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Initial Comprehensive Medical Evaluation

Date: 06/20/2022

RE: Aneisha Singh

DOB: 06/03/2008

Location: TS Chiropractic Wellness, Richmond Hill

Case Type: NF

1st Evaluation

MRI results pending. Defers IAI. Continue PT/HEP. Follow-up in 1 month.

HISTORY:

On 06/20/2022, Ms. Aneisha Singh, a right-handed 14-year-old female presents for the evaluation of the injuries sustained in a motor vehicle accident which occurred on the date of 12/18/2021. The patient was a passenger when rear-ended. The patient reports no injury to the head and no loss of consciousness. During the accident, the patient reports injuries to left shoulder.

CHIEF COMPLAINTS:

The patient complains of left shoulder pain that is 3/10, with 10 being the worst, which is dull and achy in nature. Left shoulder pain is worsened with movement, lifting objects and overhead activities. Left shoulder pain is improved with therapy.

REVIEW OF SYSTEMS: The patient denies seizures, chest pain, shortness of breath, jaw pain, abdominal pain, fevers, night sweats, diarrhea, blood in urine, bowel/bladder incontinence, double vision, hearing loss, recent weight loss, episodic lightheadedness and rashes.

PAST MEDICAL HISTORY: Noncontributory.

PAST SURGICAL/HOSPITALIZATION HISTORY: Noncontributory.

MEDICATIONS: None.

ALLERGIES: No known drug allergies.

SOCIAL HISTORY: Unknown.

PHYSICAL EXAM:

General: The patient presents in an uncomfortable state.

Neurological Examination: The patient is alert and cooperative and responding appropriately. Cranial nerves II-XII grossly intact.

Deep Tendon Reflexes: Are 2+ and equal.

Sensory Examination: It is intact.

Manual Muscle Strength Testing: Testing is 5/5 normal.

Left Shoulder Examination: Reveals tenderness upon palpation of the left scapular region with muscle spasm present at trapezius muscle. Neer's test is positive and Hawkins test is positive. ROM is as follows: Abduction is 130 degrees, normal is 180 degrees; flexion is 150 degrees, normal is 180 degrees; external rotation is 70 degrees, normal is 90 degrees and internal rotation is 80 degrees, normal is 90 degrees.

GAIT: Normal.

Diagnostic Studies: None reviewed.

Diagnoses:

Left shoulder pain - (M25.512).

Left shoulder sprain/strain - (S43.402A).

Plan:

1. **Physical therapy:** The patient is to start physical therapy 3 times a week for 4-6 weeks.

Procedures: If the patient continues to have tender palpable taut bands/trigger points with referral patterns as noted in the future on examination, I will consider doing trigger point injections.

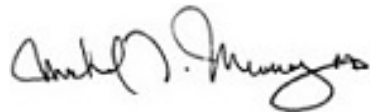
Care: Acupuncture, chiropractic and physical therapy. Avoid heavy lifting, carrying, excessive bending and prolonged sitting and standing.

Goals: To increase range of motion, strength, flexibility, to decrease pain and to improve body biomechanics and activities of daily living and improve the functional status.

Precautions: Universal.

Follow-up: 1 month.

It is my opinion that the injuries and symptoms Ms. Aneisha Singh sustained to left shoulder are causally related to the incident that occurred on 12/18/2021 as described by the patient.



Michael Murray, MD
Kevin Ball, PA

Dictated but not proofread