

# UK Sinha Physician, P.C.

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September 13, 2022

Office seen at:  
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Rosedale, NY 11422  
Phone# (718) 413-5499

Re: Maldonado, Graciela  
DOB: 02/03/1985  
DOA: 11/29/2021

## INITIAL ORTHOPEDIC CONSULT EXAMINATION

**CHIEF COMPLAINT:** Right ankle pain.

**HISTORY OF PRESENT ILLNESS:** A 37-year-old right-hand dominant female involved in a motor vehicle accident on 11/29/2021. The patient was a driver and was wearing a seatbelt. The airbags deployed. The EMS arrived on the scene. The police were called to the scene of the accident. The patient was transported via ambulance to Long Island Community Center and was treated and released the same day. The patient presents today complaining of right ankle pain sustained in the motor vehicle accident. The patient was attending physical therapy 3 times a week with little relief.

**WORK HISTORY:** The patient is currently not working. The patient was working in assembly line.

**PAST MEDICAL HISTORY:** Hypertension and hyperlipidemia. There is no previous history of trauma.

**PAST SURGICAL HISTORY:** Noncontributory.

**DRUG ALLERGIES:** BACTRIM.

**MEDICATIONS:** The patient is taking lisinopril 5 mg daily.

**SOCIAL HISTORY:** The patient is a nonsmoker. The patient drinks alcohol occasionally. The patient does not use recreational drugs.

**ADL CAPABILITIES:** The patient states that she can walk for 1 block. She can stand for 15 minutes before she has to sit. She can sit for 1 hour before needing to change positions secondary to pain. As a direct result of the injuries sustained in this accident, the patient states that she is unable to do the following activities: garden, play sports, driving, lifting heavy objects, childcare, carrying heavy objects, shopping, running errands, kneeling, squatting, negotiating stairs, and exercising.

**PRESENT COMPLAINTS:** Right ankle: Right ankle pain is 9/10, described as constant, dull, achy pain. The patient has pain with standing, walking, climbing.

**REVIEW OF SYSTEMS:** Temperature taken at the time of exam was 98.6 degrees Fahrenheit.

**General:** No fever, chills, night sweats, weight gain, or weight loss.

**HEENT:** No double vision, eye pain, eye redness, decreased hearing, earache, ear ringing, nosebleeds, sore throat or hoarseness.

**Endocrine:** No cold intolerance, appetite changes or hair changes.

**Skin:** Clear, no rashes or lesions.

**Neuro:** No headaches, dizziness, vertigo or tremor.

**Respiratory:** No wheezing, coughing, shortness of breath or difficulty breathing.

**Cardiovascular:** No chest pain, murmurs or irregular heart rate. The patient has hypertension.

**GI:** No nausea, vomiting, diarrhea, constipation, jaundice or changes in bowel habits.

**GU:** No blood in urine, painful urination, loss of bladder control or urinary retention.

**Hematology:** No active bleeding, bruising, anemia or blood clotting disorders.

**Psychiatric:** No anxiety, change in sleep pattern, depression or suicidal thoughts.

**PHYSICAL EXAMINATION:** The patient's height is 5 feet 4 inches, weight is 200 pounds, and BMI is 34.3. The right ankle reveals swelling, hematoma and bruises noted over anterior, posterior, and lateral malleolar aspect. Tenderness to palpation noted in the medial and lateral aspect. Range of motion is limited and painful. ROM: Dorsiflexion 10/20 degrees, plantarflexion 25/50 degrees, inversion 5/15 degrees, eversion 5/15 degrees.

**DIAGNOSTIC TESTING:** MRI of the right ankle, done on 01/20/2022, shows large area of marrow edema in the mid and distal talus compatible with bone contusion and trabecular microfractures with findings suspicious for a non-displaced fracture just distal to the middle talar facet as discussed in the body of the report. X-rays are required for further evaluation. Presence of ankle joint fluid compatible with synovitis and soft tissue swelling. Increased fluid in all three flexor tendon sheaths and minimal fluid in the peroneal tendon sheath compatible with tendonopathy/tenosynovitis of these structures.

**ASSESSMENT:**

1. Bone marrow edema, right ankle.

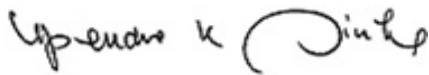
**PLAN:**

1. Imaging studies and clinical examinations were reviewed with the patient.
2. All treatment options discussed with the patient.
3. Cold compresses for right ankle.

4. Continue anti-inflammatory and muscle relaxant medications p.r.n.
5. Continue physical therapy for right ankle 3 days/week.
6. X-ray of right ankle and right leg (significant bone marrow edema right leg and talus).
7. Follow up in 4 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.

**AFFIRMATION:** Being duly licensed to practice medicine in the state of New York, pursuant to the applicable provisions of the Civil Practice Laws and Rules, I hereby affirm under penalty of perjury that the statements contained herein are true and accurate.

A handwritten signature in black ink, appearing to read "U.K. Sinha", written over a horizontal line.

U.K. Sinha, MD, MS (Ortho), FAAOS  
Board Certified Orthopedic Surgeon

UKS/AEI