



3601 Caldwell Dr  
Soquel, CA 95073 - 2055  
PH: 831-576-3000  
FAX: 831 461-3641

**PROGRESS NOTE**

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Emma	Lantis	03-28-1991	Female
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Solinda Lim, NP		09-19-2023	SCL57395
Insurance:	Employer:	Claim Number:	Date of Injury:
Liberty Mutual	UPS-Santa Cruz	WC648-D52784	09-05-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Santa Cruz		3601 Caldwell Dr, Soquel CA 95073 - 2055	

**History of Present Illness**

Patient is a 32 year old female.

Patient works for UPS. Rolled her right ankle while dropping of box.

**Past Medical History**

No Known Past Medical History

**Surgical History**

No Known Surgical History

**Allergy**

Bees Anaphylaxis . Shellfish Stomach issues .

**Current Medication**

Adderall 40mg

Lithium 900 mg

Veniflaxcine 112.5 mg

**Social History**

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

**Use of Drugs/Alcohol/Tobacco:** Never drinks any alcohol.

**Vitals**

Pain scale was 0 out of 10.

**Pulse:** 89 per min.

Pulse rhythm regular: Yes

**BP Systolic (Second Reading):** 132 mmHg.

**BP Diastolic (Second Reading):** 80 mmHg.

### Physical Examination

Patient is alert and appears in no acute distress.

#### ANKLE EXAM

A. LATERALITY: Right

B. VISUAL INSPECTION: Reveals no deformity, No Swelling

C. PALPATION: No crepitation, no edema or joint effusion, and no masses or hematoma. No tenderness along the ATF, PTF, or CFL. No deltoid ligament tenderness.

D. ACTIVE RANGE OF MOTION:

EVERSION 0 to 20 degrees

INVERSION 0 to 30 degrees

PLANTAR FLEXION 0 to 50 degrees.

DORSIFLEXION 0 to 20 degrees

e. NEUROVASCULAR: Normal light touch sensation, 4/5 motor strength, dorsalis pedis pulses palpable bilaterally with brisk capillary refill < 2 seconds throughout the ankle.

F. SPECIALTY TESTS: Thompson squeeze test is negative for Achilles tendon rupture.

G. CONTRALATERAL SIDE: Exam is normal.

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### Orders:

### Assessment and Plan

**ICD: Right ankle sprain (S93.401A)**

**Assessment:** Right ankle pain has improved. Patient complaints of 3/10 dull pain with activity. Active range of motion within normal limit.

**Plan:** Continue normal activity as tolerated for range of motion. Take Ibuprofen/Tylenol and icing/heating as needed for swelling and pain. Trial for full duty/ F/u in two week.

### CPT Codes:

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

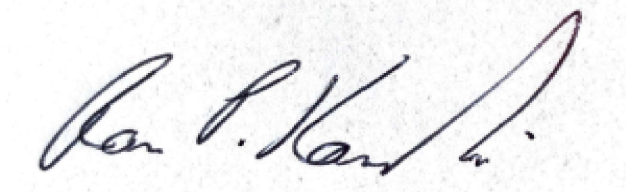
**Follow up:** -

A handwritten signature in black ink on a light-colored background. The signature is cursive and appears to read 'Solinda Lim'.

Solinda Lim NP

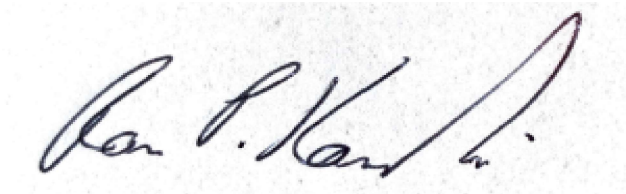
*This has been electronically signed by Solinda Lim NP for visit dated 09-19-2023.*

Clinic Address: 3601 Caldwell Dr, Soquel CA 95073 - 2055

A handwritten signature in black ink on a light-colored background. The signature is cursive and appears to read 'Roman Kownacki'.

Roman Kownacki MD  
Supervising Provider

This has been electronically signed by Roman Kownacki MD for visit dated 09-19-2023.

A handwritten signature in black ink on a light-colored background. The signature is cursive and appears to read 'Roman Kownacki'.

Roman Kownacki MD  
Rendering Provider

This has been electronically signed by Roman Kownacki MD for visit dated 09-19-2023.