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June 8, 2022

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Jackson Heights, NY 11372

Phone# (718) 507-1438

Re: Rinchere, Yves

DOB: 03/04/1954

DOA: 12/08/2019

INITIAL ORTHOPEDIC CONSULT EXAMINATION

CHIEF COMPLAINT: Right shoulder and left shoulder pain.

HISTORY OF PRESENT ILLNESS: A 68-year-old right-hand dominant male involved in a work-related motor vehicle accident on 12/08/2019. The patient was a driver and was wearing a seatbelt. The vehicle was struck on the front passenger side. The airbags deployed. The EMS arrived on the scene. The police were called to the scene of the accident. The patient was transported via ambulance to a hospital and was treated and released the same day. The patient presents today complaining of right shoulder and left shoulder pain sustained in the work-related motor vehicle accident. The patient was attending physical therapy for 4 times per week with little relief.

PAST MEDICAL HISTORY: Noncontributory.

PAST SURGICAL HISTORY: The patient had bilateral knee surgery in the past.

DRUG ALLERGIES: NO KNOWN DRUG ALLERGIES.

MEDICATIONS: The patient is taking pain medications p.r.n. The patient is not taking any medication at this time.

SOCIAL HISTORY: The patient is a nonsmoker. The patient does not drink alcohol.

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

PRESENT COMPLAINTS: Right shoulder: Right shoulder pain is 8/10, described as constant, sharp, stabbing, dull, achy pain. The patient has stiffness, weakness, popping, and clicking. The patient is unable to reach overhead or behind the back and unable to sleep at night due to pain. Worse with range of motion and improves with rest, medication, physical therapy, and ice.

Left shoulder: Left shoulder pain is 8/10, described as constant, sharp, stabbing, dull, achy pain. The patient has stiffness, weakness, popping, and clicking. The patient is unable to reach overhead or behind the back and unable to sleep at night due to pain. Worse with range of motion and improves with rest, medication, physical therapy, and ice.

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 11 inches, weight is 295 pounds, and BMI is 41.1. The right shoulder reveals tenderness to palpation over supraspinatus tendon region and AC joint. There is crepitus appreciated. There is no heat, swelling, erythema or deformity appreciated. Negative drop arm test. Negative cross-over test. Negative empty can test. Negative Yergason test. Negative deltoid atrophy. Positive O'Brien test. Positive impingement sign. Negative Lift-off test. Positive Hawkins test. Range of motion, as per goniometer, abduction 95/180 degrees, forward flexion 100/180 degrees, extension 45/60 degrees, internal rotation 25/90 degrees, and external rotation 25/90 degrees. Internal rotation to the sacrum. The patient has no motor or sensory deficit of the right upper extremity.

The left shoulder reveals tenderness to palpation over supraspinatus tendon region and AC joint. There is no heat, erythema, crepitus or deformity appreciated. Negative drop arm test. Negative cross-over test. Negative empty can test. Negative Yergason test. Negative deltoid atrophy. Positive O'Brien test. Positive impingement sign. Negative Lift-off test. Positive Hawkins test. Range of motion, as per goniometer, abduction 115/180 degrees, adduction 40/45 degrees, forward flexion 120/180 degrees, extension 35/60 degrees, internal rotation 90/90 degrees, and external rotation 40/90 degrees. Internal rotation to the sacrum. The patient has no motor or sensory deficit of the left upper extremity.

DIAGNOSTIC TESTING: MRI of the right shoulder, done on 02/10/2020, shows tendinitis/bursitis changes at the supraspinatus and infraspinatus tendons. There is a full-thickness tear at the mid aspect of the supraspinatus tendon distally. There is no retraction. There

is a moderate bicipital tenosynovitis. MRI of the left shoulder, done on 03/02/2020, tendinitis/bursitis changes are seen at the supraspinatus and infraspinatus tendons. A mid substance and articular surface tear is seen posteriorly at the infraspinatus tendon, as noted. There is a high-grade partial thickness tear of the subscapularis tendon, as noted. This is greater at the middle-to-upper third. There is no subluxation. There is minimal joint fluid, which appears to be reactive.

ASSESSMENT:

1. M75.121 Complete rotator cuff tear, right shoulder.
2. S46.011A Partial rotator cuff tear, right shoulder.
3. M24.811 Internal derangement, right shoulder.
4. M75.01 Adhesive capsulitis, right shoulder.
5. M75.81 Shoulder tendinitis, right shoulder.
6. S43.431A Labral tear, right shoulder.
7. M75.41 Impingement, right shoulder.
8. M65.811 Tenosynovitis, right shoulder.
9. M75.51 Bursitis, right shoulder.
10. M75.21 Bicipital tendinitis, right shoulder.
11. M25.511 Pain, right shoulder.
12. S49.91XA Injury, right shoulder.
13. M67.211 Hypertrophic synovitis, right shoulder.
14. M89.311 Acromioclavicular joint hypertrophy, right shoulder.
15. M25.411 Joint effusion, right shoulder.
16. S46.012A Partial rotator cuff tear, left shoulder.
17. M75.122 Complete rotator cuff tear, left shoulder.
18. M24.812 Internal derangement, left shoulder.
19. M75.02 Adhesive Capsulitis, left shoulder.
20. M75.82 Shoulder tendinitis, left shoulder.
21. S43.432A Labral tear, left shoulder.
22. M75.42 Impingement, left shoulder.
23. M65.812 Tenosynovitis, left shoulder.
24. M75.52 Bursitis, left shoulder.
25. M75.22 Bicipital tendinitis, left shoulder.
26. M25.512 Pain, left shoulder.
27. S49.92XA Injury, left shoulder.
28. M67.212 Hypertrophic synovitis, left shoulder.
29. M89.312 Acromioclavicular joint hypertrophy, left shoulder.
30. M19.012 Primary osteoarthritis, left shoulder.
31. M25.412 Joint effusion, left shoulder.

PLAN:

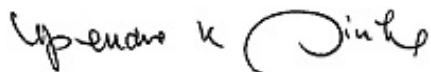
1. Imaging studies and clinical examinations were reviewed with the patient.
2. All treatment options discussed with the patient.
3. Cold compresses for right shoulder and left shoulder.
4. Continue anti-inflammatory and muscle relaxant medications p.r.n.
5. Continue physical therapy for right shoulder and left shoulder 3 days/week.

6. Discussed right shoulder arthroscopy versus conservative management with the patient. The patient states that due to continual pain and lack of relief with physical therapy and the inability to perform day-to-day activities due to pain, the patient wants to think about surgery.
7. It is medically necessary to perform the suggested surgery to properly diagnose the patient's condition and to objectively verify presence and severity of internal derangement and other right shoulder pathology in quantitative and qualitative terms and achieve better prognosis. This surgery is crucial to provide most specific and maximally effective treatment to this patient.
8. Discussed the length of the arthroscopy, the postoperative instructions, and the option of continuing with conservative management alternatives to surgery, including no surgery.
9. All the benefits and risks of the right shoulder arthroscopy have been discussed with the patient. The risks include, but not limited to bleeding, infection, pain, stiffness, muscle injury, nerve injury, DVT, and recurrence.
10. All the questions in regard to the procedure were answered.

IMPAIRMENT RATING: 100%.

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

MS/AEI