

# Ketan D Vora, DO, P.C.

## INITIAL INTAKE SHEET

WG **NF** LIEN

Patient Name: Zaudan, Heby M **F** DOB: 11/3/1989 Age: 32 Height: \_\_\_\_\_ Weight: \_\_\_\_\_ 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: Jacobi H X-ray(-) Amb. **Car**

PMH: None Diabetes HTN HLD Asthma Cardiac Thyroid CA

PSH: None

Meds: None/Pain meds **PRN Motrin**

Drug Allergy: Y / **N**

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

PT/Chiro: **Y** / N Duration: **2** 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 ____/10<br>Constant Intermittent<br>Stiff Weak Pop Click<br>Reach overhead Y / N<br>Reach back Y / N<br>Unable to sleep at night<br>Imp w/ Rest Med PT Ice | <b>L SH</b> Pain ____/10<br>Constant Intermittent<br>Stiff Weak Pop Click<br>Reach overhead Y / N<br>Reach back Y / N<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 <b>6</b> /10<br>Constant <b>Intermittent</b><br>Weak Numb <b>Tingle</b><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

Heat Erythema Crepitus Deformity

Drop Arm Cross-Over Empty Can Yergason Deltoid Atrophy

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

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

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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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**L/WRI:** Pain to palp. → Ulnar styl. Distal rad. Scaphoid \_\_\_/5 grip strength Swell Erythema Bruise

Tinel +ve ve Phalen +ve -ve **TTP to Anterior Aspect of wrist**  
ROM: Flexion 60/80 Extension 60/70 Radial dev. 10/20 Ulnar dev. 30/30 **pain w/ flexion & radial deviation of wrist.**

**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    |

