Orders:

Assessment and Plan

ICD: Left wrist pain (M25.532)

Assessment: .28yo M with left wrist pain that began at work on 9/7/23. XR negative for acute injury. Will treat conservatively as sprain at this time.

9/19/23- reports 50% improvement.

Plan: Continue medication as prescribed.

Discussed heat therapy.

Light Duty.

Follow up in 1 week.

ICD: Left wrist sprain (S63.502A)

CPT Codes:

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

Follow up: -



Alyssa Poland PA-C

This has been electronically signed by Alyssa Poland PA-C for visit dated 09-19-2023.

Clinic Address: 4343 E 31st Place, Yuma AZ 85365 - 6553



Melvin Carter MD
Supervising Provider

This has been electronically signed by Melvin Carter MD for visit dated 09-19-2023.



Melvin Carter MD
Rendering Provider

This has been electronically signed by Melvin Carter MD for visit dated 09-19-2023.

Johnson, Klein DOB:10-13-1994