



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:
Gloria	Romero	12-10-1965	Female
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Alyssa Poland, PA-C		09-18-2023	SCL11814
Insurance:	Employer:	Claim Number:	Date of Injury:
Tribal First	Y-Quechan Indian Tribe	CS10100	09-11-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Yuma		4343 E 31st Place, Yuma AZ 85365 - 6553	

History of Present Illness

Patient is a 57 year old female.

DOS 9/18/23 WC FUP left ankle and knee pain. Patient states that she has little to no ankle pain. Still reports left knee pain. Able to work full duty with only mild pain. Has been taking Ibuprofen 1-2x a day. She is not using the muscle relaxer often. She is feeling aching and cramping.

DOS 9/11/23 NEW WORK INJURY 57 yo F presents with left ankle pain s/p trip and fall while at work on 9/11/23. Pt states that she was walking when she trip over the edge of a rug. She landed on her left knee and rolled her ankle in the process. Denies any known head injury although she does report a headache currently. No lightheadedness, nausea or vomiting. She was able to get up and walk with a limp after the fall. She states that sharp pain with throbbing radiates from the lateral aspect of the left ankle into the foot and into the calf. Reports swelling. No bruising. No medication PTA. Pain exacerbated with ambulation and ROM. No prior injuries.

Past Medical History

Htn .

Surgical History

Nose surgery (Spinal Liquid).

Allergy

No Known Drug Allergies.

Current Medication

acetaminophen 500 mg tablet 2 Tablet Every 8 Hours PRN
cyclobenzaprine 5 mg tablet 1 Tablet Every Evening
ibuprofen 600 mg tablet 1 Tablet Every 8 Hours
lisinopril

Vitamin D

Social History

Use of Drugs/Alcohol/Tobacco: Never drinks any alcohol. Smoking Status (MU) never smoker. Reports consuming caffeine/cafeinated drinks very rarely. She has never used any illicit drugs.

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 0 out of 10.

Weight: 200.60 lbs.

Temperature: 97.50 F.

Pulse: 54 per min.

Pulse rhythm regular: Yes

BP Systolic: 127 mm Hg.

BP Diastolic: 80 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: No TTP to the left ankle. Normal ROM. No edema. Mild TTP to the medial aspect of the left knee. No edema. No Antalgic gait. 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 ankle sprain (S93.402A)

Assessment: 57yo F with left ankle pain s/p trip and fall at work. XR negative for fracture. Will continue to treat conservatively as a sprain at this time.

9/18/23- Pain improving. Ankle almost resolved. Knee persisting although decreased.

Plan: Start medication as prescribed.

Discussed Ice therapy and elevation.

Light Duty.

Follow up 1 week.

ICD: Left ankle pain (M25.572)

ICD: Left foot pain (M79.672)

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 09-18-2023.

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 09-18-2023.



Melvin Carter MD
Rendering Provider

Romero, Gloria DOB:12-10-1965

This has been electronically signed by Melvin Carter MD for visit dated 09-18-2023.