**Patient Name:** KAUR, RAJWINDER

**Date of Birth:** 08/09/1975

**Date of Service:** 01/24/2022

**History of Present Illness:**  
This is a 47 year-old right hand dominant female who was involved in a motor vehicle accident on 06/08/21. Patient states that she was a restrained passenger of a vehicle, which was involved in a \_\_\_rear end collision. She states that she had the green light, went drive, another car hit in the front. Patient injured Left Shoulder, Right Shoulder in the accident. The patient is here today for orthopedic evaluation.

The patient complains of left shoulder pain that is 4/10, with 10 being the worst, which is throbbing in nature, and is nonradiating.

The patient complains of right shoulder pain that is 4/10, with 10 being the worst, which is throbbing in nature, and is nonradiating.

**Past Medical History:**  
Diabetes, high blood pressure, high cholesterol.

**Past Surgical History:**  
C-section, surgery in bilateral hands.

**Past Accident/Injuries:**

**Daily Medications:**  
\_\_\_Vitamin D2, Atorvastatin, glimipiride, Poly Iron, losartan HCTZ, metoprolol.

**Allergies:**  
No known drug allergies

**Social History:**  
Patient is working.

**Physical Examination:**  
**Vitals:** On physical examination, the patient is \_\_feet \_\_ inches tall weighs \_\_\_ pounds   
**General Appearance:** Patient is a well-developed, well-nourished male 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 shoulder revealed tenderness to palpation at AC joint on left side. There was no effusion. No crepitus was present. No atrophy was present. Drop arm, and apprehension tests were negative. Hawkins was positive on left. Range of motion of left shoulder Abduction 145 degrees (180 degrees normal ) Forward flexion 140 degrees with pain (180 degrees normal ) Internal rotation 60 degrees (80 degrees normal ) External rotation 60 degrees (90 degrees normal ). Range of motion of right shoulder Abduction 145 degrees (180 degrees normal ) Forward flexion 150 degrees with pain (180 degrees normal ) Internal rotation 50 degrees (80 degrees normal ) External rotation 70 degrees (90 degrees normal )

**Diagnostic Imaging:**  
06/14/21 - MRI of the right shoulder reveals superior labral fraying and tear. Tendinopathy and fraying of the biceps anchor. AC joint arthrosis. Narrowing of the supraspinatus outlet which can be seen with impingement. Rotator cuff tendinopathy and fraying. 2-mm cystic changes at the insertion of infraspinatus without fracture. Capsular thickening anterior which can be seen with adhesive capsulitis.  
06/14/21 - MRI of the left shoulder reveals AC joint arthrosis. Rotator cuff tendinopathy and fraying. Fraying of the superior Iabrum. Biceps tendinopathy with fraying at the anchor and tenosynovitis. Capsular thickening which can be seen with adhesive capsulitis.

**Assessment and Plan:**  
Diagnosis: Left shoulder fraying, partial labrum tear.  
Recommend to continue with PT.

The patient’s Left Shoulder, Right Shoulder were examined   
MRI of the Left Shoulder, Right Shoulder were reviewed.   
The patient at the present time is advised to continue with therapy, use antiinflammatory 30 minutes before PT.   
Patient is to return to the office on an as needed basis.

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.**