



15401 S Main St.
Gardena, CA 90248 - 2214
PH: 424 292-3260
FAX: 424 292-3266

PROGRESS NOTE

Patient First Name:	Patient Last Name:	Date of Birth:	Sex:
Kim	Golden	09-18-1966	Female
Attending Provider:	Referring Provider:	Visit Date:	Chart No.:
Minh Nguyen, DO, MPH, FACOEM		09-19-2023	SCL54270
Insurance:	Employer:	Claim Number:	Date of Injury:
Sedgwick	Centinela Valley Unified School District	4A2308PWV6Z-0001	07-27-2023
Appointment Location:		Appointment Location Address:	
Agile Occupational Medicine, Gardena		15401 S Main St., Gardena CA 90248 - 2214	

History of Present Illness

Patient is a 57 year old female.

Patient following up from a fall with injury to left hip, thigh, left knee, and back. Completed PT x 3 and helping with pain 6 out of 10. Feeling better than before and getting close to baseline. No pain in left knee. No new symptoms. Patient still seeing her doctor at Kaiser for chronic left hip pain and her next appointment on 10/19/23.

Surgical History

C-Section: 1990. Cholecystectomy: Feb 2023. Right inguinal hernia repair: 2014.

Allergy

No Known Drug Allergies.

Current Medication

Diclofenac gel
Flexeril
Ibuprofen 800mg
Plaquinil

Social History

Work History: She is employed - full time. Custodian . She has been in the current profession for Custodian - 7 years.

Use of Drugs/Alcohol/Tobacco: Never drinks any alcohol. Reports drinking other. Smoking Status (MU) never smoker. She denies her alcohol consumption as being problem to self or family or others. 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.

Vitals

Pain scale was 6 out of 10.

Pulse: 84 per min.

Pulse rhythm regular: Yes

Respiration: 16 breaths per min.

BP Systolic: 157 mm Hg.

BP Diastolic: 85 mmHg.

Physical Examination

HIP EXAM

A. LATERALITY: Left

B. VISUAL INSPECTION: No gross deformity. No swelling, no ecchymosis, or open wounds. Normal gait without observable limp.

C. PALPATION: Tenderness to palpation at hip joint and no lumbar strain or lumbar tenderness..

D. ACTIVE RANGE OF MOTION:

FLEXION 0 to 120 degrees

EXTENSION 0 to 115 degrees

ABDUCTION 0 to 45 degrees

ADDUCTION 45 to 0 degrees

E. NEUROVASCULAR: Brisk capillary refill less than 2 seconds. 5/5 motor strength. Normal light touch sensation.

F. SPECIALTY TESTS: Negative Trendelenburg testing. Negative Patrick's (FABER). Good leg extension without reproducible pain.

G. CONTRALATERAL SIDE: Exam is normal.

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Orders:

Assessment and Plan

ICD: Strain of left hip, subsequent encounter (S76.012D)

Assessment: Patient evaluated today for left hip strain with underlying chronic non-industrial medical condition and improving with PT x 3. Patient likely aggravated her underlying chronic hip pain. Mild tenderness to palpation.

Plan: Continue PT as scheduled. Continue meds from PCP for non-industrial condition. Expect improvement back to baseline with PT and discharge at that time.

CPT Codes:

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

WC002 (WC002)

Follow up: -

Golden, Kim DOB:09-18-1966

A handwritten signature in black ink, appearing to read 'Minh Nguyen'.

Minh Nguyen DO, MPH, FACOEM

This has been electronically signed by Minh Nguyen DO, MPH, FACOEM for visit dated 09-19-2023.
Clinic Address: 15401 S Main St., Gardena CA 90248 - 2214

A handwritten signature in black ink, appearing 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.