

# UK Sinha Physician, P.C.

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September 12, 2022

Office seen at:

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

Re: Salas, Saul  
DOB: 01/01/1972  
DOA: 05/21/2022

## FOLLOW-UP NOTE

**CHIEF COMPLAINT:** Follow up of left wrist pain.

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

**ADL CAPABILITIES:** The patient states that he can walk for 2 blocks. He can stand for 1/2 hour before he has to sit. He can sit for 30 minutes before needing to change positions secondary to pain. As a direct result of the injuries sustained in this accident, the patient states that he is unable to do the following activities: garden, play sports, driving, lifting heavy objects, childcare, carrying heavy objects, shopping, running errands, kneeling, squatting, negotiating stairs, and exercising.

**PRESENT COMPLAINTS:** Left wrist: Left wrist pain is 9/10, described as constant, dull, achy pain. Admits to weakness. The patient has pain with lifting, carrying, and driving.

The patient came with x-ray of left wrist done on 08/15/2022, which was nonspecific and no fracture.

**PHYSICAL EXAMINATION:** The left wrist reveals pain to palpation over the distal radius. Grip strength is 4/5. Range of motion reveals flexion 70/80 degrees, extension 60/70 degrees, radial deviation 10/20 degrees, ulnar deviation 10/30 degrees.

**DIAGNOSTIC TESTING:** MRI of the left wrist, done on 07/12/2022, shows normal findings.

### ASSESSMENT:

1. De Quervain's disease, left wrist.

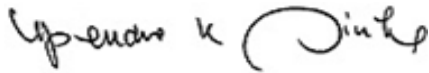
**PLAN:**

1. Imaging studies and clinical examinations were reviewed with the patient.
2. All treatment options discussed with the patient.
3. Cold compresses for left wrist.
4. Continue anti-inflammatory and muscle relaxant medications p.r.n.
5. Continue physical therapy for left wrist 3 days/week.
6. The patient is going to OR on 09/15/2022 for release of De Quervain disease.

**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