

Ketan D Vora, DO, P.C.

FOLLOW-UP

Patient Name: Nicaji, Peter

Date of Visit: 7/26/2022

Follow up / continual pain Right / Left shoulder Right / Left knee

Other: Crust

Working (WC): not working

Degree of disability (WC): 100%

PRESENT COMPLAINTS:

Patient Presents today with **ongoing pain / evaluation of new body part**

R SH Pain ____/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	L SH Pain ____/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	R KN Pain ____/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	L KN Pain ____/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
R HIP Pain ____/10 Constant Intermittent Lock Pain w/ stand walk climb Standing from sitting Imp w/ Rest Med PT Ice	L HIP Pain ____/10 Constant Intermittent Lock Pain w/ stand walk climb Standing from sitting Imp w/ Rest Med PT Ice	R ANK Pain ____/10 Constant Intermittent Pain w/ stand walk climb Imp w/ Rest Med PT Ice	L ANK Pain ____/10 Constant Intermittent Pain w/ stand walk climb Imp w/ Rest Med PT Ice
R WRI Pain ____/10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	L WRI Pain <u>10</u> /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice <u>no improvement</u>	R ELB Pain ____/10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	L ELB Pain ____/10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice

Other Complaints: _____

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
 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
 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

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 4/5 grip strength Swell Erythema Bruise
 Tinel +ve -ve Phalen +ve -ve
 ROM: Flexion 60/80 Extension 50/70 Radial dev. 10/20 Ulnar dev. 20/30
pain at ROM TP to TFCC

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
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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	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	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	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	Left Ankle
Right Wrist	Left Wrist TFC tear Internal Derangement	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 _____ 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 8/17/22
② wrist