



6001 Shellmound St. Suite 115
Emeryville, CA 94608 - 1924
PH: 510-653-5200
FAX: 510 956-8192

PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Mary Ann	Guinto	07-12-1962	Female
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Dennis James, PA		09-19-2023	SCL42480
Insurance:	Employer:	Claim Number:	Date of Injury:
AIMS	Alameda Co. CA- Information Technology	4A2306D2F230001	06-13-2023
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 61 year old female.

Patient her noted some stiffness and click to her left knee. Since completing her Medrol dose pack she notes less discomfort and good ROM to her L shoulder. She is waiting for her PT to start - they have not called to set up appointments. She is engaged in heat and Advil as well as Turmeric. No new complaints today.

Past Medical History

Elevated ferritin level . Diabetic . Hypertension .

Surgical History

Laparoscopic for gallstones : 2011 at Altabates.

Allergy

Shellfish .

Current Medication

Advil
Lorazepam-as needed
Lozartan
Meclizine as needed
Metformin
Metropol
Spironolactron

Social History

Work History: She is employed - full time. She has been in the current profession for 6 yrs.

Use of Drugs/Alcohol/Tobacco: Never drinks any alcohol. Smoking Status (MU) former smoker. Reports consuming caffeine/cafeinated drinks 1-2 cup a day. She has never used any illicit drugs. She denies using street drugs with a needle.

Review of Systems

Hematologic/Lymphatic: Reports *anemia* and *leukemia*.

Comments: Left upper arm strain. L and R knee OA.

Vitals

Pain scale was 2 out of 10.

Temperature: 98.40 F.

Pulse: 74 per min.

Pulse rhythm regular: Yes

BP Systolic: 133 mm Hg.

BP Diastolic: 88 mmHg.

Physical Examination

Patient is alert and appears in no acute distress.

Cervical Exam: No gross deformity, swelling, ecchymosis, or open wounds. Full active ROM. Mild TTP of the right paraspinal muscle. Normal sensation to light touch throughout the neck, upper torso, and bilateral upper extremities. 5/5 motor strength in neck and upper extremities. Positive Spurling's test for spinal nerve root to the right forearm.

Thoracic Exam: Normal gait. Normal gait and posture. No gross deformity. No swelling, no ecchymosis, or open wounds. Full ROM, Mild TTP to the right upper back.

L KNEE EXAM: Normal gait and posture. No gross deformity. No swelling, no ecchymosis, or open wounds. Left knee wound healed. TTP to the superior knee cap. Crepitus with movement. Full ROM. Negative Varus and Valgus maneuvers for lateral and medial collateral ligament stability. Negative Anterior and Posterior Drawer tests.

R Knee Exam: Normal gait and posture. No gross deformity. No swelling, no ecchymosis, or open wounds. TTP to the superior knee cap. Full ROM. Negative Varus and Valgus maneuvers for lateral and medial collateral ligament stability. Negative Anterior and Posterior Drawer tests.

Orders:

Assessment and Plan

ICD: Cervical radicular pain (M54.12)

Assessment: Radicular Neck pain with full ROM - numbness to left forearm improved with PT and Medrol dose pack. She has not yet started her next PT.

Plan: She will call her PT and schedule sessions to include traction. Neck stretching exercises taught today.

Guinto, Mary Ann DOB:07-12-1962

She will continue with PT, heat and Advil. Follow up in 2 weeks. She is likely close to discharge for care for her L knee and to be referred to her PCP for care. To be determined at next visit.

ICD: Osteoarthritis of knees, bilateral (M17.0)

Assessment: Persistent pain with ambulating

Plan: F/u with PCP

ICD: Strain of knee, bilateral (S86.911A)

ICD: Segmental and somatic dysfunction of cervical region (M99.01)

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 stable chronic illness;

Amount and/or Complexity of Data to be Reviewed and Analyzed

Category 2:Assessment requiring an independent historian(s)

Risk of Complications and/or Morbidity or Mortality of Patient Management

Low risk of morbidity from additional diagnostic testing or treatment

Follow up: 2 Weeks



Dennis James PA

This has been electronically signed by Dennis James PA for visit dated 09-19-2023.

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



Minh Nguyen DO, MPH, FACOEM
Supervising Provider

Guinto, Mary Ann DOB:07-12-1962

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

A handwritten signature in black ink, appearing to read 'Minh Nguyen', is positioned above the printed name.

Minh Nguyen DO, MPH, FACOEM
Rendering Provider

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