

# Ketan D Vora, DO, P.C.

## INITIAL INTAKE SHEET

WC NF LIEN

Patient Name: Anthony Restino M F DOA: 8/28/2020

DOB: 8/22/1960 Age: 60 Height: 5-7 Weight: 190 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: 60 %

Asymptomatic prior to accident: Y N History of prior trauma: Y / N

Pain in: It is a mental therapist working on  
Other: Brookstate Psychiatric HO,

Pedestrian Bicyclist Motorcyclist Bus pass. Driver Front Pass. Rear Pass PT was

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 Went to EMS Arrived: Y / N Police at Scene: Y / N

Went to Hospital: Y N Hospital name: urgent care Amb. Car HO,

PMH: None Diabetes HTN HLD Asthma Cardiac Thyroid CA same day

PSH: None

Meds: None Pain meds PRN Naproxen

Drug Allergy: Y / N Aspirin - chest Pain

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: steroid inj x2 w/ no improvement

<b>R SH</b> Pain <u>10</u> /10 Constant Intermittent Stiff Weak Pop Click Reach overhead <u>Y</u> / N Reach back <u>Y</u> / N Unable to sleep at night Imp w/ Rest Med PT Ice <u>NO improvement</u>	<b>L SH</b> Pain <u>10</u> /10 Constant Intermittent Stiff Weak Pop Click Reach overhead Y / N Reach back Y / N Unable to sleep at night Imp w/ Rest Med PT Ice	<b>R KN</b> Pain <u>6</u> /10 Constant Intermittent Stiff Weak Diff rising from chair <u>Y</u> / N Diff w/ stairs <u>Y</u> / N Click Pop Buckl Lock Imp w/ Rest Med PT Ice	<b>L KN</b> Pain <u>10</u> /10 Constant Intermittent Stiff Weak Diff rising from chair Y / N Diff w/ stairs Y / N Click Pop Buckl Lock Imp w/ Rest Med PT Ice
--	---	--	---

<b>R HIP</b> Pain <u>10</u> /10 Constant Intermittent Lock Pain w/ stand walk climb Standing from sitting Imp w/ Rest Med PT Ice	<b>L HIP</b> Pain <u>10</u> /10 Constant Intermittent Lock Pain w/ stand walk climb Standing from sitting Imp w/ Rest Med PT Ice	<b>R ANK</b> Pain <u>6</u> /10 Constant Intermittent Pain w/ stand walk climb Imp w/ Rest Med PT Ice	<b>L ANK</b> Pain <u>10</u> /10 Constant Intermittent Pain w/ stand walk climb Imp w/ Rest Med PT Ice
--	--	---	--

<b>R WRI</b> Pain <u>10</u> /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	<b>L WRI</b> Pain <u>10</u> /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	<b>R ELB</b> Pain <u>10</u> /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	<b>L ELB</b> Pain <u>10</u> /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive 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. *subacromial space* 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. 130/180 Add. 20/45 For Flex. 140/180 Ext. \_\_\_/60 IR to side/90 ER 60/90

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

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

**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

*check strength*

ROM: Flexion 120/130 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 10/20 Plantar flex. 30/50 Inversion 10/15 Eversion 10/15 *strength 4+5*  
**L/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

**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

S46.011A Partial rot cuff tear  
 M75.121 Complete rot cuff tear  
 M24.811 Internal derangement  
 M75.01 Adhesive Capsulitis  
 M75.81 Shoulder tendinitis  
 S43.431A Labral tear  
 S43.431A SLAP tear  
 M75.41 Impingement  
 M65.811 Tenosynovitis  
 M75.51 Bursitis  
 M75.21 Bicipital tendinitis  
 M25.511 Pain  
 S49.91XA Injury  
 S46.101A Biceps tendon tear  
 M24.10 Glenoid chondr defect  
 M94.211 Chondromal, glen/HH  
 M67.211 Hypertroph. synovitis  
 M89.311 AC joint hypertrophy  
 M24.011 Loose Bodies  
 M25.311 Shoulder instability  
 M19.011 Primary osteoarthritis  
 M25.411 Joint Effusion

#### Left Shoulder

S46.012A Partial rot cuff tear  
 M75.122 Complete rot cuff tear  
 M24.812 Internal derangement  
 M75.02 Adhesive Capsulitis  
 M75.82 Shoulder tendinitis  
 S43.432A Labral tear  
 S43.432A SLAP tear  
 M75.42 Impingement  
 M 65.812 Tenosynovitis  
 M75.52 Bursitis  
 M 75.22 Bicipital Tendinitis  
 M25.512 Pain  
 S49.92XA Injury  
 S46.102A Biceps tendon tear  
 M24.10 Glenoid chondr defect  
 M94.212 Chondromal, glen/HH  
 M67.212 Hypertroph. synovitis  
 M89.312 AC joint hypertrophy  
 M24.012 Loose Bodies  
 M25.312 Shoulder instability  
 M19.012 Primary osteoarthritis  
 M25.412 Joint Effusion

#### Right Knee

S83.241A Med. Men. tear  
 S83.281A Lat. Men. tear  
 M23.91 Internal derangement  
 S83.519A ACL tear  
 S83.511A ACL sprain  
 S83.411 MCL sprain  
 M94.261 Chondromalacia  
 S83.31XA Tear artic. cartilage  
 M22.2X1 PF chondral injury  
 M25.461 Joint effusion  
 M12.569 Trauma. arthropathy  
 S80.911A Injury  
 M25.561 Pain  
 M65.161 Synovitis  
 M23.40 Loose body in knee  
 M24.10 Chondral lesion  
 M93.261 Osteochondral lesion  
 M17.11 Osteoarthritis  
 M24.661 Adhesions  
 M67.51 Medial plica  
 M25.761 Osteophyte  
 M70.41 Prepatellar bursitis

#### Left Knee

S83.242A Med. Men. tear  
 S83.282A Lat. Men. tear  
 M23.92 Internal derangement  
 S83.519A ACL tear  
 S83.512A ACL sprain  
 S83.412A MCL sprain  
 M94.262 Chondromalacia  
 S83.32XA Tear artic. cartilage  
 M22.2X2 PF chondral injury  
 M25.462 Joint effusion  
 M12.569 Trauma. arthropathy y  
 S80.912A Injury  
 M25.562 Pain  
 M65.162 Synovitis  
 M23.40 Loose body in knee  
 M24.10 Chondral lesion  
 M93.262 Osteochondral lesion  
 M17.12 Osteoarthritis  
 M24.662 Adhesions  
 M67.52 Medial plica  
 M25.762 Osteophyte  
 M70.42 Prepatellar bursitis

Right Hip	Left Hip	Right Ankle <i>tibial tendinopathy</i> <i>Achilles tendinopathy</i>	Left Ankle
Right Wrist	Left Wrist	Right Elbow	Left Elbow
C Spine	L Spine		

**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 \_\_\_\_\_

\_\_\_\_ 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 4-6 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 R Shoulder Sx.

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