

UK Sinha Physician, P.C.

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October 31, 2022

Office seen at:
P.R. Medical, P.C.
79-09B Northern Boulevard
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Re: Rinchere, Marilyn
DOB: 12/28/1963
DOA: 01/06/2022

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: As a direct result of the injuries sustained in this accident, the patient states that she is unable to do the following activities: driving, lifting heavy objects, carrying, reaching overhead, laundry, shopping, running errands, and exercising.

PRESENT COMPLAINTS: Right wrist: Right wrist pain is 8/10, described as intermittent, dull, achy pain. Admits to numbness, tingling. The patient has pain with lifting, carrying, and driving. Worse with range of motion and improves with rest, medication, physical therapy, and ice.

The patient had ulnar nerve palsy, contracture of IP joint, and hypoesthesia. No RSD. Plan conservative therapy.

PHYSICAL EXAMINATION: The right wrist reveals pain to palpation over the scaphoid. 3/5 grip strength. Range of motion reveals flexion 60/80 degrees, extension 50/70 degrees, radial deviation 10/20 degrees, ulnar deviation 20/30 degrees.

DIAGNOSTIC TESTING: MRI of the right forearm, done on 03/18/2022, shows a focal soft tissue contusion seen as noted over the proximal ulna. There is no evidence of fracture or bone bruise. MRI of the right hand, done on 03/09/2022, shows soft tissue contusions noted dorsally at the proximal fourth and fifth digits. There is no tendon tear or tenosynovitis. There is no fracture visualized.

ASSESSMENT:

1. Ulnar nerve palsy, right wrist, 30 years ago.

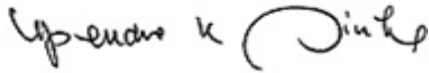
PLAN:

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.
6. Continue conservative regimen for right wrist.
7. Follow up in 4 weeks.

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