

# UK Sinha Physician, P.C.

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October 04, 2022

Office seen at:  
Gurvansh Anand Chiropractic PC  
2598 3rd Avenue  
Bronx, NY 10454  
Phone#: (718) 975-7144

Re: Ali, Omar  
DOB: 11/11/1982  
DOA: 06/14/2022

## FOLLOW-UP NOTE

**CHIEF COMPLAINT:** Follow up of right ankle and right foot pain.

**HISTORY OF PRESENT ILLNESS:** The patient presents today in followup with continued pain in the right ankle and right foot.

**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 10/10, described as constant, dull, achy pain. The patient has pain with standing, walking, and climbing. Worse with range of motion and improves with rest.

**PHYSICAL EXAMINATION:** The patient's height is 5 feet 9 inches, weight is 208 pounds, and BMI is 30.7. The right ankle reveals swelling noted over anterior and lateral malleolar aspect. Negative anterior drawer test. Positive inversion stress test. Tenderness to palpation noted in the lateral aspect. Range of motion is limited and painful. ROM: Dorsiflexion 10/20 degrees, plantarflexion 35/50 degrees, inversion 10/15 degrees, eversion 10/15 degrees.

**DIAGNOSTIC TESTING:** MRI of the right foot, done on 09/06/2022, shows no fractures; bone bruises at the base of the second metatarsal bone and in the second and third cuneiform bones. Intact joint spaces. Strain of Lisfranc ligaments. No additional focal soft tissue abnormality.

**ASSESSMENT:**

1. Pain, right ankle.
2. Injury, right ankle.
3. Strain of Lisfranc ligaments, right foot.
4. Bone bruises at the cuneiform bones, 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 ankle and right foot.
4. Continue anti-inflammatory and muscle relaxant medications p.r.n.
5. Continue physical therapy for right ankle and right foot 3 days/week.
6. Recommend steroid injections with pain management for right ankle and right foot. The patient refuses due to side effects.
7. MRI ordered of right ankle to rule out ligament tear and/or synovial injury.
8. X-ray ordered of right foot.
9. Follow up in 2 weeks.

**IMPAIRMENT RATING:** 100%. The patient is currently not working.

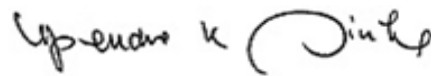
**CAUSALITY:** It is within a certain degree of medical certainty, that the history presented by the patient, the objective physical findings as well as the diagnosis rendered is causally related to the injury the patient incurred on the specified date. These current symptoms were nonexistent prior to 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.



Mellita Shakhmurov, PA-C

MS/AEI



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