

# Ketan D Vora, DO, P.C.

## INITIAL INTAKE SHEET

Patient Name: Garcia Lopez WC NF LIEN M / F DOA: 10-13-22  
 DOB: 01-19-77 Age: 45 Height: 5'5 Weight: 165 Handed: R / L  
 Chief Complaint: R/SH L/SH R/KN L/KN R/Elb L/Elb R/Hip L/Hip R/Ank L/Ank  
 R/Wri L/Wri Neck Mid-back Low-back  
 Type of Injury: MVA Work-Related Working: Y / N Degree of Disability: \_\_\_\_\_ %  
 Asymptomatic prior to accident: Y / N History of prior trauma: Y / N  
 Pain in: \_\_\_\_\_  
 Other: \_\_\_\_\_

\_\_\_\_ Pedestrian \_\_\_\_ Bicyclist \_\_\_\_ Motorcyclist \_\_\_\_ Bus pass. Driver \_\_\_\_ Front Pass. \_\_\_\_ Rear Pass  
 Vehicle hit: Rear Front Driver-side front Driver side rear Passenger side front  
 Passenger side rear T-Boned Driver side T-Bone Passenger side  
 Airbags deployed: Y / N EMS Arrived: Y / N Police at Scene: Y / N  
 Went to Hospital: Y / N Hospital name: \_\_\_\_\_ Amb. Car

PMH: None Diabetes HTN HLD Asthma Cardiac Thyroid CA Anemia

PSH: None

Meds: None / Pain meds PRN B12

Drug Allergy: Y / N

Soc. His: Smoke Y / N ppd Alcohol Y / N Recreational Drugs Y / N

PT/Chiro: Y / N Duration: 2-3 Weeks/Months/Years Relief: Good Little None

Walk: Y / N \_\_\_\_\_ blocks Stand: Y / N \_\_\_\_\_ mins Sit Y / N \_\_\_\_\_ mins

Unable to: Garden Play sports Drive Lift Childcare Carry Reach overhead

Laundry Shopping Errands Kneel Squat Stairs Jog Exercise

### PRESENT COMPLAINTS:

|   |  |   |   |
|---|--|---|---|
| <b>R SH</b> Pain <u>7</u> /10<br>Constant Intermittent<br>Stiff Weak Pop Click<br>Reach overhead Y / N<br>Reach back Y / <u>N</u><br>Unable to sleep at night ✓<br>Imp w/ Rest Med PT Ice | <b>L SH</b> Pain <u>10</u> /10<br>Constant Intermittent<br>Stiff Weak Pop Click<br>Reach overhead Y / N<br>Reach back Y / <u>N</u><br>Unable to sleep at night ✓<br>Imp w/ Rest Med PT Ice | <b>R KN</b> Pain ____/10<br>Constant Intermittent<br>Stiff Weak<br>Diff rising from chair Y / N<br>Diff w/ stairs Y / N<br>Click Pop Buckl Lock<br>Imp w/ Rest Med PT Ice | <b>L KN</b> Pain ____/10<br>Constant Intermittent<br>Stiff Weak<br>Diff rising from chair Y / N<br>Diff w/ stairs Y / N<br>Click Pop Buckl Lock<br>Imp w/ Rest Med PT Ice |
|---|--|---|---|

|  |  |  |  |
|--|--|--|--|
| <b>R HIP</b> Pain ____/10<br>Constant Intermittent Lock<br>Pain w/ stand walk climb<br>Standing from sitting<br>Imp w/ Rest Med PT Ice | <b>L HIP</b> Pain ____/10<br>Constant Intermittent Lock<br>Pain w/ stand walk climb<br>Standing from sitting<br>Imp w/ Rest Med PT Ice | <b>R ANK</b> Pain ____/10<br>Constant Intermittent<br>Pain w/ stand walk climb<br>Imp w/ Rest Med PT Ice | <b>L ANK</b> Pain ____/10<br>Constant Intermittent<br>Pain w/ stand walk climb<br>Imp w/ Rest Med PT Ice |
|--|--|--|--|

|  |  |  |  |
|--|--|--|--|
| <b>R WRI</b> Pain ____/10<br>Constant Intermittent<br>Weak Numb Tingle<br>Pain w/ lift carry drive<br>Imp w/ Rest Med PT Ice | <b>L WRI</b> Pain ____/10<br>Constant Intermittent<br>Weak Numb Tingle<br>Pain w/ lift carry drive<br>Imp w/ Rest Med PT Ice | <b>R ELB</b> Pain ____/10<br>Constant Intermittent<br>Weak Numb Tingle<br>Pain w/ lift carry drive<br>Imp w/ Rest Med PT Ice | <b>L ELB</b> Pain ____/10<br>Constant Intermittent<br>Weak Numb Tingle<br>Pain w/ lift carry drive<br>Imp w/ Rest Med PT Ice |
|--|--|--|--|

Other Complaints: \_\_\_\_\_

ROS: \_\_\_\_\_

**General:** Fevers chills night sweats weight gain weight loss

**HEENT:** Double vision eye pain eye red. hearing loss earache ear ringing nose bleeds sore throat hoarseness

**Endocrine:** Cold intolerance appetite changes hair changes

**Skin:** Clear no rashes or lesions

**Neuro:** Headaches dizziness vertigo tremors

**Respiratory:** Wheezing coughing shortness of breath difficulty breathing

**Cardiovascular:** Chest pain murmurs irregular heart rate hypertension

**GI:** Nausea vomiting diarrhea constipation jaundice change in bowel habits

**GU:** Blood in urine painful urination loss of bladder control urinary retention

**Hematology:** Active bleeding bruising anemia blood clotting disorders

**Psychiatric:** Anxiety change in sleep pattern depression suicidal thoughts

## **PHYSICAL EXAMINATION:**

**C SPINE:** Pain Sharp Shoot Burn Constant Intermittent Numb Tingling Radiates to R L

Pain w/ neck bend lift carry Improves w/ Rest Med PT Ice

ROM: Flex. \_\_\_\_/45 Ext. \_\_\_\_/45 R Lat Flex. \_\_\_\_/45 L Lat Ext. \_\_\_\_/45 Rot \_\_\_\_/60

**L SPINE:** Pain Sharp Shoot Burn Constant Intermittent Numb Tingling Radiates to R L

Pain w/ stand walk sit bend Improves w/ Rest Med PT Ice

ROM: Flex. \_\_\_\_/80 Ext. \_\_\_\_/25 R Lat Flex. \_\_\_\_/35 L Lat Ext. \_\_\_\_/45 Sac Hip Flex \_\_\_\_/45

**R /SH:** Swelling /Tender to palp → Supraspinatus AC joint Trap. Prox biceps Coracoid Deltoid Scapula

Heat Erythema Crepitus Deformity

Drop Arm Cross-Over Empty Can Yergason Deltoid Atrophy

O'Brien's Impingement Lift off test Hawkins

ROM: Abd. \_\_\_\_/180 Add. \_\_\_\_/45 For Flex. \_\_\_\_/180 Ext. \_\_\_\_/60 IR \_\_\_\_/90 ER \_\_\_\_/90

IR: sacrum mid back \_\_\_\_no motor or sensory deficit

**L /SH:** Swelling/Tender to palp → Supraspinatus AC joint Trap. Prox biceps Coracoid Deltoid Scapula

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Drop Arm Cross-Over Empty Can Yergason Deltoid Atrophy

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IR: sacrum mid back \_\_\_\_no motor or sensory deficit

**R /KN:** Swelling /Tender along → Med joint line Lat joint line Sup. patella Inf. Patella Pop. fossa

Heat Swelling Erythema Crepitus Deformity

McMurray Lachmans Pat. fem. grind Ant. draw Post. draw

ROM: Flexion \_\_\_\_/130 Extension \_\_\_\_/5 Stable varus/valgus \_\_\_\_no motor or sensory deficit

**L /KN:** Swelling /Tender along → Med joint line Lat joint line Sup. patella Inf. Patella Pop. fossa

Heat Swelling Erythema Crepitus Deformity

McMurray Lachmans Pat. fem. grind Ant. draw Post. draw

ROM: Flexion \_\_\_\_/130 Extension \_\_\_\_/5 Stable varus/valgus \_\_\_\_no motor or sensory deficit

**R /HIP:** Swelling /Hematoma / Effusion / bruise \_\_\_\_Trendelenburg +ve -ve

Tenderness to palpation → Great Troch Groin Medial thigh. ROM: Full Limited and painful.

ROM: Abd. \_\_\_\_/45 Add. \_\_\_\_/35 Flex. \_\_\_\_/120 Ext. \_\_\_\_/30 IR \_\_\_\_/45 ER \_\_\_\_/45

**L /HIP:** Swelling /Hematoma / Effusion / bruise \_\_\_\_Trendelenburg +ve -ve

Tenderness to palpation → Great Troch Groin Medial thigh. ROM: Full Limited and painful.

ROM: Abd. \_\_\_\_/45 Add. \_\_\_\_/35 Flex. \_\_\_\_/120 Ext. \_\_\_\_/30 IR \_\_\_\_/45 ER \_\_\_\_/45

**R /ANK:** Swell /Hemato/ bruise → Ant. Post. Lat. Malleo Ant Draw +ve - ve Inv Stress +ve - ve  
Tenderness to palpation → Med. aspect Lat. aspect. ROM: Full Limited and painful.  
ROM: Dorsi flexion \_\_\_\_/20 Plantar flex. \_\_\_\_/50 Inversion \_\_\_\_/15 Eversion \_\_\_\_/15

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Tenderness to palpation → Med. aspect Lat. aspect. ROM: Full Limited and painful.  
ROM: Dorsi flexion \_\_\_\_/20 Plantar flex. \_\_\_\_/50 Inversion \_\_\_\_/15 Eversion \_\_\_\_/15

**R /WRI:** Pain to palp. → Ulnar styl. Distal rad. Scaphoid \_\_\_\_/5 grip strength Swell Erythema Bruise  
Tinel +ve - ve Phalen +ve - ve  
ROM: Flexion \_\_\_\_/80 Extension \_\_\_\_/70 Radial dev. \_\_\_\_/20 Ulnar dev. \_\_\_\_/30

**L /WRI:** Pain to palp. → Ulnar styl. Distal rad. Scaphoid \_\_\_\_/5 grip strength Swell Erythema Bruise  
Tinel +ve - ve Phalen +ve - ve  
ROM: Flexion \_\_\_\_/80 Extension \_\_\_\_/70 Radial dev. \_\_\_\_/20 Ulnar dev. \_\_\_\_/30

**R /ELB:** Swell Erythema Bruise Deltoid atrophy \_\_\_\_/5 musc stren Tender → Med Epi Lat Epi Ole Pro  
Varus +ve - ve Valgus +ve - ve Tinel +ve - ve  
ROM: Flexion \_\_\_\_/150 Extension \_\_\_\_/150 Supin. \_\_\_\_/90 Pron. \_\_\_\_/90

**L /ELB:** Swell Erythema Bruise Deltoid atrophy \_\_\_\_/5 musc stren Tender → Med Epi Lat Epi Ole Pro  
Varus +ve - ve Valgus +ve - ve Tinel +ve - ve  
ROM: Flexion \_\_\_\_/150 Extension \_\_\_\_/150 Supin. \_\_\_\_/90 Pron. \_\_\_\_/90

#### Dx:

| Right Shoulder                   | Left Shoulder                    | Right Knee                     | Left Knee                      |
|----------------------------------|----------------------------------|--------------------------------|--------------------------------|
| S46.011A Partial rot cuff tear ✓ | S46.012A Partial rot cuff tear ✓ | S83.241A Med. Men. tear        | S83.242A Med. Men. tear        |
| M75.121 Complete rot cuff tear   | M75.122 Complete rot cuff tear   | S83.281A Lat. Men. tear        | S83.282A Lat. Men. tear        |
| M24.811 Internal derangement     | M24.812 Internal derangement     | M23.91 Internal derangement    | M23.92 Internal derangement    |
| M75.01 Adhesive Capsulitis       | M75.02 Adhesive Capsulitis       | S83.519A ACL tear              | S83.519A ACL tear              |
| M75.81 Shoulder tendinitis       | M75.82 Shoulder tendinitis       | S83.511A ACL sprain            | S83.512A ACL sprain            |
| S43.431A Labral tear             | S43.432A Labral tear             | S83.411 MCL sprain             | S83.412A MCL sprain            |
| S43.431A SLAP tear               | S43.432A SLAP tear               | M94.261 Chondromalacia         | M94.262 Chondromalacia         |
| M75.41 Impingement               | M75.42 Impingement               | S83.31XA Tear artic. cartilage | S83.32XA Tear artic. cartilage |
| M65.811 Tenosynovitis            | M 65.812 Tenosynovitis           | M22.2X1 PF chondral injury     | M22.2X2 PF chondral injury     |
| M75.51 Bursitis                  | M75.52 Bursitis                  | M25.461 Joint effusion         | M25.462 Joint effusion         |
| M75.21 Bicipital tendinitis      | M 75.22 Bicipital Tendinitis     | M12.569 Trauma. arthropathy    | M12.569 Trauma. arthropathy y  |
| M25.511 Pain ✓                   | M25.512 Pain ✓                   | S80.911A Injury                | S80.912A Injury                |
| S49.91XA Injury                  | S49.92XA Injury                  | M25.561 Pain                   | M25.562 Pain                   |
| S46.101A Biceps tendon tear      | S46.102A Biceps tendon tear      | M65.161 Synovitis              | M65.162 Synovitis              |
| M24.10 Glenoid chondr defect     | M24.10 Glenoid chondr defect     | M23.40 Loose body in knee      | M23.40 Loose body in knee      |
| M94.211 Chondromal, glen/HH      | M94.212 Chondromal, glen/HH      | M24.10 Chondral lesion         | M24.10 Chondral lesion         |
| M67.211 Hypertroph. synovitis    | M67.212 Hypertroph. synovitis    | M93.261 Osteochondral lesion   | M93.262 Osteochondral lesion   |
| M89.311 AC joint hypertrophy     | M89.312 AC joint hypertrophy     | M17.11 Osteoarthritis          | M17.12 Osteoarthritis          |
| M24.011 Loose Bodies             | M24.012 Loose Bodies             | M24.661 Adhesions              | M24.662 Adhesions              |
| M25.311 Shoulder instability     | M25.312 Shoulder instability     | M67.51 Medial plica            | M67.52 Medial plica            |
| M19.011 Primary osteoarthritis   | M19.012 Primary osteoarthritis   | M25.761 Osteophyte             | M25.762 Osteophyte             |
| M25.411 Joint Effusion           | M25.412 Joint Effusion           | M70.41 Prepatellar bursitis    | M70.42 Prepatellar bursitis    |

|                  |                 |                    |                   |
|------------------|-----------------|--------------------|-------------------|
| <b>Right Hip</b> | <b>Left Hip</b> | <b>Right Ankle</b> | <b>Left Ankle</b> |
|------------------|-----------------|--------------------|-------------------|

|                    |                   |                    |                   |
|--------------------|-------------------|--------------------|-------------------|
| <b>Right Wrist</b> | <b>Left Wrist</b> | <b>Right Elbow</b> | <b>Left Elbow</b> |
|--------------------|-------------------|--------------------|-------------------|

|                |                |
|----------------|----------------|
| <b>C Spine</b> | <b>L Spine</b> |
|----------------|----------------|

**Plan:**
☒ Imaging studies and clinical examinations were reviewed with the patient.

☒ All treatment options discussed with the patient.

☐ continue anti-inflammatory and muscle relaxant medications PRN

☒ Start or continue Physical Therapy *contemplating Sx.*
☐ Recommend steroid inj. for pain mgmt.    **R/SH   L/SH   R/KN   L/KN   R/HIP   L/HIP   R/ANK   L/ANK**  
**R/WRI   L/WRI   R/ELB   L/ELB   C Spine   L Spine**

 Patient ☐ Accepts ☐ Refuses.

☐ MRI ordered    **R/SH   L/SH   R/KN   L/KN   R/HIP   L/HIP   R/ANK   L/ANK   R/WRI   L/WRI**  
**R/ELB   L/ELB   C Spine   L Spine**
☐ Follow up in \_\_\_\_\_ Weeks / Months / PRN.

☐ Discussed    **R/SH   L/SH   R/KN   L/KN   R/HIP   L/HIP   R/ANK   L/ANK   R/WRI   L/WRI**  
**R/ELB   L/ELB   C Spine   L Spine**
☐ Proceed w/ Sx    ☐ Wants to think about it    ☐ Proceed with \_\_\_\_\_ Sx after rehab on \_\_\_\_\_

☐ Med Clearance needed prior to Sx.    ☐ W/C authorization needed prior to Sx

☐ Patient consents to \_\_\_\_\_ Sx.

☐ Patient scheduled for    **R/SH   L/SH   R/KN   L/KN**    Surgery on \_\_\_\_\_