

KDV Medical P.C.
Tel #: 1-877-SPINE-DR
Fax: (347) 708-8499

August 18, 2022

Re: Pauta, Wilmer
DOB: 12/25/1980
DOA: 05/30/2022
Location: 82nd Street Ortho

INITIAL ORTHOPEDIC CONSULTATION

CHIEF COMPLAINT: Right shoulder and left shoulder pain.

HISTORY OF PRESENT ILLNESS: This is an initial orthopedic evaluation for a 41-year-old right-handed dominant male, involved in a motor vehicle accident on 05/30/2022. The patient was a driver and was wearing a seatbelt. The vehicle was struck on the rear. The airbags did deploy. The EMS arrived on the scene. The police were called to the scene of the accident. The patient went to Elmhurst Hospital via ambulance and was treated and released the same day. The patient presents today complaining of right shoulder, left shoulder pain sustained in the motor related accident. The patient has been treated with physical therapy for the last week without adequate relief.

Right shoulder pain is 6-7/10, described as intermittent pain. Patient has, stiffness, weakness. The patient is able to reach overhead, but unable to reach behind and is frequently woken up at night due to pain. Pain is temporarily improved with therapy.

Left shoulder pain is 6-7/10, described as intermittent, pain. Patient has, stiffness, weakness. The patient is able to reach overhead, but unable to reach behind and is frequently woken up at night due to pain. Pain is temporarily improved with therapy.

PAST MEDICAL HISTORY: Noncontributory.

PAST SURGICAL HISTORY: Noncontributory.

DRUG ALLERGIES: NO KNOWN DRUG ALLERGIES.

MEDICATIONS: The patient is not taking any medication at this time.

SOCIAL HISTORY: The patient is a nonsmoker. The patient does not drink alcohol.

ADL CAPABILITIES: As a direct result of the injuries sustained in this accident, the patient states that he is unable to do the following activities: driving, lifting heavy objects, carrying, reaching overhead, laundry, shopping, running errands, and exercising.

REVIEW OF SYSTEMS: General: No fever, chills, night sweats, weight gain, or weight loss.

PHYSICAL EXAMINATION: The patient's height is 5 feet 4 inches, weight is 145 pounds. Patient is alert, oriented and cooperative.

Right Shoulder: No heat, erythema or swelling noted. Positive Yergason's. The patient has no motor or sensory deficit of the right upper extremity. Range of motion, abduction is 160 degrees, normal is 180 degrees; forward flexion is 170 degrees, normal is 180 degrees; internal rotation is 80 degrees, normal is 90 degrees; external rotation is 70 degrees, normal is 90 degrees.

Left Shoulder: No heat, erythema or swelling noted. Positive Yergason's. The patient has no motor or sensory deficit of the left upper extremity. Range of motion, abduction is 160 degrees, normal is 180 degrees; forward flexion is 170 degrees, normal is 180 degrees; internal rotation is 70 degrees, normal is 90 degrees; external rotation is 60 degrees, normal is 90 degrees.

DIAGNOSTIC STUDIES: Right shoulder MRI, done on 08/05/2022 was normal. Left shoulder MRI, done on 08/05/2022, Mild joint effusion. Subcoracoid fluid.

FINAL DIAGNOSES:

1. Pain, right shoulder - M25.511
2. Pain, left shoulder - M25.512

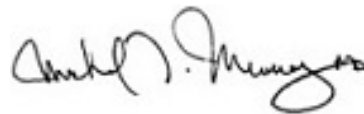
PLAN:

1. Imaging studies and clinical examinations were reviewed with the patient.
2. All treatment options discussed with the patient.
3. Continue physical therapy for bilateral shoulders 3 days/week.
4. Recommend steroid injections with pain management for right and left shoulders.

CAUSALITY: It is within a certain degree of medical certainty, that the history presented by the patient, the objective physical findings as well as the diagnosis rendered is causally related to the injury the patient incurred on 05/30/2022. These current symptoms were nonexistent prior to the accident. Findings were discussed with the patient.



Rehan Khan, FNP-BC
RK/AEI



Michael Murray, MD