



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:
Nathan	Jones	08-01-1974	Male
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Shayla Matthews, FNP-C		09-19-2023	SCL58569
Insurance:	Employer:	Claim Number:	Date of Injury:
Berkshire Hathaway	R & J Sheet Metal Inc.	22055921	09-01-2023
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 49 year old male.

Patient evaluated today follow up visit for left bicep pain after lifting a panel on 9/1. Patient reports no change in condition. Patient reports pain is a constant 3 out 10 however with movement pain increases ranging from 7 -8 out 10 pain. Patient reports using his arm sling with standing for long periods of time to help for support but is not resolving his pain. Patient reports doing at home exercises but having difficulty lifting.

Past Medical History

No Known Past Medical History

Surgical History

Left Knee sx . Collar bone: 2016 by ? at ?.

Allergy

No Known Drug Allergies.

Current Medication

Naproxen

Social History

Work History: He is employed - full time. He has been in the current profession for 28 years. Prior occupation: Warehouse worker.

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

Vitals

Pain scale was 3 out of 10.

Weight: 303.00 lbs.

Height: 73.00 inches.

Temperature: 97.30 F.

Pulse: 72 per min.

Pulse rhythm regular: Yes

Respiration: 16 breaths per min.

BMI: 40.

BP Systolic: 158 mm Hg.

BP Diastolic: 93 mmHg.

Pulse Oximetry: 98

Physical Examination

ELBOW EXAM

A. LATERALITY: Left

B. VISUAL INSPECTION: No gross deformity, swelling present, minimal ecchymosis, or any open wounds.

C. PALPATION: Mild tenderness to palpation along bicep muscle

D. ACTIVE RANGE OF MOTION:

FLEXION 0 to 140 degrees

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. No 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: Strain of left biceps, initial encounter (S46.212A)

Assessment: Patient evaluated today for follow up visit for left bicep pain after lifting a panel on 9/1. Patient reports no change in condition with continued mild tenderness along left bicep muscle

Plan: Will order physical therapy to strengthen muscles. Request MRI to rule out tendon tear. Continue Naproxen as needed for inflammation. Ice twice a day as needed for pain. Will follow up in 1 week to re evaluate injury progression.

ICD: Strain of left biceps muscle, subsequent encounter (S46.212D)

CPT Codes:

Jones, Nathan DOB:08-01-1974

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

E and M Time Factor/ Medical Decision Making Notes:

Number and Complexity of Problems Addressed

1 acute, uncomplicated illness or injury

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

Low risk of morbidity from additional diagnostic testing or treatment

Follow up: -

Handwritten signature of Shayla Matthews in black ink. The signature is cursive and includes the letters "FNP-C" written in small capital letters at the end.

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 includes the letters "DO" at the end.

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 includes the letters "DO" at the end.

Minh Nguyen DO, MPH, FACOEM

Rendering Provider

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