**Patient Name:** CABAN, JESSICA

**Date of Birth:** 05/18/1985

**Date of Service:** 09/30/2022

**History of Present Illness:**  
This is a 37 year-old right hand dominant female who was involved in a motor vehicle on 04/06/2022. The patient states she was the restrained driver of a vehicle which was involved in a rear end collision at red light. Patient injured Left Shoulder, Right Shoulder in the accident. The patient is here today for orthopedic evaluation. Patient has not had PT and injections for pain relief.

The patient complains of bilateral shoulder pain, mostly on right.

**Past Medical History:**  
Hypothyroidism.

**Past Surgical History:**  
Thyroid surgery in 2013, C-section x1

**Past Accident/Injuries:**

**Daily Medications:**  
Levothyroxine.

**Allergies:**  
No known drug allergies

**Social History:**  
Patient is not working.

**Physical Examination:**  
**Vitals:** On physical examination, the patient is 5 feet 2 inches tall weighs 110 pounds   
**General Appearance:** Patient is a well-developed, well-nourished female in no acute distress. Awake, alert,   
and oriented x 3. Mood and affect are normal.  
**Gait and Station:** Gait is normal

**Left and Right Shoulder:**  
Examination of the right shoulder revealed no tenderness to palpation. There was no effusion. No crepitus was present. No atrophy was present. Hawkins, drop arm, and apprehension tests were negative. O'Brien's test was positive. Range of motion Abduction 145 degrees(180 degrees normal ) Forward flexion 130 degrees (180 degrees normal ) Internal rotation 90 degrees (80 degrees normal ) External rotation 70 degrees(90 degrees normal )

**Diagnostic Imaging:**  
04/15/2022 - MRI of the right shoulder reveals anterior inferior labral tear. Mild arthrosis of glenohumeral joint with joint effusion. Capsular thickening anterior which can be seen with adhesive capsulitis. Biceps tenosynovitis.  
  
04/15/2022 - MRI of the left shoulder reveals glenohumeral joint effusion.

**Assessment and Plan:**  
Diagnosis: Anterior inferior labral tear, right knee.  
Plan: Recommend to start PT.

The patient’s Left Shoulder, Right Shoulder were examined   
MRI of the Left Shoulder, Right Shoulder were reviewed.   
Patient is to return to the office in 6 weeks.

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 the specified date. These current symptoms were nonexistent prior to the accident. Findings were discussed with the patient. Patient is considered 100% temporarily disabled.  
  
In response to the required COVID-19 mandates the following precautions have been taken. Doctors and Medical Assistants wore masks and gloves; examination rooms are completely disinfected after each use. Patient was required to wear a mask. Temperature scan was administered prior to examination. No more than 10 people were permitted in the waiting room at any time as this is the max that can be achieved while still maintaining six (6) feet social distancing guidelines. Only the patient was permitted in the examination room.



**L Sean Thompson, M.D.**