

UK Sinha Physician, P.C.

102-31 Jamaica Ave.
Richmond Hill, NY 11418
Ph: 718-480-1130 Fax: 718-480-1132

August 24, 2022

Office seen at:

Tatay Ninong Physical Therapy
1314 Coney Island Ave
Brooklyn, NY 11230
Phone# (718) 377-0100

Re: Pearson, Gretel
DOB: 12/25/1965
DOA: 10/05/2020

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: driving, lifting heavy objects, carrying heavy objects, reaching overhead, laundry, shopping, running errands, kneeling, squatting, negotiating stairs, jogging and exercising.

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

The patient had EMG about 10 years ago and had a CT release in 2012 of the right wrist.

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

DIAGNOSTIC TESTING: Pending.

ASSESSMENT:

1. Recent carpal tunnel release, right wrist.

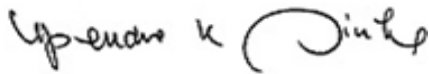
PLAN:

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.
6. The patient is awaiting EMG and MRI of the right wrist.
7. Follow up in 4 weeks.

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

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