

# UK Sinha Physician, P.C.

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

---

October 10, 2022

Office seen at:

Baxter Medical Care, PC  
8106 Baxter Ave # Mc2  
Elmhurst, NY 11373  
Phone# (718) 639-1110

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. The patient comes from Renew Chiropractic, 2426 Eastchester Road, Bronx, NY 10469.

**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 9/10, described as intermittent, dull, achy pain. Admits to weakness, numbness, and tingling. The patient has pain with lifting, carrying, and driving. Worse with range of motion and improves with medication and ice. The patient has De Quervain's disease. The patient is going to OR on 10/13/2022 for release of De Quervain's disease, right wrist.

**PHYSICAL EXAMINATION:** The right wrist reveals pain to palpation over the scaphoid. Grip strength is 4/5. Negative Tinel sign. Negative Phalen test. Range of motion reveals flexion 65/80 degrees, extension 60/70 degrees, radial deviation 15/20 degrees, ulnar deviation 15/30 degrees.

The patient had cortisone injection 3 weeks ago in MC joint of the right thumb which helped some.

**DIAGNOSTIC TESTING:** MRI of the right wrist, done on 05/19/2022, 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.

**ASSESSMENT:**

1. De Quervain's disease, right wrist.

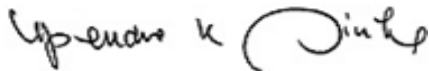
**PLAN:**

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 going to OR on 10/13/2022 for release of De Quervain's disease, right wrist.

**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