**Medical Re-Evaluation**

Patient Name: Juan Mosquera-Rodriguez

Dt. of Exam: 08/29/2019

1st Exam Dt.: 03/28/2019

Dt. of Injury: 03/11/2019

**Procedures performed:**

5/9/19 - CTPI #1

7/18/19 - LSIA #1

**Chief Complaint:**

The patient complains of neck pain that is 7/10, with 10 being the worst, which is sharp and shooting in nature. Neck pain is associated with numbness and tingling. Neck pain is worsened with sitting, standing and lying down. The patient presents today for followup evaluation of neck pain and followup on therapy/CESI. He had received his first CESI injection on 08/24/2019 and reports significant improvement in neck pain. His neck range of motion is much improved. He reports he is able to sleep better. He states his shoulder is not bothering him as much. He is undergoing physical therapy twice a week with relief. We plan to complete a series of 3 CESI injections and we will set him up for a second injection today.

The patient complains of left shoulder pain that is 7/10, with 10 being the worst, which is sharp and shooting in nature. Left shoulder pain is worsened with raising the arm and lifting objects.

**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.

**Physical Examination:**

**Neurological Exam:** Patient is alert and cooperative and responding appropriately. Cranial nerves II-XII grossly intact.

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

**Sensory Examination:** .

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

**Cervical Spine exam:** Cervical spine examination reveals tenderness upon palpation at C2-8 levels on the left bilaterally with muscle spasm present. ROM is as follows: extension was 10 and is 10 degrees; forward flexion was 30 and is 30 degrees; right rotation was 10 and is 10 degrees; left rotation was 10 and is 10 degrees; right lateral flexion was 10 and is 10 degrees and left lateral flexion was 10 and is 10 degrees.

**Left Shoulder Examination:** Reveals tenderness upon palpation of the left AC joint region with muscle spasm present at deltoid muscle and trapezius muscle. Neer's test is positive and Hawkins's test is positive.

**GAIT:** Normal.

**Diagnostic Studies:**

5/20/2019 - MRI of the Cervical spine reveals HNP at C5-6, C6-7

The above diagnostic studies were reviewed.

**Diagnosis:**

Cervical disc herniation at C5-6, C6-7.

Cervical Muscle Sprain/Strain.

Possible Cervical Disc Herniation.

Possible Cervical Radiculopathy Vs. Plexopathy Vs. Entrapment Syndrome.

Left shoulder sprain/strain.

Left shoulder internal derangement.

**Plan:**

Continue with physical therapy.

Request CESI x 2 today.

We will complete a series of 3 CESI injections with the second CESI injection scheduled for today (08/29/2019).

**Schedule cervical epidural steroid injections** The patient has been counseled on the risks and benefits of this procedure with anesthesia and with local anesthetic. In light of the patient’s apprehension in moving forward with the procedure, patient has specifically requested anesthesia. It is my opinion based on medical literature and my experience that the anesthesia will not influence the accuracy or validity of any diagnosis achieved following the injections. It is also my belief that relying exclusively on local anesthesia raises the risks of voluntary or involuntary movement during the injection which raises the risk of neural injury. As such, there is an additional safety component which necessitates the use of anesthesia in connection with the above procedure.

Continue with physical therapy.

Request CESI x 2 today. We will plan a series of 3 CESI injections and we will set him up for a second injection today.

Evaluation and treatment by Dr. Khamish 1-2x a week for 4 weeks 732-255-1910

**Follow-up:** 3 weeks.



Gurbir Johal, M.D.