

ANJANI SINHA MEDICAL P.C.

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ANJANI SINHA, M.D., M.S. (Ortho)

August 19, 2019

DOA: 05/13/2019

Aleksandr Kopach, PA-C
332 East 149th Street
Suite 200
Bronx, NY 10453

Re: Steven Arias Acosta
DOB: 06/13/1999

Dear Mr. Kopach:

HISTORY:

The patient is a 20-year-old gentleman. While driving his car, he was involved in a car accident sustaining injury to his right shoulder and right elbow. Since then, he has been doing physical therapy which is more than 3 months now. Today, he comes in for evaluation of his right shoulder pain.

PRESENT COMPLAINTS:

He complains of pain, stiffness and not being able to play or do anything with his right shoulder. He also complains of pain in the right elbow, which he says is getting better with the physical therapy.

PAST MEDICAL HISTORY:

Not significant.

PAST SURGICAL HISTORY:

Not significant.

CURRENT MEDICATIONS:

He is not on any medication except he takes ibuprofen off and on.

ALLERGIES:

He has no known allergy.

PHYSICAL EXAMINATION:

His height is 5 feet 8 inches. He weighs 135 pounds. Examination of the head, neck, chest and abdomen is benign. He is an alert, oriented and cooperative gentleman. Gait – he has a normal gait pattern.

RIGHT SHOULDER: Reveals he has tenderness on the anterosuperior aspect of the right shoulder. Impingement sign is positive. Hawkins test is positive, 1+. O'Brien test is positive 1+. Drop sign is negative. Range of motion is as follows: Abduction is 90 degrees, forward flexion is 80 degrees, internal rotation 10 degrees and external rotation is 15 degrees. He has no motor or sensory deficit of the right upper extremity.

MRI of the right shoulder is positive for tendinosis of the supraspinatus and bursitis of the right shoulder.

RIGHT ELBOW: Reveals he has excellent flexion and extension of the right elbow. Pronation and supination is excellent, keeping the elbow flexed at 90 degrees. Resistant dorsiflexion of the right wrist brings pain at the lateral epicondyle of the right elbow consistent with the findings of tennis elbow.

MRI of the right elbow is positive for

1. Sprain of the anterior bundle of the medial collateral ligament.
2. Common extensor tendinosis.

If the given history is correct, the injury to the right shoulder and right elbow is related to the accident of 05/13/2019.

FINAL DIAGNOSES:

1. Traumatic partial tear, rotator cuff, right shoulder.
2. Traumatic impingement, right shoulder.
3. Traumatic labral tear, right shoulder.
4. Traumatic tennis elbow, right elbow.
5. Sprain, right elbow.

TREATMENT/PLAN:

The patient has had almost 3 months of physical therapy. He has a labral tear along with other findings. The standard of care for cartilage tear is arthroscopic surgery and not physical therapy. At this time, I have advised him arthroscopic surgery of the right shoulder. The details of the surgery, the risks and benefits including possibility of infection necessitating future surgery were discussed with him. He understands everything clearly. He wants to proceed with the surgery. I have advised him surgery on 09/14/2019, at North Queens Surgical Center where an arthroscopic surgery and its related procedures will be performed. After the surgery, he was advised to continue physical therapy of his elbow and right shoulder for a period of at least 6 weeks. While awaiting surgery, he was advised to continue physical therapy.

Thank you for your consultation.

I, Anjani Sinha, M.D., being duly licensed to practice medicine in the state of New York hereby affirm under the penalty of perjury that the statements contained herein are true and accurate to the best of my knowledge.

Sincerely yours,

A handwritten signature in black ink, appearing to read 'Anjani Sinha', written over a horizontal line.

ANJANI SINHA, M.D., M.S.