



445 E Anaheim Street Suite L  
Wilmington, CA 90744 - 4600  
PH: 562 267-3798  
FAX: 562-222-3883

PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Silvia	Contreras	06-11-1995	Female
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Shayla Matthews, FNP-C		09-19-2023	SCL59112
Insurance:	Employer:	Claim Number:	Date of Injury:
City of Long Beach	City of Long Beach_Workers' Compensation	PENDING	09-14-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Wilmington		445 E Anaheim Street, Suite L, Wilmington CA 90744 - 4600	

**History of Present Illness**

Patient is a 28 year old female.

Patient returns for crushing injury to left index finger after closing car door. Patient reports no pain. Patient states she is 100% at baseline..

**Past Medical History**

No Known Past Medical History

**Surgical History**

No Known Surgical History

**Allergy**

Bactrim Mouth sores . Penicillin Rash .

**Current Medication**

ibuprofen 200 mg tablet 1 Tablet Three Times A Day

**Social History**

**Work History:** She is employed - full time. She has been in the current profession for 3 days. She previously worked for 8 months as a Prior occupation: Associate Banker.

**Use of Drugs/Alcohol/Tobacco:** Never drinks any alcohol. Reports consuming caffeine/caffeinated drinks very rarely. She has never used any illicit drugs. She denies using street drugs with a needle.

**Vitals**

Pain scale was 0 out of 10.

**Weight:** 139.00 lbs.

**Height:** 64.00 inches.

**Temperature:** 97.30 F.

**Pulse:** 71 per min.

Pulse rhythm regular: Yes

**Respiration:** 16 breaths per min.

BMI: 24.

**BP Systolic:** 109 mm Hg.

**BP Diastolic:** 70 mmHg.

**Pulse Oximetry:** 99

## Physical Examination

### HAND EXAM

A. LATERALITY: Left

B. VISUAL INSPECTION: No gross deformity, swelling and ecchymosis present with 0.4cm hematoma. 0.2cm Subungual hematoma present.

C. PALPATION: Mild tenderness to palpation along 2nd finger DIP.

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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## Orders:

## Assessment and Plan

**ICD: Crushing injury of left index finger, initial encounter (S67.191A)**

**Assessment:** Patient returns for crushing injury to left index finger after closing car door. Patient reports no pain. Ecchymosis is improving.

**Plan:** Patient is asymptomatic with no functional deficits, met all treatment goals, requires no further skilled

Contreras, Silvia DOB:06-11-1995

attention and is medically released from care. The patient is permanent and stationary with no need for future medical care. The patient has been released to full duty without any permanent restrictions. No PR-4 report required.

**ICD: Subungual hematoma of left index finger (S60.122A)**

**CPT Codes:**

Office O/p Est Sf 10-19 Min (99212)

WC002 (WC002)

**Follow up: -**

Handwritten signature of Shayla Matthews in black ink. The signature is cursive and includes the letters "FNP-C" written in a smaller font above the main signature.

Shayla Matthews FNP-C

*This has been electronically signed by Shayla Matthews FNP-C for visit dated 09-19-2023.*

Clinic Address: 445 E Anaheim Street, Suite L, Wilmington CA 90744 - 4600

Handwritten signature of Minh Nguyen in black ink. The signature is cursive and appears to read "Minh Nguyen".

Minh Nguyen DO, MPH, FACOEM

Supervising Provider

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

Handwritten signature of Minh Nguyen in black ink. The signature is cursive and appears to read "Minh Nguyen".

Minh Nguyen DO, MPH, FACOEM

Rendering Provider

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