**Patient Name:** POLLIO, NANCY

**Date of Birth:** 11/29/1946

**Date of Service:** 12/27/2021

**History of Present Illness:**  
This is a 76 year-old right hand dominant female presents for orthopedic evaluation. Patient states that she first pulled her shoulder while walking the dog and later while exercising. Patient injured Right Shoulder in the incident. Patient has been doing PT and stopped before COVID.

The patient complains of right shoulder pain that is 9/10 on a pain scale, which is constant and sharp like knife pain in nature. The right shoulder pain increases with standing, sit down , and she cannot sleep in bed. She sleeps in sofa. Patient has pain every day and had epidural without any relief.

**Past Medical History:**  
Noncontributory

**Past Surgical History:**  
Hysterectomy with internal radiation in 2004, hernia surgery in 2007, . hernia removed(infected) in 2008, left knee replacement in 2018 and cancer in 2004.

**Past Accident/Injuries:**

**Daily Medications:**  
Patient is only taking Tylenol\_\_\_\_\_\_\_\_.

**Allergies:**  
Penicillin

**Social History:**  
No ETOH, nonsmoker. Patient is retired.

**Physical Examination:**  
**Vitals:** On physical examination, the patient is 5 feet 4 inches tall weighs 191 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

**Right Shoulder:**  
Examination of the shoulder revealed no tenderness to palpation. Range of motion Abduction 60 degrees (180 degrees normal ) Forward flexion 60 degrees (180 degrees normal ) Internal rotation 0 degrees (80 degrees normal ) External rotation 30 degrees (90 degrees normal )

**Diagnostic Imaging:**

**Assessment and Plan:**  
Diagnosis: 1. Glenohumeral effusion with synovitis/arthritis.   
   
Recommend Right shoulder RT \_\_\_\_\_\_\_ biceps tenotomy on 01/03/2022 at HealthEast.

The patient’s Right Shoulder was examined   
MRI of the Right Shoulder was reviewed.   
The patient at the present time is advised to medical clearance by Primary doctor, Dr. Raguzo.  
Patient is to return to the office in 2 months to see Dr. Thompson.

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.**