

**Ketan D. Vora, D.O., P.C.**

Tel #: 1-877-SPINE-DR

Fax: (347) 708-8499

**Initial Comprehensive Medical Evaluation**

Date: 06/20/2022

RE: Rufia Choudhury

DOB: 09/08/1976

Location: TS Chiropractic Wellness, Richmond Hill

Case Type: NF

1<sup>st</sup> Evaluation

The patient has improved and states she has minimal pain currently. She is going to d/c PT. Follow-up p.r.n.

**HISTORY:**

On 06/20/2022, Ms. Rufia Choudhury, a right-handed 45-year-old female presents for the evaluation of the injuries sustained in a motor vehicle accident which occurred on the date of 11/29/2021. The patient states she was the rear passenger of a vehicle which was involved in a rear-end collision. The patient states that an EMS team arrived. She went to Jamaica Hospital via ambulance same day the accident occurred. She was evaluated and released. The patient was a back seat passenger when truck rear-ended them. The patient reports no injury to the head and no loss of consciousness. During the accident, the patient reports injuries to and bilateral shoulders.

**CHIEF COMPLAINTS:**

The patient complains of left shoulder pain that is 1/10, with 10 being the worst, which is dull in nature. Left shoulder pain is worsened with movement and overhead activities.

The patient complains of right shoulder pain that is 1/10, with 10 being the worst, which is dull in nature. Right shoulder pain is worsened with movement and overhead activities.

**REVIEW OF SYSTEMS:** The patient denies seizures, chest pain, shortness of breath, jaw pain, abdominal pain, fevers, night sweats, diarrhea, blood in urine, bowel/bladder incontinence, double vision, hearing loss, recent weight loss, episodic lightheadedness and rashes.

**PAST MEDICAL HISTORY:** Noncontributory.

**PAST SURGICAL/HOSPITALIZATION HISTORY:** Noncontributory.

**MEDICATIONS:** None.

**ALLERGIES:** No known drug allergies.

**SOCIAL HISTORY:** Unknown.

**PHYSICAL EXAM:**

**General:** The patient presents in an uncomfortable state.

**Neurological Examination:** The patient is alert and cooperative and responding appropriately. Cranial nerves II-XII grossly intact.

**Deep Tendon Reflexes:** Are 2+ and equal.

**Sensory Examination:** It is intact.

**Manual Muscle Strength Testing:** Testing is 5/5 normal.

**Left Shoulder Examination:** Reveals tenderness upon palpation of the left with muscle spasm present at trapezius muscle. Neer's test is positive and Hawkins test is positive. ROM is as follows: Abduction is 160 degrees, normal is 180 degrees; flexion is 170 degrees, normal is 180 degrees; external rotation is 80 degrees, normal is 90 degrees and internal rotation is 80 degrees, normal is 90 degrees.

**Right shoulder Examination:** Reveals tenderness upon palpation of the right shoulder with muscle spasm present at trapezius muscle. Neer's test is positive and Hawkins test is positive. ROM is as follows: Abduction is 160 degrees, normal is 180 degrees; flexion is 170 degrees, normal is 180 degrees; external rotation is 80 degrees, normal is 90 degrees and internal rotation is 80 degrees, normal is 90 degrees.

**GAIT:** Normal.

**Diagnostic Studies:**

01/14/2022 - MRI of the left shoulder reveals full-thickness tear with proximal retraction of supraspinatus tendon, tendinitis of infraspinatus and subscapularis tendons, bicipital tenosynovitis, and subcoracoid bursitis.

01/14/2022 - MRI of the right shoulder reveals supraspinatus tendinopathy with partial articular surface tear, subcoracoid bursitis.

The above diagnostic studies were reviewed.

**Diagnoses:**

Left shoulder pain - (M25.512).

Left shoulder sprain/strain - (S43.402A).

Right shoulder pain - (M25.511).

Right shoulder sprain/strain - (S43.401A).

Rotator cuff tear (atraumatic) of left shoulder - (M75.122).

**Plan:**

1. **Physical therapy:** The patient is to start physical therapy 3 times a week for 4-6 weeks.

**Procedures:** If the patient continues to have tender palpable taut bands/trigger points with referral patterns as noted in the future on examination, I will consider doing trigger point injections.

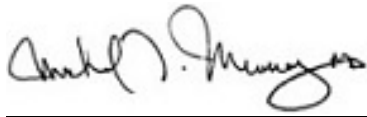
**Care:** Acupuncture, chiropractic and physical therapy. Avoid heavy lifting, carrying, excessive bending and prolonged sitting and standing.

**Goals:** To increase range of motion, strength, flexibility, to decrease pain and to improve body biomechanics and activities of daily living and improve the functional status.

**Precautions:** Universal.

**Follow-up:** P.r.n.

It is my opinion that the injuries and symptoms Ms. Rufia Choudhury sustained to left shoulder and right shoulder are causally related to the incident that occurred on 11/29/2021 as described by the patient.

A handwritten signature in black ink, appearing to read "Michael Murray", is written above a horizontal line.

Michael Murray, MD  
Kevin Ball, PA

Dictated but not proofread