

# UK Sinha Physician, P.C.

102-31 Jamaica Ave.  
Richmond Hill, NY 11418

LAW OFFICE  
LILU AS INSURANCE  
info

## INITIAL INTAKE SHEET

WC NF LIEN

Patient Name: NENDEZ ISMAEL DOA: 09/11/2021  
DOB: 03/20/2001 Age: 21 Height: 6'0 Weight: 285 Handed: R  
Chief Complaint: R/SH L/SH R/KN L/KN R/Elb L/Elb R/Hip L/Hip R/Ank L/Ank

Type of Injury: MVA Work-Related Working: Y N Degree of Disability: 75 %  
Asymptomatic prior to accident: Y N History of prior trauma: Y N

Pain in:

Other:

Pedestrian Bicyclist Motorcyclist Bus pass. Driver Front Pass. Rear Pass  
Vehicle hit: Rear Front Driver-side front Driver side rear Passenger side front  
Passenger side rear T-Boned Driver side T-Bone Passenger side

Airbags deployed: Y N EMS Arrived: Y N Police at Scene: Y N  
Went to Hospital: Y N Hospital name: ST. JAMES HOSPITAL Amb. Car

PMH: None Diabetes HTN HLD Asthma Cardiac Thyroid CA

PSH: None left shoulder active few months ago last attack about 2022

Meds: None / Pain meds PRN

Drug Allergy: Y N

Soc. His: Smoke Y N ppd Alcohol Y N Recreational Drugs Y N Drugs

PT/Chiro: Y N Duration: 8 Weeks/Months/Years Relief: Good Little None

Walk: Y N blocks Stand: Y N mins Sit: Y N mins

Unable to: Garden Play sports Drive Lift Childcare Carry Reach overhead

Laundry Shopping Errands Kneel Squat Stairs Jog Exercise

### PRESENT COMPLAINTS:

<b>RSH</b> Pain <u>9</u> /10 Constant Intermittent Stiff Weak Pop Click Reach overhead <u>Y</u> / <u>N</u> Reach back <u>Y</u> / <u>N</u> Unable to sleep at night Imp w/ Rest Med PT Ice	<b>LSH</b> Pain <u>9</u> /10 Constant Intermittent Stiff Weak Pop Click Reach overhead <u>Y</u> / <u>N</u> Reach back <u>Y</u> / <u>N</u> Unable to sleep at night Imp w/ Rest Med PT Ice	<b>RKN</b> Pain <u>9</u> /10 Constant Intermittent Stiff Weak Diff rising from chair <u>Y</u> / <u>N</u> Diff w/ stairs <u>Y</u> / <u>N</u> Click Pop Buck Lock Imp w/ Rest Med PT Ice	<b>LKN</b> Pain <u>9</u> /10 Constant Intermittent Stiff Weak Diff rising from chair <u>Y</u> / <u>N</u> Diff w/ stairs <u>Y</u> / <u>N</u> Click Pop Buck Lock Imp w/ Rest Med PT Ice
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<b>RHIP</b> Pain <u>9</u> /10 Constant Intermittent Lock Pain w/ stand walk climb Standing from sitting Imp w/ Rest Med PT Ice	<b>LHIP</b> Pain <u>9</u> /10 Constant Intermittent Lock Pain w/ stand walk climb Standing from sitting Imp w/ Rest Med PT Ice	<b>RANK</b> Pain <u>9</u> /10 Constant Intermittent Pain w/ stand walk climb Imp w/ Rest Med PT Ice	<b>LANK</b> Pain <u>9</u> /10 Constant Intermittent Pain w/ stand walk climb Imp w/ Rest Med PT Ice
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<b>RWRI</b> Pain <u>9</u> /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	<b>LWRI</b> Pain <u>9</u> /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	<b>RELB</b> Pain <u>9</u> /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice	<b>LELB</b> Pain <u>9</u> /10 Constant Intermittent Weak Numb Tingle Pain w/ lift carry drive Imp w/ Rest Med PT Ice
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Other Complaints:

**ROS:****General:** Fevers chills night sweats weight gain weight loss**HEENT:** Double vision eye pain eye red. hearing loss earache ear ringing nose bleeds sore throat hoarseness**Endocrine:** Cold intolerance appetite changes hair changes**Skin:** Clear no rashes or lesions**Neuro:** Headaches dizziness vertigo tremors**Respiratory:** Wheezing coughing shortness of breath difficulty breathing**Cardiovascular:** Chest pain murmurs irregular heart rate hypertension**GI:** Nausea vomiting diarrhea constipation jaundice change in bowel habits**GU:** Blood in urine painful urination loss of bladder control urinary retention**Hematology:** Active bleeding bruising anemia blood clotting disorders**Psychiatric:** Anxiety change in sleep pattern depression suicidal thoughts**PHYSICAL EXAMINATION:****C SPINE:** Pain Sharp Shoot Burn Constant Intermittent Numb Tingling Radiates to R L

Pain w/ neck bend lift carry Improves w/ Rest Med PT Ice

ROM: Flex. \_\_\_/45 Ext. \_\_\_/45 R Lat Flex. \_\_\_/45 L Lat Ext. \_\_\_/45 Rot \_\_\_/60

**L SPINE:** Pain Sharp Shoot Burn Constant Intermittent Numb Tingling Radiates to R L

Pain w/ stand walk sit bend Improves w/ Rest Med PT Ice

ROM: Flex. \_\_\_/80 Ext. \_\_\_/25 R Lat Flex. \_\_\_/35 L Lat Ext. \_\_\_/45 Sac Hip Flex \_\_\_/45

**R/SH:** Swelling/Tender to palp → Supraspinatus AC joint Trap. Prox biceps Coracoid Deltoid Scapula

Heat Erythema Crepitus Deformity

Drop Arm Cross-Over Empty Can Yergason Deltoid Atrophy

O'Brien's Impingement Lift off test Hawkins

ROM: Abd. \_\_\_/180 Add. \_\_\_/45 For Flex. \_\_\_/180 Ext. \_\_\_/60 IR \_\_\_/90 ER \_\_\_/90

IR: sacrum mid back \_\_\_ no motor or sensory deficit

**L/SH:** Swelling/Tender to palp → Supraspinatus AC joint Trap. Prox biceps Coracoid Deltoid Scapula

Heat Erythema Crepitus Deformity

Drop Arm Cross-Over Empty Can Yergason Deltoid Atrophy

O'Brien's Impingement Lift off test Hawkins

ROM: Abd. \_\_\_/180 Add. \_\_\_/45 For Flex. \_\_\_/180 Ext. \_\_\_/60 IR \_\_\_/90 ER \_\_\_/90

IR: sacrum mid back \_\_\_ no motor or sensory deficit

**R /KN:** Swelling/Tender along → Med joint line Lat joint line Sup. patella Inf. Patella Pop. fossa

Heat Swelling Erythema Crepitus Deformity

McMurray Lachmans Pat. fem. grind Ant. draw Post. draw

ROM: Flexion \_\_\_/130 Extension \_\_\_/5 Stable varus/valgus \_\_\_ no motor or sensory deficit

**L /KN:** Swelling/Tender along → Med joint line Lat joint line Sup. patella Inf. Patella Pop. fossa

Heat Swelling Erythema Crepitus Deformity

McMurray Lachmans Pat. fem. grind Ant. draw Post. draw

ROM: Flexion 95/130 Extension 4/5 Stable varus/valgus X no motor or sensory deficit**R/HIP:** Swelling/Hematoma/Effusion/bruise \_\_\_\_\_ Trendelenburg +ve -ve

Tenderness to palpation → Great Troch Groin Medial thigh. ROM: Full Limited and painful.

ROM: Abd. \_\_\_/45 Add. \_\_\_/35 Flex. \_\_\_/120 Ext. \_\_\_/30 IR \_\_\_/45 ER \_\_\_/45

**L/HIP:** Swelling/Hematoma/Effusion/bruise \_\_\_\_\_ Trendelenburg +ve -ve

Tenderness to palpation → Great Troch Groin Medial thigh. ROM: Full Limited and painful.

ROM: Abd. \_\_\_/45 Add. \_\_\_/35 Flex. \_\_\_/120 Ext. \_\_\_/30 IR \_\_\_/45 ER \_\_\_/45

R/ANK: Swell/Hemato/bruise → Ant. Post. Lat. Malleo Ant Draw +ve -ve Inv Stress +ve -ve  
Tenderness to palpation → Med. aspect Lat. aspect ROM: Full Limited and painful.

ROM: Dorsi flexion \_\_\_/20 Plantar flex. \_\_\_/50 Inversion \_\_\_/15 Eversion \_\_\_/15

L/ANK: Swell/Hemato/bruise → Ant. Post. Lat. Malleo Ant Draw +ve -ve Inv Stress +ve -ve  
Tenderness to palpation → Med. aspect Lat. aspect ROM: Full Limited and painful.

ROM: Dorsi flexion \_\_\_/20 Plantar flex. \_\_\_/50 Inversion \_\_\_/15 Eversion \_\_\_/15

R/WRI: Pain to palp. → Ulnar styl. Distal rad. Scaphoid \_\_\_/5 grip strength Swell Erythema Bruise  
Tinel +ve -ve Phalen +ve -ve

ROM: Flexion \_\_\_/80 Extension \_\_\_/70 Radial dev. \_\_\_/20 Ulnar dev. \_\_\_/30

L/WRI: Pain to palp. → Ulnar styl. Distal rad. Scaphoid \_\_\_/5 grip strength Swell Erythema Bruise  
Tinel +ve -ve Phalen +ve -ve

ROM: Flexion \_\_\_/80 Extension \_\_\_/70 Radial dev. \_\_\_/20 Ulnar dev. \_\_\_/30

R/ELB: Swell Erythema Bruise Deltoid atrophy \_\_\_/5 musc stren Tender → Med Epi Lat Epi Ole Pro  
Varus +ve -ve Valgus +ve -ve Tinel +ve -ve

ROM: Flexion \_\_\_/150 Extension \_\_\_/150 Supin. \_\_\_/90 Pron. \_\_\_/90

L/ELB: Swell Erythema Bruise Deltoid atrophy \_\_\_/5 musc stren Tender → Med Epi Lat Epi Ole Pro  
Varus +ve -ve Valgus +ve -ve Tinel +ve -ve

ROM: Flexion \_\_\_/150 Extension \_\_\_/150 Supin. \_\_\_/90 Pron. \_\_\_/90

#### Dx:

<b>Right Shoulder</b> S46.011A Partial rot cuff tear M75.121 Complete rot cuff tear M24.811 Internal derangement M75.01 Adhesive Capsulitis M75.81 Shoulder tendinitis S43.431A Labral tear S43.431A SLAP tear M75.41 Impingement M65.811 Tenosynovitis M75.51 Bursitis M75.21 Bicipital tendinitis M25.511 Pain S49.91XA Injury S46.101A Biceps tendon tear M24.10 Glenoid chondr defect M94.211 Chondromal, glen/HH M67.211 Hypertroph. synovitis M89.311 AC joint hypertrophy M24.011 Loose Bodies M25.311 Shoulder instability M19.011 Primary osteoarthritis M25.411 Joint Effusion	<b>Left Shoulder</b> S46.012A Partial rot cuff tear M75.122 Complete rot cuff tear M24.812 Internal derangement M75.02 Adhesive Capsulitis M75.82 Shoulder tendinitis S43.432A Labral tear S43.432A SLAP tear M75.42 Impingement M65.812 Tenosynovitis M75.52 Bursitis M75.22 Bicipital Tendinitis M25.512 Pain S49.92XA Injury S46.102A Biceps tendon tear M24.10 Glenoid chondr defect M94.212 Chondromal, glen/HH M67.212 Hypertroph. synovitis M89.312 AC joint hypertrophy M24.012 Loose Bodies M25.312 Shoulder instability M19.012 Primary osteoarthritis M25.412 Joint Effusion	<b>Right Knee</b> S83.241A Med. Men. tear S83.281A Lat. Men. tear M23.91 Internal derangement S83.519A ACL tear S83.511A ACL sprain S83.411 MCL sprain M94.261 Chondromalacia S83.31XA Tear artic. cartilage M22.2X1 PF chondral injury M25.461 Joint effusion M12.569 Trauma. arthropathy S80.911A Injury M25.561 Pain M65.161 Synovitis M23.40 Loose body in knee M24.10 Chondral lesion M93.261 Osteochondral lesion M17.11 Osteoarthritis M24.661 Adhesions M67.51 Medial plica M25.761 Osteophyte M70.41 Prepatellar bursitis	<b>Left Knee</b> <del>S83.242A Med. Men. tear</del> <del>S83.282A Lat. Men. tear</del> <del>M23.92 Internal derangement</del> <del>S83.519A ACL tear</del> <del>S83.512A ACL sprain</del> <del>S83.412A MCL sprain</del> <del>M94.262 Chondromalacia</del> <del>S83.32XA Tear artic. cartilage</del> <del>M22.2X2 PF chondral injury</del> <del>M25.462 Joint effusion</del> <del>M12.569 Trauma. arthropathy</del> <del>S80.912A Injury</del> <del>M25.562 Pain</del> M65.162 Synovitis M23.40 Loose body in knee M24.10 Chondral lesion M93.262 Osteochondral lesion M17.12 Osteoarthritis M24.662 Adhesions M67.52 Medial plica M25.762 Osteophyte M70.42 Prepatellar bursitis
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MCL tear  
small plica/cyst

Right Hip	Left Hip	Right Ankle	Left Ankle
Right Wrist	Left Wrist	Right Elbow	Left Elbow
C Spine	L Spine		

## Plan:

☒ Recommend steroid inj. for pain mgmt. R/SH L/SH R/KN L/KN R/HIP L/HIP R/ANK L/ANK  
R/WRI L/WRI R/ELB L/ELB C Spine L Spine

Patient ☐ Accepts ☒ Refuses.

☐ Brace ordered R/SH L/SH R/KN L/KN R/HIP L/HIP R/ANK L/ANK R/WRI L/WRI  
R/ELB L/ELB

☒ MRI ordered R/SH L/SH R/KN L/KN R/HIP L/HIP R/ANK L/ANK R/WRI L/WRI  
R/ELB L/ELB C Spine L Spine

☒ Follow up in 12 Weeks / Months / PRN.

☒ Discussed R/SH L/SH R/KN L/KN R/HIP L/HIP R/ANK L/ANK R/WRI L/WRI  
R/ELB L/ELB C Spine L Spine

☒ Proceed w/ Sx ☐ Wants to think about it ☐ Proceed with            Sx after rehab on           

☐ Med Clearance needed prior to Sx. ☐ W/C authorization needed prior to Sx

☒ Patient consents to L/KN Sx.

☒ Patient scheduled for R/SH L/SH R/KN L/KN Surgery on           

THURSDAY JUNE 23RD