

# UK Sinha Physician, P.C.

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October 05, 2022

Office seen at:  
P.R. Medical, P.C.  
79-09B Northern Boulevard  
Jackson Heights, NY 11372  
Phone# (718) 507-1438

Re: Martinez, Rigoberto  
DOB: 07/03/1995  
DOA: 08/24/2022

## INITIAL ORTHOPEDIC CONSULT EXAMINATION

**CHIEF COMPLAINT:** Right foot, neck, and low-back pain.

**HISTORY OF PRESENT ILLNESS:** A 27-year-old right-hand dominant male involved in a motor vehicle accident on 08/24/2022. The patient was parked and car backing up on one way and crashed against his car running over his feet, crushing him between both cars. The airbags did not deploy. The EMS arrived on the scene. The police were called to the scene of the accident. The patient was transported via ambulance to NYC Health + Hospitals/Elmhurst and was treated and released the same day. The patient presents today complaining of right foot, neck, and low-back pain sustained in the motor vehicle accident. The patient was attending physical therapy for 3-4 times per week with little relief.

**WORK HISTORY:** The patient is currently working.

**PAST MEDICAL HISTORY:** Noncontributory. There is no previous history of trauma.

**PAST SURGICAL HISTORY:** Noncontributory.

**DRUG ALLERGIES:** NO KNOWN DRUG ALLERGIES.

**MEDICATIONS:** The patient is taking over-the-counter medications.

**SOCIAL HISTORY:** The patient is a nonsmoker. The patient drinks alcohol occasionally. The patient does not use recreational drugs.

**ADL CAPABILITIES:** The patient states that he can walk for 1/2 block. He can stand for 5 minutes before he has to sit. He 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 he is unable to do the following activities: carrying heavy objects, laundry, shopping, running errands, kneeling, squatting, negotiating stairs, jogging, and exercising.

**PRESENT COMPLAINTS:** Right foot: Right foot pain is 7-8/10, described as constant, dull, achy pain. Worse with range of motion and improves with rest.

Left foot: No symptoms.

**REVIEW OF SYSTEMS:** Temperature taken at the time of exam was 98.6 degrees Fahrenheit.

**General:** No fever, chills, night sweats, weight gain, or weight loss.

**HEENT:** No double vision, eye pain, eye redness, decreased hearing, earache, ear ringing, nosebleeds, sore throat or hoarseness.

**Endocrine:** No cold intolerance, appetite changes or hair changes.

**Skin:** Clear, no rashes or lesions.

**Neuro:** No headaches, dizziness, vertigo or tremor.

**Respiratory:** No wheezing, coughing, shortness of breath or difficulty breathing.

**Cardiovascular:** No chest pain, murmurs, irregular heart rate or hypertension.

**GI:** No nausea, vomiting, diarrhea, constipation, jaundice or changes in bowel habits.

**GU:** No blood in urine, painful urination, loss of bladder control or urinary retention.

**Hematology:** No active bleeding, bruising, anemia or blood clotting disorders.

**Psychiatric:** No anxiety, change in sleep pattern, depression or suicidal thoughts.

**PHYSICAL EXAMINATION:** The patient's height is 5 feet, weight is 160 pounds, and BMI is 31.2. The right foot reveals swelling, tenderness, and pain on lateral aspect. Range of motion is limited. Neurovascularly intact.

**DIAGNOSTIC TESTING:** MRI of the right foot, done on 10/02/2022, shows a focal superficial soft tissue contusion is seen at the plantar surface distally of the forefoot at the medial aspect. There is no hematoma or seroma. There is no fracture. There is no tendon tear.

**ASSESSMENT:**

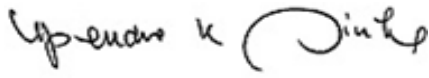
1. Posttraumatic plantar fasciitis, right foot.

**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 foot.
4. Continue anti-inflammatory and muscle relaxant medications p.r.n.
5. Continue physical therapy for right foot 3 days/week.
6. Continued pain in the plantar aspect and medially right foot. No pain or tenderness of the heel. No symptoms in right ankle or right foot.
7. MRI of the right foot on 10/02/2022 is nonsignificant.
8. Follow up in 2 weeks.

**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.

A handwritten signature in black ink, appearing to read "U.K. Sinha", written over a horizontal line.

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

UKS/AEI