

UK Sinha Physician, P.C.

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August 23, 2022

Office seen at:
Renew Chiropractic P.C.
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Re: Givens, Jeanine
DOB: 05/23/1964
DOA: 09/08/2021

FOLLOW-UP NOTE

CHIEF COMPLAINT: Follow up of right wrist pain.

HISTORY OF PRESENT ILLNESS: The patient presents today in followup with continued pain in the right wrist.

ADL CAPABILITIES: The patient states that she can walk for 1/2 block. She can stand for 5 minutes before she has to sit. She can sit for 5 minutes 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: gardening, playing sports, shopping, squatting, negotiating stairs, jogging and exercising.

PRESENT COMPLAINTS: Right wrist: Right wrist pain is 8/10, described as constant, dull, achy pain. Admits to weakness. The patient has pain with lifting, carrying, and driving.

The patient had left shoulder arthroscopy done by Dr. Durant 2 months ago. The patient also had neck and dorsal spine pain.

PHYSICAL EXAMINATION: The right wrist reveals pain to palpation over the distal radius and scaphoid. Negative Tinel sign. Negative Phalen test. Range of motion reveals flexion 60/80 degrees, extension 45/70 degrees, radial deviation 15/20 degrees, ulnar deviation 25/30 degrees.

DIAGNOSTIC TESTING: MRI of the right wrist, done on 06/01/2022, shows extensor tendon sheaths are mildly distended with fluid, consistent with tenosynovitis. Fluid in intercarpal and distal radioulnar joints consistent with recent trauma or synovitis, in an appropriate clinical setting. Subcutaneous and deep soft tissue swelling and edema over radial aspect of the joint,

consistent with recent trauma, in an appropriate clinical setting. X-ray of right hand and right wrist, done on 09/16/2021, shows unremarkable x-rays of the right hand and right wrist.

ASSESSMENT:

1. Pain, right wrist.
2. Tenosynovitis, right wrist.
3. Synovitis, right wrist.

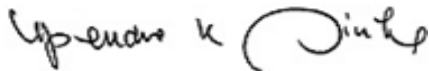
PLAN:

1. Imaging studies and clinical examinations were reviewed with the patient.
2. All treatment options discussed with the patient.
3. Cold compresses for right wrist.
4. Continue anti-inflammatory and muscle relaxant medications p.r.n.
5. Continue physical therapy for right wrist 3 days/week.

IMPAIRMENT RATING: 100%. The patient is currently not working.

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.



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

UKS/AEI