

Ketan D Vora, DO, P.C.

INITIAL INTAKE SHEET

WC NF LIEN

Patient Name: Solomon, Aina M F DOB: 9/4/1977 Age: 42 Height: 5'9 Weight: 168 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

Type of Injury: MVA Work-Related Working: Y / N Degree of Disability: 100% %
 Asymptomatic prior to accident: Y / N History of prior trauma: Y / N
 Pain in: _____
 Other: _____

Pedestrian Bicyclist Motorcyclist Bus pass. Driver Front Pass. Rear Pass.
 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 EMS Arrived: Y / N Police at Scene: Y / N
 Went to Hospital: Y / N Hospital name: _____ Amb. Car
 PMH: None Diabetes HTN HLD Asthma Cardiac Thyroid CA Arthritis
 PSH: None R Shoulder Arthroscopy 4/28/2020
 Meds: None/Pain meds PRN Allev
 Drug Allergy: Y / N
 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:

R SH Pain <u>8</u> /10 Constant Intermittent Stiff Weak Pop Click Reach overhead <u>Y</u> / <u>N</u> Reach back <u>Y</u> / <u>N</u> Unable to sleep at night <u>✓</u> Imp w/ Rest Med PT Ice	LSH Pain ____ /10 Constant Intermittent Stiff Weak Pop Click Reach overhead <u>Y</u> / <u>N</u> Reach back <u>Y</u> / <u>N</u> Unable to sleep at night Imp w/ Rest Med PT Ice	R KN Pain ____ /10 Constant Intermittent Stiff Weak Diff rising from chair <u>Y</u> / <u>N</u> Diff w/ stairs <u>Y</u> / <u>N</u> Click Pop Buckl Lock Imp w/ Rest Med PT Ice	L KN Pain ____ /10 Constant Intermittent Stiff Weak Diff rising from chair <u>Y</u> / <u>N</u> Diff w/ stairs <u>Y</u> / <u>N</u> Click Pop Buckl Lock Imp w/ Rest Med PT Ice
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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
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R WRI Pain ____ /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	L WRI Pain ____ /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	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
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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. 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. 150/180 Add. ___/45 For Flex. 160/180 Ext. 60/60 IR to 45/90 ER 70/90
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 ____/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
M65.812 Tenosynovitis
M75.52 Bursitis
M75.22 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
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	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 _____ Sx.

☐ Patient scheduled for R/SH L/SH R/KN L/KN Surgery on _____

dw have stretching/strengthening exercises