**Patient Name:** DURAN, LUCINDA

**Date of Birth:** 08/28/1951

**Date of Service:** 03/28/2022

**History of Present Illness:**  
The patient is seen here for postoperative Orthopedic follow up evaluation. Patient had left shoulder arthroscopy on 02/07/22. Patient has tried PT, which is helping.

Patient complains of left shoulder pain that is 4/10 and rated at 7/10 at worst. Pain is intermittent in nature. Pain worse with reaching behind \_\_\_\_\_.

**Past Medical History:**  
Hypertension, hyperlipidemia, hypothyroidism.

**Past Surgical History:**  
Hysterectomy.

**Past Accident/Injuries:**

**Daily Medications:**  
Metoprolol, atorvastatin, alprazolam.

**Allergies:**  
No known drug allergies

**Social History:**  
Patient is working.

**Physical Examination:**  
**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 Shoulder:**  
Examination of the 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. Range of motion Abduction 110 degrees(180 degrees normal), forward flexion 130 degrees (180 degrees normal), internal rotation 40 degrees (80 degrees normal), and external rotation 60 degrees (90 degrees normal).

**Diagnostic Imaging:**  
01/10/22 - MRI of the left shoulder reveals complete tear of the supraspinatus and with tendon retraction 3.2 cm. Superior labral tear. Moderate glenohumeral joint effusion.

**Assessment and Plan:**  
Diagnosis: Status post left shoulder arthroscopy.  
Plan: Recommend to continue with PT.

The patient’s Left Shoulder was examined   
MRI of the Left Shoulder was reviewed.   
Patient is to return to the office PRN.

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.**