

Ketan D Vora, DO, P.C.

FOLLOW-UP

6/11/2024 - WC  
8/19/1969

Patient Name: Alessandro, Michael

Date of Visit: 7/26/22

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

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

Working (WC): full time

Degree of disability (WC): 60%

**PRESENT COMPLAINTS:**

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

<b>R SH</b> 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	<b>L SH</b> 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	<b>R KN</b> 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	<b>L KN</b> Pain <u>6-8</u> /10 <i>course w/ prolonged walking</i> Constant Intermittent Stiff Weak Diff rising from chair Y / N Diff w/ stairs Y / N Click Pop Buckl Lock <i>sharp</i> Imp w/ Rest Med PT Ice
<b>R HIP</b> Pain ____/10 Constant Intermittent Lock Pain w/ stand walk climb Standing from sitting Imp w/ Rest Med PT Ice	<b>L HIP</b> Pain ____/10 Constant Intermittent Lock Pain w/ stand walk climb Standing from sitting Imp w/ Rest Med PT Ice	<b>R ANK</b> Pain ____/10 Constant Intermittent Pain w/ stand walk climb Imp w/ Rest Med PT Ice	<b>L ANK</b> Pain ____/10 Constant Intermittent Pain w/ stand walk climb Imp w/ Rest Med PT Ice
<b>R WRI</b> Pain ____/10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	<b>L WRI</b> Pain ____/10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	<b>R ELB</b> Pain ____/10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	<b>L ELB</b> 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

# Pt Limping w/ Ambulation

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 120/130    Extension \_\_\_/5    Stable varus/valgus \_\_\_ no motor or sensory deficit  
*patella*  
*muscle strength 4+5*

**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 \_\_\_/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	<u>Left Knee</u>
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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	<del>S83.242A Med. Men. tear</del> <del>S83.282A Lat. Men. tear</del> M23.92 Internal derangement <del>S83.519A ACL tear</del> S83.512A ACL sprain <del>S83.412A MCL sprain</del> <del>M94.262 Chondromalacia</del> S83.32XA Tear artic. cartilage M22.2X2 PF chondral injury <del>M25.462 Joint effusion</del> 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 <i>popliteal cyst</i>
<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 \_\_\_\_\_.

\_\_\_\_ 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. . 1 W/C authorization needed prior to Sx

Patient consents to 1 Line 5%.

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