**Patient Name:** PEREZ, ROSA

**Date of Birth:** 11/29/1967

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

**History of Present Illness:**  
This is a 54 year-old right hand dominant female who was involved in a slip and fall accident on 01/05/22. Patient states that she slipped outside of home due to ice. Patient injured Left Shoulder in the accident. The patient is here today for orthopedic evaluation. Patient has not tried PT or intraarticular injection.

The patient complains of Left Shoulder pain that is 8/10 with 10 being the worst, which is constant and dull in nature. Pain radiates down the arm to elbow. The shoulder pain increases with lifting arm overhead.

**Past Medical History:**  
High blood pressure.

**Past Surgical History:**  
C-section x3 and left CT release.

**Past Accident/Injuries:**

**Daily Medications:**  
Hydrochlorothiazide.

**Allergies:**  
No known drug allergies

**Social History:**  
Noncontributory. Patient is working.

**Physical Examination:**  
**Vitals:** On physical examination, the patient is 5 feet 1inch tall, weighs 154 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 Shoulder:**  
Examination of the shoulder revealed tenderness to palpation at AC joint. There was no effusion. No crepitus was present. No atrophy was present. Hawkins and Neers tests are positive. Drop arm and apprehension tests were negative. Range of motion: Abduction 145 degrees (180 degrees normal), forward flexion 150 degrees with pain (180 degrees normal), internal rotation 75 degrees (80 degrees normal), external rotation 85 degrees (90 degrees normal).

**Diagnostic Imaging:**  
01/28/2022 - MRI of the left shoulder reveals moderate rotator cuff tendinosis/strain and subacromial subdeltoid bursitis. Full-thickness tear distal supraspinatus measuring 14 x 16 mm. Appearance consistent with SLAP tear. Mild changes of acromioclavicular osteoarthritis with spurring. Subacromial spur.

**Assessment and Plan:**  
Diagnosis: Full thickness supraspinatus tear.   
Plan: Benign PT.

The patient’s Left Shoulder was examined   
MRI of the Left Shoulder was reviewed.   
The patient at the present time is advised to undergo PT.  
Patient is to return to the office in 2 months.

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.**